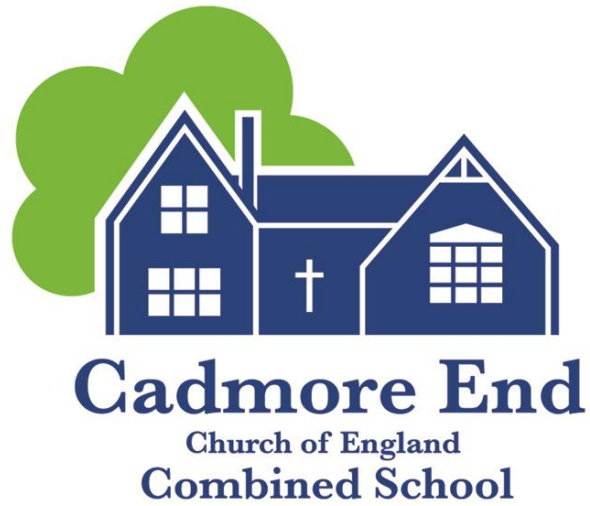




Sex Education Policy

Member of staff responsible: Mrs D Groom, Headteacher

Governor responsible: Mrs B Zeun

Review date: July 2026

Next review: July 2027



Cadmore End
Church of England | Combined School

Sex Education Policy

School Year 2026-2027

From Small beginnings come great things.

The parable of The Mustard Seed. Matthew 13:31-32

We will apply our Christian and British values, complemented by our small-school benefits; balancing each child's educational, pastoral and emotional needs delivering an exceptional, personalized journey, enabling them to flourish in our family, our community and in the future.

1. Aims of the Sex Education policy

Primary schools that choose to provide sex education beyond the requirements of the national curriculum for science must define the additional sex education they provide. The school's written policy must explain the subject content, how and when it is taught, who is responsible for teaching it and how parents may exercise their right to request withdrawal from additional sex education.

The school must consult parents when developing and reviewing its policy and provide clear information about what is taught. Parents must also be able to view the teaching materials used by the school on request.

This policy should be read alongside the school's Relationships Policy and PSHE Policy. Together, the Relationships Policy and Sex Education Policy constitute the school's written RSHE policy for the purposes of the Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019. The aim of this policy is to:

- Provide information to staff, parents and carers, governors, pupils and other agencies regarding the organisation, content and approach to teaching of Sex Education
- Help parents and carers to understand what is covered in Sex Education and support them to work with their child to secure the very best outcomes for all pupils
- Demonstrate how the school meets legal requirements with relation to teaching Sex Education

2. Introduction

At Cadmore End School, we are committed to providing a holistic approach to education that supports the academic, cultural, personal and social development of all pupils. Statutory Relationships Education and Health Education are taught through the school's PSHE curriculum.

Sex education beyond the requirements of the national curriculum for science is not compulsory in primary schools. However, the Department for Education recommends that primary schools provide an age-appropriate programme that prepares pupils for the physical and emotional changes of adolescence and supports their transition to secondary education. Cadmore End School provides designated sex education lessons as part of its planned PSHE curriculum.

3. The Legalities

At Cadmore End School, we have a statutory duty:

- to comply with the Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019, made under sections 34 and 35 of the Children and Social Work Act 2017;
- to have regard to the Department for Education's statutory guidance, *Relationships Education, Relationships and Sex Education and Health Education*, published in July 2025 and applying from 1 September 2026;
- to maintain an up-to-date written policy that defines any additional sex education provided by the school;
- to consult parents when developing and reviewing this policy;
- to have due regard to the Equality Act 2010 and the need to eliminate discrimination, advance equality of opportunity and foster good relations;
- to ensure that provision is accessible to all pupils, including pupils with SEND; and
- to fulfil our statutory safeguarding responsibilities and ensure that safeguarding concerns arising during sex education are managed in accordance with the school's Child Protection Policy and *Keeping Children Safe in Education*.

The statutory guidance is available at:

<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education>

4. Parents' and Carers Right to Withdraw

Parents have the right to request that their child is withdrawn from some or all of the additional sex education provided by the school. This right does not apply to statutory Relationships Education, Health Education or content taught as part of the national curriculum for science.

A request should be made in writing to the Headteacher. Before implementing the request, the Headteacher will invite the parent to discuss:

- the nature and purpose of the curriculum;
- the content from which the child would be withdrawn;
- the benefits of receiving sex education;

- any potential educational, social or emotional effects of withdrawal; and
- the possibility that the child may hear an incomplete or inaccurate account of the lesson from other pupils.

The child may be involved in the discussion where this is appropriate, taking account of their age and understanding. The school will keep a written record of the request and discussion.

In a primary school, the Headteacher must grant a parent's request to withdraw their child from additional sex education. A pupil who is withdrawn will receive appropriate and purposeful education during the lesson.

Where a withdrawn pupil subsequently asks a question relating to the content from which they were withdrawn, staff will respond sensitively and appropriately without providing the withdrawn teaching.

The school strongly recommends that pupils receive its full PSHE and sex education provision.

5. Development of the policy

This policy was developed by the PSHE lead in consultation with relevant national and local guidance from the Buckinghamshire Council, Public Health PSHE lead, school governors, parents and pupils.

We aim to work collaboratively with parents/carers to ensure pupils receive Sex Education lessons that are relevant and age appropriate and sensitive to the needs of the community we serve. We welcome parents and carers to make an appointment to come in to discuss any aspect of this policy and the provision in school.

This policy is reviewed annually in consultation with parents. Feedback from pupils, staff and governors will also inform its review. Where the school makes a significant change to what is taught, parents will be informed and consulted as appropriate.

6. Definition of Sex Education

At Cadmore End School, sex education is taught through designated lessons within the PSHE curriculum. It is additional to statutory Relationships Education, Health Education and the national curriculum for science. The additional sex education provided by the school includes factual and age-appropriate teaching about conception and birth. In preparation for the secondary RSE curriculum, sex education teaches pupils to recognise the difference between intimate and non-intimate relationships, promotes healthy committed relationships including marriage, consent and the values and responsibilities required to build healthy adult relationships. It also teaches pupils the legal age for marriage and consensual sexual relationships, to recognise their right to their own physical and emotional personal space, how to keep themselves safe, and how to report concerns or issues. Puberty Education is part of statutory Health Education and parents/carers do not have the right to withdraw their child from this aspect of the curriculum.

7. The Curriculum

Intent - Why teach Sex Education?

The DfE recommends that primary schools provide a sex education programme tailored to pupils' ages and physical and emotional maturity. The programme should support pupils' transition to secondary education and, drawing on knowledge from the national curriculum for science, provide an age-appropriate understanding of how a baby is conceived and born.

High quality Sex Education will support pupils to:

- Receive factual, accurate and age-appropriate information about how a baby is conceived and born.
- Explore in a safe and managed environment questions they may have about puberty and give them an age-appropriate understanding of sexual development
- Understand that all intimate relationships should be consensual and based on love and respect
- Understand the law and be taught that sexual activity must always be consensual and is only lawful when both people have reached the legal age of consent.
- Understand the importance of marriage and committed relationships and learn about different cultural and religious approaches to this
- Recognise and establish their own personal boundaries, and privacy relating to their own bodies and are taught the scientific vocabulary for all body parts (using the PSHE Association.org resource).
- Dispel myths and incorrect information about sex and how a baby is conceived and born
- Recognise unhealthy relationships, inappropriate behaviour and to report concerns or abuse, including signposting to trusted online support services such as Childline
- Ask a trusted adult rather than search online with regards to any concerns or questions they may have and avoid viewing any inappropriate material or entering into social media conversations

Implementation

Sex education is taught as part of our PSHE curriculum, alongside Relationships Education. To make sure teaching is appropriate and relevant, teachers establish what pupils already know and identify any questions or misconceptions before the lessons begin.

Teachers use examples that allow pupils to discuss the learning without having to share personal experiences. Lessons normally use resources from Medway, the Buckinghamshire nursing team and Twinkl, adapted to meet pupils' needs. The class teacher normally delivers the lessons. If a school nurse or another external professional contributes, a member of school staff will remain present and involved, and the school will retain responsibility for the content and delivery. Two adults will be present.

In Class 4, pupils in Years 5 and 6 are taught one designated additional sex education lesson, How a baby is made, each year. It covers how a baby is conceived, pregnancy and birth, within teaching about respectful adult relationships and consent. Parents may request that their child be withdrawn from this lesson. The right to withdraw does not apply to Relationships Education, Health Education, including puberty, or content taught as part of the national curriculum for science.

Parents will be shown a representative sample of the resources the school plans to use and may request to view all curriculum materials. Copyright restrictions may affect how materials are shared or copied but will not prevent parents from viewing them. Parents do not have the right to veto curriculum content.

How delivery and content will be made accessible to all pupils including SEND

The school is committed to ensuring that sex education is accessible to all pupils. Teaching will be delivered through high-quality, inclusive and adaptive practice that takes account of pupils' differing needs, including communication needs, cognition and learning, social and emotional needs and physical or sensory needs.

Appropriate adaptations, additional explanation, visual resources, vocabulary support and adult assistance will be provided where required. Pupils who ordinarily receive individual support will continue to have access to appropriate support during sex education lessons. Decisions about adaptations will be based on individual need rather than diagnosis alone.

The school recognises that pupils with SEND may be particularly vulnerable to exploitation, abuse and harmful relationships. Teaching will ensure that pupils are given the knowledge, understanding and vocabulary they need to recognise concerns, establish appropriate boundaries and seek help.

Managing Difficult Questions

All aspects of PSHE are underpinned by shared and understood ground rules (Appendix 1) with lessons being delivered in a safe and well-managed environment. Pupils are encouraged to ask questions and raise issues in a respectful and appropriate manner. Some questions or issues raised may not be appropriately answered in whole class lessons and these will be followed up separately on an individual or group basis. A question box is available for pupils who do not feel confident to ask questions or wish to have a separate conversation with a member of staff. Given ease of access to the internet, children whose questions go unanswered may turn to inappropriate sources of information. We also respect that some questions are better addressed at home with parents/carers and the school will share information with parents/carers on an individual basis should the need arise.

Although it is important to create an environment of trust and openness, staff cannot offer pupils complete confidentiality. Any disclosure or concern will be managed in accordance with the school's safeguarding procedures.

Teachers will answer questions honestly, sensitively and in an age-appropriate manner. Questions that are not appropriate for a whole-class response may be addressed individually or referred to parents where appropriate.

Impact

High quality sex education will enable our pupils to:

- Have a factual and age-appropriate understanding of how babies are made and born
- Understand that intimate and sexual relationships are a natural part of adult life
- Know who to talk to if they have further questions about sex and intimate relationships

- Be aware of and respect different types of relationships in accordance with the Equality Act 2010
- Know they will continue to learn about sex education in their secondary school
- Keep themselves safe online, recognising risks, harmful content, and online contact and be able to report any concerns at the earliest stage
- Know how to keep safe by recognising any inappropriate behaviour from others
- Report concerns or abuse and have the confidence, knowledge and vocabulary to do so

8. Confidentiality and safeguarding

Any personal disclosures made by pupils will be followed up in accordance with our Child Protection Policy. Teachers will report safeguarding concerns immediately to a Designated Safeguarding Lead. Information will be shared with parents where appropriate and in accordance with the school's safeguarding procedures. Parents will not be informed where doing so may place a child at increased risk or compromise a safeguarding response.

9. Roles and responsibilities

The Governing Body will approve the policy and hold the Headteacher to account for its implementation.

The Governing Body will ensure that curriculum content and resources are consistent with statutory guidance, provision is accessible to pupils with SEND and parents receive clear information about the content, teaching materials, external providers and right to request withdrawal.

The Headteacher is responsible for ensuring PSHE including Sex Education is taught consistently across the school and for managing requests in relation to the parental right to withdraw from non-statutory Sex Education.

The PSHE lead is responsible for leading and managing the subject. Teachers are responsible for delivering PSHE.

Pupils are expected to fully engage with PSHE provision including sex education and treat others with respect.

10. Working with parents and carers

Parents will be informed in advance about when designated sex education will be taught and the content that will be covered. The school will provide information by letter and invite parents to an information meeting before teaching begins.

Parents will be shown a representative sample of the resources the school plans to use and may request to view all curriculum materials used to teach sex education. Copyright restrictions may affect how materials are shared or copied but will not be used as a reason to prevent parents from viewing them. Parents do not have the right to veto curriculum content.

This policy is published on the school website. A paper copy will be provided free of charge on request.

11. Working with outside agencies and visiting speakers

The school may use appropriately qualified external agencies and visiting speakers to enhance its sex education provision. External visitors will supplement, rather than replace, teaching by school staff. The school remains responsible for the content, quality and delivery of all provision.

Before an external visitor delivers a session, the school will check the visitor's identity, experience, credentials and suitability; review the lesson plan and all teaching materials; ensure that the content is accurate, balanced, age-appropriate and accessible; and agree how questions, confidentiality, disclosures and safeguarding concerns will be managed.

A member of school staff will remain present and involved during the session. Relevant materials will be made available for parents to view on request.

12. Monitoring, evaluation and training

Sex education will be monitored and evaluated by the PSHE lead, senior leaders and the Governing Body through the school's agreed monitoring arrangements. This will include consideration of curriculum coverage, teaching quality, pupils' knowledge and understanding, accessibility for pupils with SEND and feedback from pupils and parents. This policy will be reviewed annually in consultation with parents.

To ensure staff are confident to deliver all aspects of the PSHE curriculum including sex education, access to online, in school, local and national training will be made available in accordance with the school's CPD programme for staff development.

13. Other policies linked to the Sex Education policy

This policy links to the PSHE policy, Relationships Education Policy, Child Protection Policy, Behaviour (inc Anti-Bullying) Policy, Mental Health and Wellbeing policy Relations Policy, SEND and Equality and Inclusion policy

See PSHE/RSE long term plans

Appendix 1

Ground rules (an example)

Work with pupils to establish a list of ground rules that will increase their feelings of safety and comfort during puberty and sex education classes.

It is essential that the following ground rules be included:

- No personal questions or sharing of private information.
- You have the right to pass on a question.
- No question is silly or stupid.
- Use dictionary words whenever possible.
- Post the list in the classroom and refer to it as needed.

There is a balance between encouraging pupils to talk about real life and over disclosure of private information. Encourage pupils to use the phrase "Someone I know..." instead of the person's name if sharing information of a personal nature.

It may be helpful to frame the ground rules in a creative way, such as:

G...Giggling is okay but laughing at others is not

R...Respect for myself and others is important

O...Option to pass on answering questions is available to all

U...Use dictionary words when describing the body

N...No question is a silly question!

D...Do use "Someone I know..." instead of the person's name

Appendix 2 – Parent Information Letter

Letter template for right to withdraw

Parents and Carers,

As a part of your child's education at Cadmore End School, we promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic (PSHE) education programme. PSHE education is the curriculum subject that gives children the knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives and meet their full potential.

I am writing to let you know that, over the next (insert number) weeks, starting (insert date), your child's class will be taking part in lessons which will focus on the relationships and sex education (RSE) aspect of this programme.

Lessons in year (insert year) will include pupils learning about (select as appropriate or add examples below): Healthy relationships, including friendships; families; growing and changing, including puberty; personal hygiene; changing feelings; becoming more independent; keeping safe; developing self-esteem and confidence. Pupils will also have opportunities to ask questions.

PSHE education is taught throughout the school in every year group and is monitored and reviewed regularly by the staff and governing body. Please visit the school's website: (insert link to curriculum information here) for more detail about our PSHE curriculum. All PSHE teaching takes place will take place in a safe learning environment and is underpinned by our school ethos and values.

We would like to invite you to attend a parent information meeting on (insert time/date) to find out more about what your child will learn, view the materials and resources being used in lessons and discover how you can best support your child to discuss these topics at home.

As a school community, we are committed to working in partnership with parents. We are committed to working in partnership with parents and welcome questions or concerns about the

school's provision. If you would like to find out more or discuss any concerns, we would urge you to attend the information meeting and look forward to seeing you there.

Yours sincerely,

(Subject lead for PSHE education & contact email address)

Appendix 3

Parent Request for Withdrawal from Additional Sex Education

Pupil's name: _____

Class/year group: _____

Parent/carer's name: _____

I request that my child is withdrawn from:

☐ All designated additional sex education lessons

☐ The following designated lesson(s): _____

Reason for the request, if the parent wishes to provide one:

Parent/carer's signature: _____ Date: _____

For school use

Date request received: _____

Date discussed with parent: _____

Person conducting discussion: _____

Alternative purposeful education arranged:

Headteacher's signature: _____ Date: _____

DfE information for parents <https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education/relationships-education-primary>

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/812593/RSE_primary_schools_guide_for_parents.pdf

Statutory Guidance

<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education/relationships-education-primary>

