



Mansfield Primary Academy

Relationships and Sex Education Policy

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1. Policy Statement

At Mansfield Primary Academy, we believe that high-quality Relationships Education, Relationships and Sex Education (RSE) and Health Education are essential in preparing pupils for life in modern Britain. Through a carefully planned, age-appropriate and inclusive curriculum, we support pupils to develop healthy relationships, understand personal wellbeing, make informed choices and stay safe both online and offline. The academy delivers this curriculum through the 1decision programme, which provides a progressive and engaging approach to personal development.

2. Academy Values

The delivery of Relationships Education, RSE and Health Education supports and promotes the core values of Mansfield Primary Academy.

Respect

Respecting ourselves, other people, relationships, beliefs and diversity within modern Britain.

Responsibility

Making informed choices, behaving safely, understanding the consequences of our actions and contributing positively to our school and wider community.

Resilience

Developing the confidence, perseverance and emotional strength needed to manage change, overcome challenges and maintain healthy relationships throughout life.

These values underpin all aspects of the curriculum and help pupils develop into respectful, responsible and resilient citizens.

3. Aims

Our RSE curriculum aims to:

- Provide a safe environment for discussing sensitive issues.
- Help pupils understand healthy relationships.
- Prepare pupils for puberty and the changes they experience as they grow.
- Promote self-respect, confidence, empathy and respect for others.
- Teach correct vocabulary for body parts and human development.
- Support pupils in keeping themselves safe and healthy.
- Encourage responsible behaviour and positive relationships within school and the wider community.

4. Statutory Requirements

Mansfield Primary Academy follows Department for Education guidance on Relationships Education, Relationships and Sex Education (RSE) and Health Education.

In primary schools:

- Relationships Education is statutory.
- Health Education is statutory.
- National Curriculum Science is statutory, including aspects of human development and reproduction.
- Schools may choose to teach additional Sex Education beyond the science curriculum.

5. Relationships Education and Sex Education

The academy clearly distinguishes between statutory Relationships Education and non-statutory Sex Education.

Relationships Education

Relationships Education is statutory for all primary-aged pupils and focuses on:

- Families and people who care for us.
- Caring friendships.
- Respectful relationships.
- Online relationships.
- Being safe.
- Personal boundaries and consent.
- Respect for diversity and difference.
- Recognising unhealthy or unsafe relationships.
- Knowing how and where to seek help.

Relationships Education does not include detailed teaching about sexual activity. However, where necessary to keep children safe, teaching may include age-appropriate discussion of safeguarding issues, including abuse, exploitation, inappropriate touch, coercion, sexual violence and harmful behaviours. These topics are delivered sensitively and in accordance with statutory guidance.

Sex Education

Sex Education refers to learning beyond the statutory National Curriculum for Science and statutory Relationships and Health Education.

At Mansfield Primary Academy, this is limited to age-appropriate teaching within Year 6 and may include:

- Human reproduction.
- Sexual intercourse.
- Conception.
- Pregnancy.
- Birth.

This content is designed to ensure pupils are appropriately prepared for adolescence and transition to secondary education.

6. Curriculum Content

At Mansfield Primary Academy, Relationships and Sex Education (RSE) is delivered through the **1decision PSHE and RSHE programme**, alongside learning in Science, RE and other curriculum areas. The 1decision curriculum is delivered progressively from EYFS to Year 6 through planned PSHE lessons, ensuring that pupils revisit and build upon key knowledge and skills in an age-appropriate sequence.

The curriculum covers:

Relationships Education

- Families and people who care for us.
- Caring friendships.
- Respectful relationships.
- Online relationships.
- Being safe.
- Respect for differences and protected characteristics.

Health Education

- Mental wellbeing.
- Physical health and fitness.
- Healthy eating.
- Personal hygiene.
- Keeping safe.
- Drugs, alcohol and tobacco education.
- Basic first aid.
- Growing and changing.

Sex Education

Pupils learn the statutory elements of human development and reproduction through the National Curriculum for Science.

In Year 6, the academy also teaches the **1decision Conception to Birth** unit. This lesson explains how a baby is conceived and develops before birth. This is the only element of the curriculum that is classified as non-statutory Sex Education and from which parents have the right to request withdrawal.

Year Group	Key RSE Themes
EYFS	Feelings, friendships, family relationships, keeping safe
Year 1	Growing and changing, personal safety
Year 2	Healthy relationships, trusted adults
Year 3	Respect, boundaries, online safety
Year 4	Puberty introduction, emotional changes
Year 5	Puberty education, healthy relationships
Year 6	Puberty consolidation, conception and birth, transition

7. Equality, Inclusion and SEND

The academy is committed to ensuring that Relationships Education, RSE and Health Education are accessible to all pupils.

Teaching will:

- Be inclusive and accessible.
- Reflect the diverse society in which pupils live.
- Be differentiated according to age, ability and need.

- Comply with the Equality Act 2010.
- Be adapted to support pupils with SEND.

Teaching may be adapted through:

- Differentiated activities and outcomes.
- Adapted resources and visual supports.
- Pre-teaching and reinforcement of key vocabulary.
- Small-group or individual support.
- Additional adult assistance where appropriate.
- Personalised approaches based on individual needs or EHCP outcomes.

The academy recognises that pupils with SEND may be more vulnerable to exploitation, abuse and unhealthy relationships. Ensuring access to high-quality Relationships Education and Health Education is therefore particularly important in promoting safety, independence and wellbeing.

8. Delivery of Lessons

RSE is primarily delivered through the 1decision programme, which is fully aligned with the Department for Education's statutory Relationships Education and Health Education requirements.

Lessons are:

- Age-appropriate and progressive.
- Inclusive and accessible.
- Adapted where necessary to meet the needs of pupils with SEND.
- Delivered in a safe and supportive learning environment.
- Designed to promote discussion, reflection and critical thinking.

Teachers use a range of resources provided by 1decision, including videos, interactive activities, scenarios and discussion prompts. Additional resources may be used where appropriate to enhance learning.

Occasionally, external professionals such as school nursing staff may contribute to lessons to support specific areas of learning.

9. Answering Pupils' Questions

Teachers will answer pupils' questions honestly, factually and in an age-appropriate manner. Where a question falls outside the planned curriculum or is not appropriate for the age of the pupils present, teachers may:

- acknowledge the question;

- suggest that the pupil discusses it with their parent or carer;
- respond at a later time where further information is needed;
- ensure that any response remains in line with statutory guidance and the school's safeguarding procedures.

Where a pupil has been withdrawn from non-statutory Sex Education lessons, staff will not provide the withdrawn content separately. However, teachers may respond to factual questions arising from statutory Relationships Education, Health Education or Science lessons.

10. Working with Parents and Carers

We value the important role parents and carers play in children's relationships and health education.

To support parents and carers, Mansfield Primary Academy will:

- Provide information about the 1decision curriculum on the school website.
- Share curriculum overviews and topics being taught.
- Offer opportunities for parents to view teaching materials.
- Inform parents before the teaching of the Year 6 Conception to Birth unit.
- Provide a clear process for requesting withdrawal from non-statutory Sex Education lessons.

11. Roles and Responsibilities

Relationships Education, RSE and Health Education are taught by:

- Class Teachers.
- The PSHE Subject Leader.
- Members of the Senior Leadership Team where appropriate.

The Headteacher holds overall responsibility for ensuring statutory requirements are met.

Use of External Providers

The academy currently uses the 1decision programme as its primary curriculum resource. External visitors may occasionally be used to enrich learning. Teachers remain responsible for content delivery, safeguarding and classroom management throughout any external sessions.

12. Safeguarding

Safeguarding is central to the delivery of RSE.

Staff understand that discussions within RSE may lead to safeguarding concerns being identified. Any concerns will be reported to the Designated Safeguarding Lead and managed in line with the academy's safeguarding procedures.

13. Right to Withdraw

Parents have the right to request that their child be withdrawn from the non-statutory Sex Education elements of the curriculum.

Parents cannot withdraw their child from:

- Statutory Relationships Education.
- Statutory Health Education.
- National Curriculum Science lessons, including human development and reproduction taught within Science.

Where a withdrawal request is made:

1. The request should be made in writing to the Headteacher.
2. The Headteacher will discuss the request with parents.
3. Alternative supervised provision will be provided where practicable.

A parental withdrawal form is available through the academy website and **Appendix 1**.

13a. Lesson Breakdown

Parents have the right to withdraw their child from **Lesson 6** in the conception unit.

Year 6 PSHE – Conception

Lesson 1

Learning Question: Can I explain what conception means?

Main Content:

- Human life cycle
- What conception means
- How babies begin
- Initial thoughts and misconceptions
- Conception video and discussion

Lesson 2

Learning Question: Can I describe different ways adults can have children?

Main Content:

- Sexual intercourse as one way conception can occur
- IVF and other ways families may have children

- Different family structures
- Respectful discussion and relationships

Lesson 3

Learning Question: Can I identify the parts of the female reproductive system and explain their jobs?

Main Content:

- Ovaries
- Fallopian tubes
- Womb (uterus)
- Cervix
- Vagina and vulva
- How the egg travels and where a baby develops

Lesson 4

Learning Question: Can I identify the parts of the male reproductive system and explain their jobs?

Main Content:

- Testicles
- Penis
- Urethra
- Epididymis
- Vas deferens
- Production and movement of sperm

Lesson 5

Learning Question: Can I explain how a baby develops during pregnancy?

Main Content:

- Pregnancy timeline
- Development at 4, 12, 20, 26 and 32-40 weeks
- How an embryo grows into a baby
- Preparing for birth

Lesson 6

Learning Question: Can I explain the process of conception and pregnancy?

Main Content:

- Review of conception
- Male and female reproductive systems

- Pregnancy and baby development
- Quiz and retrieval activities
- End-of-unit assessment and misconceptions check

14. Access to Curriculum Materials

Parents and carers are entitled to view curriculum resources used within Relationships Education, RSE and Health Education.

Curriculum information is available through:

- The academy website.
- Published curriculum overviews.
- The 1decision Parent and Carer Zone.
- Direct requests to the school.

The academy welcomes discussion with parents regarding curriculum content and resources.

15. Staff Training

Staff receive regular training and support to ensure they can deliver the **1decision** curriculum confidently, accurately and sensitively.

Subject leaders monitor the effective implementation of the programme and identify any additional training needs. External support may be sought from health professionals or specialist organisations where appropriate.

16. Monitoring and Review

The quality of RSE is monitored through:

- Lesson observations.
- Planning reviews.
- Pupil voice.
- Staff feedback.
- Internal assessment.

This policy has been developed in consultation with staff, pupils, parents and governors. The Governing Body is responsible for approving the policy and ensuring its effective implementation. The policy will be reviewed every two years, or sooner if statutory guidance changes.

17. Assessment

Assessment is primarily formative and may include:

- Teacher observation.
- Discussion and questioning.
- Pupil reflection activities.
- Retrieval tasks.
- Quizzes and assessment materials from the 1decision programme.

Assessment information is used to identify misconceptions, inform future teaching and support pupil progress.

Appendix 1: Letter of withdrawal



Sex Education: Information for Parents and Carers

What Your Child Will Be Taught

At Mansfield Primary Academy, we understand that teaching children about relationships, growing up and human development is an important part of supporting their wellbeing, safety and preparation for the future. We also recognise that parents and carers play a vital role in these conversations and that schools and families work best when they work together openly and supportively.

Relationships and Health Education (RHE) is statutory for all primary schools in England and forms part of our PSHE curriculum. This includes puberty education. Parents and carers do not have the right to withdraw their child from any content that covers statutory Relationships or Health Education objectives, or national curriculum science objectives (including human development and reproduction).

In addition to the statutory curriculum, our school also chooses to deliver a Sex Education unit. This is taught in Year 6 through 1decision's Conception topic and covers how babies are made in an age-appropriate, factual way. This is the only element of our PSHE/RSHE provision from which parents and carers may request withdrawal.

We hope you trust that, as a school, we take decisions around RSHE content very seriously. All materials are carefully selected and reviewed to ensure they remain age-appropriate, sensitive and relevant to children's current needs and levels of maturity. Our priority is always to support children in developing accurate understanding, confidence, safety awareness and respect in a way that is appropriate for their stage of development.

Our Chosen Programme: 1decision

To deliver PSHE and RSHE, we use 1decision - a multi-award winning programme used across the country and worldwide. The resources have been developed by PSHE and safeguarding experts, working alongside schools and children.

We encourage you to explore the 1decision Parent/Carer Zone before making any decision about withdrawal. There you will find:

- An overview of what 1decision is and how it works
- A content overview, including examples of puberty and conception animations
- Examples of Early Years content
- Understanding RSHE document
- Free home activities and much more

Why We Teach Sex Education

We believe it is important that children receive accurate, age-appropriate information in a safe environment - from a trusted adult, rather than from peers or online sources. Research shows that children who do not receive this information at school are more likely to turn to the internet, where content can be misleading, harmful or age-inappropriate.

Our teaching is carefully planned, sensitive in its delivery, and gives pupils the opportunity to ask questions in a supportive setting.

We would love to show you the resources before you make a decision.

You are warmly welcome to view the 1decision videos and resources, using this link:

[Parent/carers Zone: RSHE and PSHE Support and Guidance](#)

Requesting Withdrawal from the Conception Unit

If, after reviewing the 1decision resources, you wish to withdraw your child from the Year 6 Conception unit, please complete the form on the following page.

Please be aware that any request for withdrawal will be noted and kept on your child's record, in line with statutory guidance.

If you have any questions about our RSHE curriculum, please contact the office or class teacher.

Request for Withdrawal- Year 6 Conception Unit

Child's Name: _____

Parent/Carer Name: _____

Relationship to Child: _____

Telephone Number: _____ Email Address:

I wish to withdraw my child from the Year 6 Conception unit delivered as part of Mansfield Primary Academy's RSHE curriculum.

I understand that:

- ☐ My child will continue to receive all statutory Relationships Education lessons.
- ☐ My child will continue to receive all statutory Health Education lessons.
- ☐ My child will continue to receive all National Curriculum Science lessons, including those relating to human development and reproduction.
- ☐ The withdrawal only relates to the non-statutory Sex Education content within the Year 6 Conception unit.
- ☐ Alternative supervised work will be provided for my child during these lessons.

Reason for Request (Optional)

We welcome any information you would like to share regarding your decision.

Parent/Carer Declaration

I confirm that I have read the school's information letter regarding the Year 6 Conception unit and understand which aspects of RSHE are statutory and which elements are subject to parental withdrawal rights.

Parent/Carer Signature: _____

Print Name: _____

Date: _____

Please return this form to the School Office or email it to:
admin@mansfieldprimaryacademy.org.uk