

RELATIONSHIPS AND SEX EDUCATION POLICY



”...we always try to be that little bit better..”

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At Seaburn Dene Primary School, our Personal, Social, Health and Economic (PSHE) education aims to equip pupils with the knowledge, skills and attitudes they need to thrive as healthy, safe, confident and responsible members of society.

Our aims are to ensure pupils:

- Gain the knowledge and skills necessary to make safe, informed and responsible decisions
- Understand how to stay physically and mentally healthy
- Develop confidence, resilience and empathy
- Navigate social, moral, spiritual and cultural issues in their local community and beyond
- Learn within a safe framework where sensitive discussions can take place
- Develop self-respect, emotional literacy and a strong sense of identity
- Understand their rights and responsibilities
- Learn about democracy and how to express their views respectfully
- Uphold and understand British Values
- Celebrate diversity and respect difference
- Become active, responsible citizens who contribute positively to school life and the wider community

PSHE helps pupils recognise their own worth, work well with others, and take increasing responsibility for their learning and behaviour. It supports them to form healthy, respectful relationships and understand how these link to good mental health and wellbeing.

2. Statutory Requirements

PSHE is a non-statutory subject. However, Seaburn Dene Primary School is required to teach:

- **Relationships Education**
- **Health Education**

These statutory elements are delivered through our separate RSE Policy, which is available on the school website or from the school office.

This PSHE policy should be read alongside the RSE Policy, Behaviour Policy, Anti-Bullying Policy and Safeguarding Policy.

3. Content and Delivery

3.1 What We Teach

We follow a structured PSHE curriculum based on the Kapow scheme, adapted to meet the needs of our school community, including safeguarding themes relevant to our context (e.g., online safety, Prevent, healthy relationships, gangs, FGM awareness where appropriate).

KidSafe UK Programme

In addition to Kapow, Seaburn Dene Primary School delivers the KidSafe UK safeguarding and PSHE programme from EYFS to Year 6. KidSafe is a proactive, age-appropriate programme that:

- Teaches children to recognise “yucky feelings”
- Helps them stay safe from abuse, bullying and unsafe situations
- Teaches them to identify trusted adults
- Provides over 100 scripted sessions covering emotional health, protective behaviours, cyberbullying (Y3–6), peer pressure, bereavement and self-esteem
- Aligns with statutory RSE and mental health requirements
- Supports a preventative, whole-school approach to safeguarding

KidSafe is delivered by trained staff and integrated into our weekly PSHE provision.

Kapow Curriculum Overview

EYFS:

- Self-regulation
- Building relationships
- Managing self

Key Stage 1 and 2:

- Families and relationships
- Health and wellbeing
- Safety and the changing body
- Citizenship
- Economic wellbeing

Year 6 Additional Unit:

- Identity

Together, Kapow and KidSafe ensure a clear sequence of learning and age-appropriate progression in knowledge, skills and vocabulary.

3.2 How We Teach It

PSHE is taught through:

- A weekly timetabled PSHE lesson (minimum 45 minutes)
- KidSafe UK sessions delivered by trained staff
- Assemblies
- Circle Time
- Restorative Conversations
- Our school values: Ready, Respectful, Kind, Safe
- Cross-curricular links
- Pastoral support
- External visitors and specialist sessions
- Everyday interactions and relationships across school

We aim to *live* what is taught, embedding PSHE principles into daily school life.

The curriculum is developed in consultation with pupils, staff and parents, taking into account the age, needs and feelings of pupils.

4. Safeguarding

Disclosures

Teachers understand that disclosures may arise during PSHE or KidSafe sessions. If this occurs:

- Staff follow the school's Safeguarding and Child Protection Policy immediately
- Pupils may be given time to talk privately with a trusted adult

- All concerns are recorded on **CPOMS**

Teaching Sensitive Issues

PSHE naturally involves sensitive and sometimes controversial topics, including:

- Family structures and values
- Physical and mental health
- Financial issues
- Bullying
- Bereavement
- Online safety
- Discrimination

Staff are trained to handle these topics sensitively, ensuring:

- Balanced presentation of views
- No personal bias
- A safe, respectful classroom climate
- Pupils feel able to express their views without fear

KidSafe sessions are specifically designed to address sensitive safeguarding themes in an age-appropriate, non-frightening way.

5. External Organisations and Visitors

We work with carefully selected external organisations to enhance our PSHE curriculum. These may include:

- KidSafe UK
- NSPCC
- Local safeguarding charities
- Online safety specialists
- Health professionals

All external input is planned, monitored and evaluated to ensure it complements our curriculum. Teachers remain present and responsible for learning during all sessions.

6. Inclusion

Kapow and KidSafe are designed as universal curricula for all pupils. Teachers adapt lessons to meet the needs of their class, including pupils with SEND.

Differentiation may include:

- Alternative learning activities
- Additional adult support
- Visual or practical resources
- Adjusted expectations

Teachers can seek advice from the SENCo where needed.

In line with our Equality Policy, PSHE is taught in a way that ensures no pupil experiences discrimination. Lessons promote respect, understanding and positive relationships.

7. Assessment

Teachers assess progress throughout PSHE lessons. Each Kapow topic includes a built-in assessment task, which provides:

- Evidence of learning
- Opportunities for self-assessment
- A basis for teacher-pupil dialogue

KidSafe sessions also include opportunities for reflection and informal assessment of understanding.

There are no national level descriptors for PSHE; assessment is based on progress, participation and understanding.

Pupil achievements are celebrated regularly, fostering confidence and self-esteem.

Reporting to Parents/Carers

Progress in PSHE is shared through:

- Termly parent consultations
- End-of-year written reports

8. Roles and Responsibilities

8.1 Governing Board

The governing board:

- Approves the PSHE policy
- Holds the Headteacher to account for implementation

8.2 Headteacher

The Headteacher ensures:

- PSHE and KidSafe are taught consistently
- Staff are supported and trained
- Curriculum requirements are met

8.3 Staff

Staff are responsible for:

- Delivering PSHE in a sensitive, inclusive way
- Modelling positive attitudes
- Monitoring progress
- Responding to individual needs
- Following safeguarding procedures
- Completing KidSafe training where required

8.4 Pupils

Pupils are expected to:

- Engage fully in PSHE lessons
- Treat others with respect and sensitivity
- Apply learning to their daily lives

9. Monitoring and Review

The PSHE Lead monitors delivery through:

- Learning walks
- Lesson visits
- Pupil voice
- Planning scrutiny
- Floor books and work samples
- Staff discussions

This policy is reviewed annually by the PSHE Lead, DSL and Senior Management Team, and approved by governors.

Inclusion Statement

At Seaburn Dene Primary School, we are committed to offering an inclusive curriculum to ensure the best possible progress for all of our pupils whatever their needs or abilities.

Pupils have Special Educational Needs if they have a learning difficulty which calls for special educational provision to be made for them. Pupils with a disability have special educational needs if they have any difficulty in accessing education and if they need any special educational provision to be made for them, which is anything that is additional to or different from what is normally available in schools in the area.

At Seaburn Dene Primary School we undertake the duties, including in relation to this policy:

- Not to treat disabled pupils less favourably for a reason which relates to their disability
- To take reasonable steps to avoid putting disabled pupils at a substantial disadvantage
- To do our best by all disabled members of our school community in relation to the requirements of this particular policy

Equality & Diversity Statement

Seaburn Dene Primary School fully recognises its duty to comply with equality and diversity legislation, and its Gender Equality Scheme sets out the school's aims in relation to equality and what it will do to ensure that equality is fully embedded in practice. The school fully acknowledges its responsibilities in terms of equality issues in relation to gender, age, race, disability, religion or belief, sexual orientation and gender reassignment, including in relation to this policy.

Seaburn Dene Primary School is firmly committed to equality and diversity, and when carrying out our functions, we shall have due regard to the need: to eliminate unlawful discrimination and harassment; to promote equality of opportunity between men and women.