

Parent Leaflet: Our Approach to Relationships & Sex Education (RSE)

A clear guide for families (Updated July 2025)

WHAT IS RSE?

Relationships and Sex Education (RSE) helps children learn how to:

- build healthy, safe and respectful relationships
- understand their emotions
- develop self-esteem and resilience
- keep themselves safe online and offline
- understand how their bodies change as they grow
- (in Year 6) learn the basic facts about human reproduction

At Aston Rowant, RSE sits within our PSHE curriculum and is shaped by our Christian values of **Gratitude, Resilience, Outreach, Wonder, Trust and Harmony**.

OUR CURRICULUM (KAPOW PRIMARY)

We use the well-structured, age-appropriate Kapow Primary RSE & PSHE curriculum. Children explore:

Early Years & KS1

- friendships and kindness
- feelings and managing emotions
- families and belonging
- safety, including who to talk to if they're worried

KS2

- growing up and changing bodies
- friendships, empathy and conflict resolution
- online safety, pressures and respectful communication
- recognising healthy vs unhealthy relationships

Year 6 (Upper KS2)

Year 6 children follow a carefully planned sequence:

1. Introductory videos about puberty
2. Whole-class Q&A (with anonymous question box)
3. Human reproduction ("How babies are made") taught factually and sensitively
4. Single-sex small groups with a teacher of the same gender for personal questions

This structure helps children feel comfortable, informed and safe.

HOW WE CREATE A SAFE ENVIRONMENT

- clear ground rules ("no personal stories")
- correct scientific vocabulary
- respect for all families and identities
- opportunities for private questions
- teachers trained in safeguarding and RSE delivery

Any concerns raised by pupils are followed up confidentially by our Designated Safeguarding Lead.

WILL RSE CONFLICT WITH OUR FAMILY BELIEFS?

No. RSE is taught in a values-driven, age-appropriate way, consistent with:

- DfE statutory guidance
- Church of England's *Valuing All God's Children*
- our belief that **every child is loved by God and deserves respect and dignity**

We do **not** promote any particular lifestyle or sexual orientation.

We teach respect, kindness, inclusion and factual information.

YOUR RIGHT TO WITHDRAW

Parents may withdraw their child from the sex education element of Year 6 (the lesson on human reproduction).

Parents cannot withdraw their child from Relationships Education (statutory).

If you wish to discuss withdrawal, please speak to the Headteacher.

HOW YOU CAN SUPPORT AT HOME

- keep communication open as your child approaches puberty
- answer questions honestly and calmly
- encourage positive body image
- monitor online activity and discuss respectful behaviour
- reassure your child that changes in their body and emotions are normal

IF YOU HAVE QUESTIONS

We welcome conversations with parents.

Please contact:

Mr Manning (Year 6 Teacher) or
Mrs France (Headteacher)

We are committed to working in partnership with families so that all children grow together, rooted in God, with confidence, dignity and understanding.