



*“Inspiring minds to ignite lifelong learning”*



**Onchan Primary School**  
School Road, Onchan, Isle of Man IM3 4PD

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## **Relationships and Sex Education Policy (Onchan School)**

### **Introduction**

The Department of Education, Sport and Culture recognises the importance of high quality, evidence based and developmentally appropriate Relationships and Sex Education (RSE) which forms an integral strand of a broader PSHE programme.

This document details Onchan School’s policy on the planning, organisation, and delivery of RSE within our setting.

This policy is for the leaders, staff (particularly those who are directly involved in the planning and delivery of RSE) and Governing Bodies of Onchan School.

\*It may also be referenced by parents, pupils and the wider public for information.

### **Key Points**

- All Pupils at Onchan School will receive RSE in accordance with this policy.
- Details of the RSE curriculum (including lesson content) are made available to parents/carers on the [school website](#). A paper copy can be provided upon request by contacting Mrs Callister.
- Parents/carers have the right to withdraw their child from all or part of the RSE curriculum. The details of how this right may be exercised is included in this document.

### **What is RSE?**

Relationships and Sex Education (RSE) is a subject which falls under the wider umbrella of Personal, Social, Health, and Economic (PSHE) education. RSE strives to offer children the information and skills needed to make informed choices, and to enjoy safe, healthy relationships throughout their lives.

The purpose of RSE is to provide opportunities for young people to explore themes related to the emotional, social, and physical elements of growing up, within a school culture which enables them to flourish.

High quality, evidence based, and developmentally appropriate RSE is fundamental to support our young people’s readiness to live and thrive in a society that is becoming ever more dynamic and digitally advanced.

### **Aims of RSE**

Developmentally appropriate RSE aims to:

- Help children and young people to understand and take care of their physical health.
- Improve children and young people’s emotional well-being and mental health.
- Safeguard children and young people by supporting them to report harmful behaviour, including online.



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- Inform children and young people of their rights and responsibilities in society, leading to greater community cohesion and appreciation of independence and interdependence within relationships.
- Develop emotional intelligence and critical thinking skills, including around gender equity and power dynamics in relationships.
- Reduce harmful behaviour, including sexual violence and relationship abuse, stigma and discrimination.
- Help children and young people to develop positive relationships with themselves and others, based on respect and equality.
- Compliment and support parental guidance.

Relationships and Sex Education (RSE) is lifelong learning about relationships, emotions, looking after ourselves, different families, puberty and how our bodies change. We aim for the children in Onchan School to acquire the appropriate knowledge, develop their skills and form positive beliefs, values and attitudes. RSE has a key part to play in the personal, social, moral and spiritual development of our children.

### **Equality and Inclusion**

At Onchan School we strive to deliver RSE in a manner which meets the needs of our diverse learning community. We aim to create an environment which is safe and accessible for all our learners, including a RSE curriculum in which all pupils feel valued, respected, and represented.

We believe that all pupils have the right to high quality RSE regardless of age, sex, race, disability, religion or belief, gender reassignment, pregnancy or maternity, marriage or civil partnership, or sexual orientation (these are collectively known as protected characteristics).

Our children are taught by familiar adults who they have good relationships with. Supply staff will not be used to deliver any RSE content. If staff feel uncomfortable or unsure when delivering the RSE curriculum or dealing with individual pupil needs, they know where to seek advice and support. Staff will identify specific challenges faced by learners with special education needs and disabilities and ensure the curriculum delivery is inclusive and needs-led to ensure all pupils are accessing and achieving in every lesson. Children within the SPC will have access to a Social Story to support RSE.

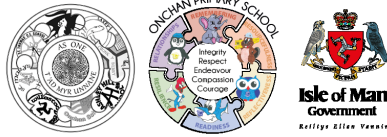
### **Confidentiality and Safeguarding**

All staff at Onchan School are committed to safeguarding and promoting the welfare of all children, staff and others who come into contact with Onchan School regardless of their background, beliefs, or other personal characteristics.

We aim to meet our commitment by creating a positive and open culture, whereby all individuals feel confident to raise and discuss their concerns and to have their views and wishes considered.



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This will be achieved through a framework of identifying and responding to such concerns appropriately and in a respectful manner. Within this framework, all staff, including volunteers, will be made aware of Onchan School's policies and procedures, and their own personal duties.

There will be times when the duty to safeguard children will override the wishes of a child or Parent but action needs to be taken to safeguard the child.

Child protection refers specifically to the activity that is undertaken to protect individual children or young people who are suffering or are likely to suffer significant harm.

Safeguarding is more than child protection and can occur across the continuum of need. Safeguarding begins with promotion and preventative activity which enables children and young people to grow up safely and securely in circumstances where their development and wellbeing is not adversely affected.

[School Safeguarding Policy](#)

### **Right of Withdrawal**

At Onchan School we believe in the importance of RSE and its' role in providing children and young people with the skills and knowledge they need to stay safe and form healthy relationships as they grow. We also understand that decisions regarding a child's education are personal and often reflect individual family values and beliefs. We appreciate that some parents/carers may have questions or concerns about what is being taught.

Parents/carers have the right to withdraw their child from **any or all** sessions of the RSE curriculum. While we respect this right, we would also welcome the opportunity to discuss any concerns a Parent/Carer may have, prior to choosing to withdraw their child.

If Parents would like to withdraw their child from RSE, they must complete the form on the website and return to school. Teachers will inform Parents when this part of the curriculum is being taught so that this option can be explored.

[Withdrawal of consent form.](#)

### **Organisation and Delivery**

We believe that pupils should be given the opportunity to access a curriculum which prepares them for the changes that adolescence brings. All aspects of RSE are taught in a sensitive, age-appropriate curriculum which includes the components of Sex Education.

Our Relationships and Sex Education lessons are taken from the Island's Curricular Guidance. We have a systematic, planned approach to teaching these lessons from Reception to Year 6. To avoid confusion and risks that come with parts of our bodies not being named correctly, please be aware that across school we will be using the correct terminology for these.



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**Our aims:**

- To prepare pupils for the changes that occur to their bodies, minds and emotions as they grow from childhood to adulthood.
- To help support young people through spiritual, physical, emotional and moral development.
- To work in partnership with parents, families and the wider community to promote positive relationships and provide effective support for young people.

**In Foundation Stage the children will learn about:**

- My body
- Families
- People who look after me
- Friendships
- Feelings

**In Key Stage 1 the children will learn about:**

- My body - Unique me
- Friendships
- Life Cycles
- How to stay safe online
- Appropriate contact/ Privacy
- People who are special to me
- Change and loss
- Different types of families
- Good and bad secrets

**In Lower Key Stage 2 the children will learn about:**

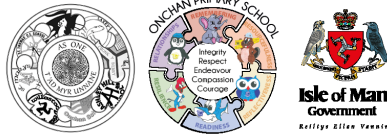
- Relationships and online relationships
- Disability
- How human life begins
- What babies need
- Emergencies and calling for help
- First aid- bites and stings, bleeding
- Equality
- Staying safe
- Online and off line friends
- Online gaming
- Personal hygiene
- My changing body
- Consent

**In Upper Key Stage 2 the children will learn about:**

- Trusted adults
- Bullying
- Abuse
- Videos on line



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- My body
- Feelings and emotions
- Change within families
- Equality- human rights
- How human life begins
- Puberty and growing up
- Loss and grief
- Hygiene
- Transition to High School

The subject leader is responsible for ensuring a whole school progression is outlined from FS to Year 6 and ensure teachers use the PSHE programme to equip all pupils with an age-appropriate, sound understanding of risk and with the knowledge and skills necessary to make safe and informed decisions. Each phase builds on the vocabulary, knowledge and skills taught in the previous year to allow children to acquire further knowledge, know more and remember more. (More detail can be found in the Onchan Curriculum Guidance which ensures that all content is covered at an age-appropriate level.)

Pupil voice interviews are conducted and reviewed, in order to improve PSHE teaching and learning throughout school. Regular staff updates, CPD and support is offered to staff, in order to guide their planning and teaching of PSHE. Adult guides and supporting resources are provided with each lesson. However, it is essential that resources are adapted to support the different learning needs of the children in each class including those with SEND.

## **PSHE**

**By the end of Year 6, children will have been taught the following content:**

- Families and people who care for me
- Our school vision and values
- Dreams and goals
- Remembrance
- Anti-bullying
- The role of charities and the wider world
- Caring friendships
- Respectful relationships
- Basic first aid
- Crucial Crew sessions
- Police visits to support keeping safe
- Sessions lead by the NSPCC (Year 5 and 6) to support keeping safe

## **Digital citizenship**

- Anti-bullying including cyberbullying
- Social media
- News and the media
- Relationships and communication- keeping safe
- Privacy and security
- Digital footprint and identity



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### **Health Education**

Health education aims to give all children the information they need to make good decisions about their own health and wellbeing, to recognise issues in themselves and others, and to seek support as early as possible when issues arise. Isle Listen support these sessions with Years 3,4,5 and 6.

#### **By the end of Year 6, children will have been taught about:**

- Mental wellbeing
- Emotional literacy
- Self esteem
- Positive relationships
- Coping skills

### **Links with our Science Curriculum**

Some aspects of PSHE are cross referenced within the science curriculum. These include:

- Physical health and fitness
- Healthy eating
- Facts and risks associated with drugs (including medicines), alcohol and tobacco
- Health education

[RSE content overview by year group.](#)

### **Implementation**

PSHE and RSE is taught in all classes across school on a Friday afternoon. For most of the time common themes are explored which are age and stage appropriate. Our Monday assemblies also link to the theme being covered that week.

### **External Agencies and Visitors**

The RSE curriculum in our school is enriched by the involvement of external agencies, who offer additional input and resources to support curriculum delivery. Agencies may be invited to deliver specific lessons as a response to an identified need within our school.

Well-being is a priority for all our pupils in our school so we aim to provide the opportunity to enable all pupils to be taught about positive emotional and mental wellbeing, including how healthy relationships can support mental wellbeing. To support some of this learning we use Isle Listen.

Throughout the school year all children, within Key Stage 2, receive eight classroom sessions from an Isle Listen Practitioner, covering a range of topics across 4 key areas: emotional literacy, self-esteem, positive relationships and coping skills. Children in Foundation Stage and Key Stage 1 receive three assemblies each year covering: An Introduction to Mental Health, Friendships and Changes

Other examples of agencies we may work with include:

- Isle of Man Constabulary
- Motiv8



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- St John Ambulance

### **Glossary**

- *For the purpose of this Policy, the following terms have defined meanings:*
- **Department** means the Department of Education, Sport and Culture (**DESC**) including maintained and provided schools, UCM, Villa Gaiety and MSR.
- **PSHE** means Personal, Social, Health and Economic Education.
- **RSE** refers to Relationships and Sex Education.
- **Schools** means any education establishment maintained or provided by DESC

### **Associated Resources**

This policy has links to the following legislation and Onchan School's policies:

#### **Legislation**

[The Education Act 2001](#)

[The Education \(Curriculum\) Order 2011](#)

[The Equality Act 2017](#)

[The Safeguarding Act 2018](#)

[The Sexual Offences and Obscene Publications Act 2021](#)

#### **Policies**

[DESC Safeguarding and Child Protection Policy](#)

[Anti Bullying Policy- Onchan School](#)

[Safeguarding policy- Onchan School](#)

[E-Safety Policy- Onchan School](#)

[Equality & Inclusion Policy- Onchan School](#)

#### **Further Resource**

[Healthy relationships | NSPCC](#) .

[Relationships and Sex Education: The Evidence | Sex Education Forum](#)

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