

Gosford Park Primary School

Relationships and Sex Education Policy

Reviewed and Agreed by Governors: September 2021

Signed by:

R Allen Headteacher Date: 1.9.21

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1. Aims

At Gosford Park, we believe that children are all individuals and therefore, we foster an environment of mutual respect, responsibility and nurturing self-esteem in a happy, safe and caring atmosphere. We aim to create an ethos that is rooted in acceptance, kindness, generosity and helpfulness where diversity is accepted and celebrated by all stakeholders. We want children to leave Gosford Park proud of their own personal identity and a sense of belonging and high self-worth. The teaching and learning of RSE at Gosford Park supports and upholds this vision.

The aims of relationships and sex education (RSE) at Gosford Park are to:

- Provide a framework in which sensitive discussions can take place
- Prepare pupils for puberty, and give them an understanding of sexual development and the importance of health and hygiene
- Help pupils develop feelings of self-respect, confidence and empathy
- Create a positive culture around issues of sexuality and relationships
- Teach pupils the correct vocabulary to describe themselves and their bodies

2. Statutory requirements

As a maintained primary school we must provide relationships education to all pupils as per section 34 of the Children and Social work act 2017.

However, we are not required to provide sex education but we do need to teach the elements of sex education contained in the science curriculum.

In teaching RSE, we must have regard to <u>guidance</u> issued by the secretary of state as outlined in section 403 of the <u>Education Act 1996</u>.

At Gosford Park we teach RSE as set out in this policy.

3. Policy development

This policy has been developed in consultation with staff, pupils and parents. The consultation and policy development process involved the following steps:

- Review the PSHE and RSE leaders pulled together all relevant information including relevant national and local guidance with support from an experienced SLE.
- 2. Staff consultation all school staff were given the opportunity to look at the policy and make recommendations.
- 3. Parent/stakeholder consultation parents and any interested parties were invited to attend a meeting about the policy.

- 4. Pupil consultation we investigated what exactly pupils want from their RSE using a pupil voice activity with support from the class teachers.
- 5. Ratification once amendments were made, the policy was shared with governors and ratified

4. Definition

- RSE is about the emotional, social and cultural development of pupils, and involves learning about relationships, different types of relationships, healthy relationships, different types of family and people who care for us and those who we can trust.
- RSE is also about sexual health, sexuality, healthy lifestyles, diversity and personal identity.
- RSE involves a combination of sharing information, and exploring issues and values.
- RSE is not about the promotion of sexual activity, belief or orientation.
- RSE at Gosford Park scientifically explores the way humans reproduce.
- RSE encourages children to recognise sexual abuse, and what they should do if they are worried about any sexual matters.

5. Curriculum

Our curriculum is set out as per Appendix 1 but we may need to adapt it as and when necessary.

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

Primary sex education at Gosford Park will focus on:

- > Preparing boys and girls for the changes that adolescence brings
- > How a baby is conceived and born

For more information about our curriculum, see our curriculum map in Appendix 1.

Dealing with questions

Teachers will establish clear parameters of what is appropriate and inappropriate in a whole class setting. (again, maybe discussion with staff?) agreed

Guidelines for answering pupil questions:

- If a question is too personal, the teacher will remind the pupil of our class charter. If a pupil requires further support, the teacher can refer him or her to the appropriate person, which in the first instance should be the family support worker.
- If a teacher doesn't know the answer to a question, if appropriate the teacher should acknowledge this and suggest that the pupil, the teacher or both together research the question (dependent on content).
- If a question is too explicit, age inappropriate, inappropriate for the whole
 class or raises safeguarding concerns, the teacher should acknowledge the
 question and promise to speak to the child individually. To maintain trust and
 respect the teacher must remember to speak to the pupil at the earliest
 opportunity. In the instance of a safeguarding concern, the teacher will follow
 the schools safeguarding procedures. The teacher will also speak to the
 parents in a private setting.
- Parent consent to answer age-inappropriate questions?
- Signposting will take part at the end of every session to ensure pupils understand their trusted adults and where to find information in a safe way.

6. Delivery of RSE

RSE at Gosford Park is taught in a variety of contexts:

- Our main delivery of RSE is through our PSHE curriculum, which constitutes:
 - Whole school assembly to launch a question of the week linked to the PSHE focus
 - 1 hour PSHCE lesson in class with class teacher following the curriculum map objectives
 - Weekly class assembly focused on a picture/ story from the news that promotes the question of the week and the discussion links to the British values.



- Some aspects of RSE are also taught through other subject areas (e.g. science, PE and computing) which we believe contribute significantly to children's knowledge and understanding of their own bodies, and how they are changing and developing.
- On some occasions RSE sessions may be blocked in to a day/ week.
- Where appropriate, children may take part in sessions lead by visitors to school where it is felt this will enhance the provision
- Lessons are differentiated appropriately to meet the needs of all children. The SENDCO advises teachers on how to appropriately meet the needs of SEND children.
- Class teachers will ensure that they have the ability to teach certain areas of the curriculum without letting their personal beliefs and attitudes affect them. If they have concerns regarding this then they must report this to a member of the Senior Leadership Team.

Relationships education focuses on teaching the fundamental building blocks and characteristics of positive relationships including:

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe

These areas of learning are taught within the context of family life taking care to ensure that there is no stigmatisation of children based on their home circumstances (families can include single parent families, LGBT parents, families headed by grandparents, adoptive parents, foster parents/carers amongst other structures) along with reflecting sensitively that some children may have a different structure of support around them (for example: looked after children or young carers).

7. Roles and responsibilities

7.1 The governing board

The governing board will approve the RSE policy, and hold the headteacher to account for its implementation.

7.2 The headteacher

The headteacher is responsible for ensuring that RSE is taught consistently across the school, and for managing requests to withdraw pupils from non-statutory components of RSE (see section 8). The PSHE leader and wider SLT will support the headteacher in this role.

It is the responsibility of the headteacher, with the support of the PSHE leader to ensure that both staff and parents/carers are informed about our sex education policy, and that the policy is implemented effectively. It is also the head teacher's responsibility to ensure that members of staff are given sufficient training, so that they can teach about sex effectively, and handle any difficult issues with sensitivity.

Alongside the PSHE leader, the headteacher liaises with external agencies regarding the school sex education programme, and ensures that all adults who work with our children on these issues are aware of the school policy, and work within its framework.

The headteacher monitors this policy on a regular basis, and reports to governors, when requested, on the effectiveness of the policy.

7.3 Staff

Staff are responsible for:

- Timetabling RSE appropriately so that all children in their care receive adequate and appropriate RSE. Timetabling issues should be addressed with the headteacher and are not a valid reason to not teach RSE.
- Delivering RSE in a sensitive way
- Modelling positive attitudes to RSE
- Establishing an open and supportive environment for children to discuss topics, using the PSHE class charter set up at the beginning of the year to support this
- Monitoring and reporting on children's progress
- Responding to the needs of individual pupils and adapting lessons to support this
- Responding appropriately to pupils whose parents wish them to be withdrawn from the non-statutory components of RSE

Staff do not have the right to opt out of teaching RSE. Staff who have concerns about teaching RSE are encouraged to discuss this with the headteacher.

Class teachers will be responsible for teaching RSE in our school.

7.4 Pupils

Pupils are expected to engage fully in RSE and, when discussing issues related to RSE, treat others with respect and sensitivity.

Pupils are expected to follow the PSHE class charter at all times.

Pupils are encouraged to speak to a trusted adult if they have any concerns or feel uncomfortable discussing a topic. This will be signposted by the class teacher at the end of each lesson.

7.5 Parents and carers

The school is well aware that the primary role in children's sex education lies with parents and carers. We therefore wish to build a positive and supporting relationship with the parents and carers of children at our school, through mutual understanding, trust and cooperation.

To promote this objective, we:

- Inform parents and carers about the school's sex education policy and practice and encourage them to be involved in reviewing the school policy,
- Answer any questions that parents or carers may have about the sex education of their child,
- Take seriously any issue that parents or carers raise with teachers or governors about this policy, or about the arrangements for sex education in the school,
- Inform parents and carers about the best practice known with regard to sex education, so that the teaching in school supports the key messages that parents and carers give to children at home.

We believe that through this mutual exchange of knowledge and information, children will benefit from being given consistent messages about their changing bodies and their increasing responsibilities.

8. Parents' right to withdraw

Parents do not have the right to withdraw their children from relationships education.

Parents have the right to withdraw their children from the non-statutory components of sex education within RSE.

Requests for withdrawal should be put in writing using the form found in Appendix 3 of this policy and addressed to the headteacher.

Alternative work will be given to pupils who are withdrawn from sex education.

At Gosford Park, the non-statutory aspects of PSHE taught are:

- How a baby is conceived.
- Pregnancy and birth.

9. Training

Staff training needs are reviewed by the Headteacher and PSHE leader on an ongoing basis through staff voice, performance management and monitoring arrangements.

The headteacher may invite visitors from outside the school, such as school nurses or sexual health professionals, to provide support and training to staff teaching RSE.

10. Monitoring arrangements

The delivery of RSE is monitored by the SLT and PSHE leaders through learning walks, pupil interviews and school council discussions.

Pupils' development in RSE is monitored by class teachers as part of our internal assessment systems.

This policy will be reviewed by the RSE lead and SLT annually. At every review, the policy will be shared with parents and staff, who will be given the opportunity to express their views. The policy will be approved by the Senior Leadership Team and the school Governors.

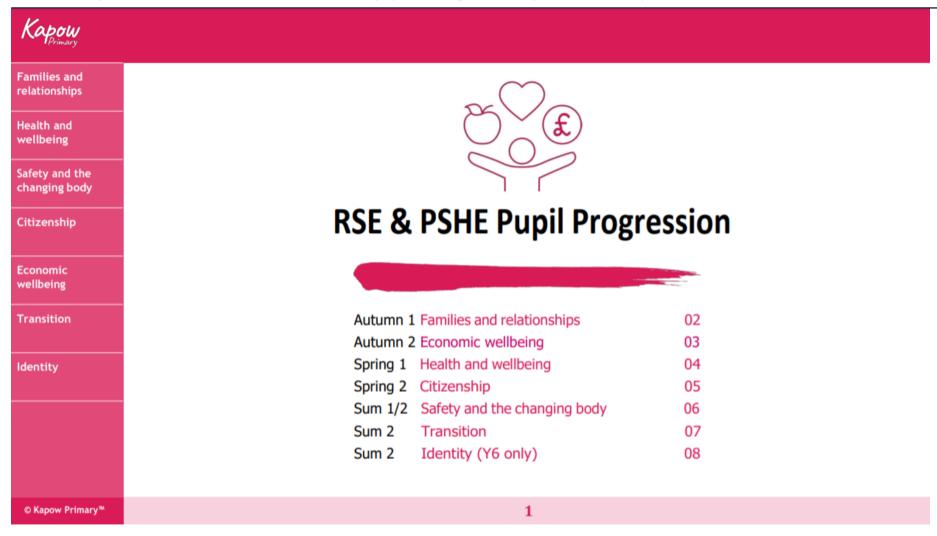
11. Linked Policies

This policy links to the following policies and procedures:

- Personal, Social, Health and Economic Education (PSHE) Policy
- Anti-Bullying Policy
- Behaviour Policy
- Teaching and Learning Policy
- Safeguarding Policy
- SEN Policy

Appendix 1: Curriculum map

Relationships and sex education curriculum map (including other aspects of PSHE)



Kapow		Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Families and relationships	Family	Understanding that families can include a range of people and how different members of a	Learning that families can be made up of different people Understanding that	Learning that problems can occur in families and that their is help available if needed	Understanding that families are varied, in the UK and across the world and having respect for these differences	Understanding that we all have different positive attributes and we should be proud of these	
Health and wellbeing		family are related to each other	families offer care, love and support		these differences	Learning what marriage is and that it is a choice that people make Learning that sometimes families can make children feel unhappy or unsafe and	
Safety and the changing body	Friendships	To begin to understand the	Understanding difficulties	Exploring ways to resolve	Exploring physical and	that there is help available Understanding that	Learning that friendships
Citizenship	Triendships	characteristics of positive friendships Learning that friendships can have problems but that these can be overcome	in friendships and action that can be taken	Priendship problems Developing an understanding of the impact of bullying and what to do if bullying	emotional boundaries in friendships Exploring different roles related to bullying including victim, bully and	friendships will encounter issues but that this may strengthen them Understanding the impact of bullying and what might influence the behaviour of	can experience conflict, and ways in which to resolve conflict, through negotiation and compromise
Economic	Respectful relationships	Exploring friendly behaviours		occurs	bystander	a bully	
wellbeing		other people show their	Learning how other people show their feelings and how to respond to them Exploring the conventions of manners in different situations	is and identifying who I can trust	courtesy and manners in a range of scenarios Understanding how my actions and behaviour affects others	Learning how stereotypes can be unfair, negative and destructive	Learning what respect is and that it is part of a
Transition							Understanding that everyone deserves to be respected but that respect can be lost.
Identity		Understanding ways to help others	Developing an understanding of self respect	Developing listening skills Exploring stereotyping	Understanding stereotyping		Understanding stereotyping and bullying linked to it
	Change and loss		Exploring how loss and change can affect us		Learning what bereavement is and how to help someone who has experienced bereavement		Understanding grief and the associated emotions To explore the process and emotions relating to grief
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Kapow	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Families and relationships	Developing an understanding of the value of money and how to keep it safe	Understanding the value of money and where it comes from	Understanding that there are different ways to pay for things	Understanding the factors which affect whether something is value for money	Understand how to create a budget based on priorities	Recognising differences in how people deal with money and the role of emotions in this
Health and	Understanding where money comes from	Developing an understanding of wants and needs	Developing an understanding of budgeting	Understand the importance of tracking money	Developing an understanding of borrowing money	Understanding how to keep bank accounts safe
wellbeing	Developing an understanding of how banks work	Recognising that people make choices about how to spend money	Understanding that money can cause a range of feelings	Understanding the impact of losing money	Beginning to understand income and expenditure	Developing an understanding of gambling
Safety and the changing body	Recognising the range of jobs available in school and the skills people need to do these	Developing an understanding of how to select a bank account	Understanding that people have different attitudes to money	Developing an understanding of what might influence job choices	Developing an understanding about risks associated with money	Understanding the routes into different jobs
Citizenship		Beginning to understand how people select the job they want to do	Growing understanding of the range of jobs available	Understanding how work can change over time	Understand stereotypes in work and how these can be overcome	Recognising that people change jobs for a number of reasons
Economic wellbeing			Understanding the stereotypes which can exist around jobs but that these should not affect people's choices		Understanding the role of money in selecting a job	
Transition						
Identity						

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Kapow		Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Families and relationships Health and wellbeing	Health and prevention	Understanding the importance of hand hygiene Understanding the risks of sun exposure and how to stay safe in the sun Developing an understanding of allergies and what to do if someone has an allergic reaction	Developing an understanding of how to look after my teeth		Developing independence in looking after my teeth	Understanding the risks of exposure to the sun and developing independence for protecting myself in the sun	Understanding ways of preventing illness and the benefits of immunisation Developing an understanding of possible signs of illness and some actions I can take
Safety and the changing body Citizenship Economic wellbeing	Physical health and wellbeing	Exploring health related jobs and people who help to keep us healthy Understanding the importance of sleep and positive sleep habits Exploring two different methods of relaxation: progressive muscle relaxation and laughter	Understanding the importance of exercise and its effect on the body Understanding when relaxation techniques can be useful and learning breathing exercises to aid relaxation	Developing the ability to plan for a healthy lifestyle with physical activity, a balanced diet and rest Understanding the positive impact of relaxation on the body and learning relaxation stretches Understanding what a balanced diet is and the effects upon mental and physical health	Identifying what makes me feel calm and relaxed and learning visualization as a tool to aid relaxation Understanding the skills needed for different jobs and exploring how my skills can be used to undertake certain jobs and roles	Understanding the benefits of sleep and developing greater responsibility for ensuring good quality sleep Understanding the relationship between stress and relaxation and exploring yoga as a technique for relaxation	Understanding that I have a responsibility to look after my overall health, including, diet, oral hygiene, physical activity, rest and relaxation Understanding the factors which contribute to my physical and mental health Identifying a range of relaxation strategies and situations in which they would be useful
Transition	Mental wellbeing	Understanding my strengths and qualities Understanding and describing feelings and emotions	Recognising an increasing range of feelings and some strategies for managing different emotions Developing empathy Identifying personal goals and how to work towards them Exploring the need for perseverance and developing a growth mindset	Exploring my identity through the groups I belong to Identifying my strengths and exploring how I use them to helps others Understanding how to overcome problems by breaking them into smaller, achievable steps	Understanding that it is normal to experience a range of emotions Developing the ability to appreciate the emotions of others in different situations Learning to take responsibility for my emotions and that I can control some things but not others Developing an understanding of mental health including experiencing problems Developing a growth mindset, acknowledging that mistakes are useful to learning	Understanding what can cause stress and how to deal with it Exploring ways to achieve a goal, setting short-term, medium-term and long-term targets Developing the ability to take responsibility for and manage my feelings Identifying how failure can make me feel, learning to manage those feelings and that failure is an important part of success	Exploring my personal qualities and how to build on them Learning the importance of resilience and developing strategies for being resilient in challenging situations Identifying long-term goals and developing a plan as to how to achieve them

Kapow Primary	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Families and relationships	Understanding rules in school	Understanding rules in the community	Developing an understanding of children's rights and how they help children	Understanding that human rights apply to everyone and who protects these	Understanding the law and what happens when someone breaks it	Understanding how human rights protect people
Health and wellbeing	Recognising why rules are necessary	Understanding how rules are made	Considering the responsibilities adults and children have to maintain children's rights	Understanding how reusing items is of benefit to the environment	Understanding how rights and responsibilities link	Developing an understanding of the importance of education
Safety and the	Understanding the needs of different animals and how to meet these	Recognising the importance of looking after the school environment	Understand how recycling can have a positive impact on the environment	Understanding the role of local government	Developing an understanding of freedom of expression	Developing an understanding of environmental issues relating to food
changing body	Understanding the needs of younger children and how these change	Identifying ways to help look after the school environment	Developing an understanding of how democracy works at a local level	Understanding the groups which make up a community and the benefits they bring	Understanding why reducing use of materials is positive for the environment	Developing an understanding of causes which are important personally
Citizenship	Understanding how voting can be used to make decisions	Understanding the jobs people do to look after the environment in school and the local community	Understanding the need for rules and the consequences of breaking these	Understanding the positives diversity brings to a community	Developing an understanding of how parliament and government work	Understanding how government works
Economic wellbeing	Understanding differences between people	Understanding how democracy works in school through the school council	Developing an understanding of groups within the local community and how these		Understanding the contribution people make to the community and how this is recognised	Understanding what prejudice and discrimination are
Transition	Recognising the groups we belong to	Understanding that everyone is unique	support the local community		Developing an understanding of pressure groups	Understanding how prejudice and discrimination can be overcome
Identity		Recognising the contribution people make to the local community				

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Kapow		Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Families and relationships Health and wellbeing Safety and the changing body Citizenship	Being safe (including online)	Understanding how to respond appropriately to adults in a range of settings Understanding what to do if I get lost Exploring potential hazards in the home and how to avoid these Understanding the roles people have within the local community to help keep me safe Developing an understanding of appropriate physical contact	Developing an understanding of being safe near roads and learning how to cross roads safely Understanding the safe use of medicines Beginning to understand the importance of staying safe online Understanding the difference between secrets and surprises Understanding the concept of privacy and naming the private parts of my body	Understanding ways to keep safe when crossing and near roads Developing skills as a responsible digital citizen Recognising and responding to cyberbullying Beginning to recognise unsafe digital content	Developing an understanding of being safe online Understanding how to seek help if I need to Exploring the difference between private and public Understanding that age restrictions are designed to protect me Learning about the benefits and risks of sharing information online	Developing an understanding of how to ensure relationships online are safe Recognising an increasing number of online risks and ways to stay safe online	Developing an understanding about the reliability of online information Exploring online relationships including dealing with problems Understanding that online relationships should be treated in the same way as face to face relationships Knowing where to get help with any online problems
Economic wellbeing Transition	Drugs, alcohol and tobacco	Exploring what is and isn't safe to put in or on my body	Learning how to be safe around medicines	Exploring that people and things can influence me and I need to make the right decision for me Exploring choices and decisions that I can make	Understanding the risks associated with tobacco	Understanding the influence others can have on me Learning strategies I can use to overcome pressure from others	Understanding the risks associated with alcohol
Identity	The changing adolescent body		Knowing the names of parts of my body		Developing an understanding of physical and emotional changes as I grow up	Understanding the physical changes from childhood to adulthood Developing an understanding of the main aspects of puberty, including menstruation Learning about the emotional changes during puberty	Knowing the changes experienced during puberty Understanding how a baby is conceived and develops
	Basic first aid	Understanding what classes as an emergency and how to make a call to the emergency services		Knowing how to call the emergency services Knowing how to respond to bites and stings	Knowing how to help someone with asthma	Knowing how to help someone who is bleeding	Knowing how to help someone who is choking Knowing how to help someone who is unresponsive
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Kapow Primary	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Families and	Recognising own strengths	Understanding that change is part of life	Learning strategies to deal with change	Recognising own achievements	Understanding the skills needed for roles in school	Recognising that change can cause mixed feelings
relationships	Understanding that changes can be both positive and negative	Recognising ways to deal with change	Understanding opportunities and responsibilities	Understanding how to set goals	Recognising own skills and how these can de developed	Understanding a greater range of strategies to deal with feelings associated with change
lealth and wellbeing						recing associated that change
afety and the						
hanging body						
Citizenship						
conomic vellbeing						
ransition						

Identity

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Kapow	Year 6
Families and	Understanding what makes identity
relationships	Recognising the difference between how we see ourselves and how others see us
Health and	Exploring the role of gender in identity
wellbeing	Exploring how the media might influence our identity
Safety and the changing body	
Citizenship	
Economic wellbeing	
Transition	
Identity	
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Appendix 2: By the end of primary school pupils should know

TOPIC	PUPILS SHOULD KNOW
Families and people who care about me	 That families are important for children growing up because they can give love, security and stability The characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives
	• That others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care
	• That stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up
	That marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong
	 How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed
Caring	How important friendships are in making us feel happy and secure, and how people choose and make friends
friendships	• The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties
	That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded
	• That most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right
	 How to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed

TOPIC	PUPILS SHOULD KNOW
Respectful relationships	• The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs
	 Practical steps they can take in a range of different contexts to improve or support respectful relationships The conventions of courtesy and manners
	The importance of self-respect and how this links to their own happiness
	• That in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority
	• About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help
	What a stereotype is, and how stereotypes can be unfair, negative or destructive
	The importance of permission-seeking and giving in relationships with friends, peers and adults
Online	That people sometimes behave differently online, including by pretending to be someone they are not
relationships	• That the same principles apply to online relationships as to face-to face relationships, including the importance of respect for others online including when we are anonymous
	• The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them
	How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met
	How information and data is shared and used online

TOPIC	PUPILS SHOULD KNOW
Being safe	 What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context) About the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe
	• That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact
	• How to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know
	How to recognise and report feelings of being unsafe or feeling bad about any adult
	How to ask for advice or help for themselves or others, and to keep trying until they are heard
	 How to report concerns or abuse, and the vocabulary and confidence needed to do so
	Where to get advice e.g. family, school and/or other sources

Appendix 3: Parent form: withdrawal from sex education within RSE

TO BE COMP	LETED BY PARENTS		
Name of child		Class	
Name of parent		Date	
Reason for wit education	hdrawing from sex edu	ucation witl	nin relationships and sex
Any other infor	mation you would like	the school	to consider
Parent signature			

TO BE COMPLETED BY THE SCHOOL	
Agreed actions from discussion with parents	Include notes from discussions with parents and agreed actions taken. Eg: Joe Bloggs will be taking part in all relationships lessons and during the sex education lessons, he will be working independently on a project in the Year 5 classroom