

RSE Expectations: What Pupils Should Know by the End of Primary School

(Aligned to Kapow Primary & Holy Trinity's RSE Policy, Oct 2025)

1. Families and People Who Care for Me

By the end of primary school, pupils will know:

- That families are important because they provide love, security, stability and a sense of belonging.
- The characteristics of healthy family life, including commitment, care, time together and shared experiences.
- That families may look different from their own, but all deserve respect and can provide love and care.
- That stable, caring relationships — including marriage — support wellbeing and security as children grow.
- That marriage is a formal, legally recognised commitment between two people intended to be lifelong.
- How to recognise when family relationships are unsafe or unhealthy and how to seek help from trusted adults.

2. Caring Friendships

Pupils will know:

- That friendships help us feel happy, secure and valued.
- The characteristics of healthy friendships: kindness, honesty, loyalty, respect, generosity, and shared interests.
- That healthy friendships are inclusive and welcoming, not hurtful or isolating.
- That friendships may have ups and downs and can be repaired respectfully without using violence or unkind behaviour.
- How to recognise when a friendship is unsafe, unkind or making them uncomfortable — and how to seek help.

3. Respectful Relationships

Pupils will know:

- The importance of respecting others, including those with different characteristics, backgrounds or beliefs.
- Practical ways to build and maintain respectful relationships.
- The conventions of courtesy and good manners.
- The importance of self-respect and how it links to their happiness and confidence.
- That everyone is entitled to respect, including people in positions of authority.
- About different forms of bullying (including cyberbullying) and how to get help.
- What stereotypes are and why they can be unfair or harmful.

- The importance of consent and permission-seeking in relationships.

4. Online Relationships

Pupils will know:

- That people may behave differently online and may not always be who they say they are.
- That the same principles apply online as offline: respect, kindness, honesty and boundaries.
- Rules for staying safe online, recognising risks, harmful content and unsafe communication.
- How to report concerns or seek help.
- How to think critically about online friendships, information sources and contact with strangers.
- How information and data is shared, tracked and used online.

5. Being Safe

Pupils will know:

- What appropriate boundaries are — in person and online.
- The concept of privacy and that some secrets should not be kept if they relate to being unsafe.
- That their body belongs to them and how to recognise unsafe or inappropriate contact.
- How to respond safely to unfamiliar adults (including online).
- How to recognise and report feeling unsafe, and that they should keep seeking help until someone listens.
- How to report abuse confidently using correct terminology for body parts (as required by updated DfE guidance and your policy).
- Where to get advice, including family, school and external agencies.

6. Health & Wellbeing (Kapow)

In addition to statutory RHE, pupils will know:

- How to maintain physical and mental wellbeing, including sleep, exercise, hygiene and emotional regulation.
- Strategies for managing feelings, worries, bereavement and change.
- How to ask for help for themselves or others.
- Basic first aid, including dealing with common injuries and emergencies.
- The dangers of drugs, alcohol, smoking and harmful substances.

(This reflects Kapow's "Health & Wellbeing" progression.)

7. Safety and the Changing Body (Kapow)

Pupils will know:

- The physical and emotional changes of puberty.
- That puberty is a natural part of growing up.
- How to manage puberty practically and emotionally, including menstrual wellbeing.
- Why correct scientific vocabulary for body parts is important for safeguarding (required by DfE July 2025).
- How to stay safe and seek help if something feels wrong.
- Age-appropriate understanding of FGM — as a safeguarding issue and violation of rights (as per your policy).

Additional Y6 Sex Education (Non-Statutory, Two Lessons)

Pupils will learn (Year 6 only):

- How a baby is conceived (with parental withdrawal rights).
- How pregnancy and birth occur.
- Respectful understanding of adoption, IVF and surrogacy.
(This is exactly what your RSE Policy specifies in the two Y6 lessons.)

8. Citizenship (Kapow)

Pupils will understand:

- Basic rights, responsibilities and rules.
- What it means to be part of a community.
- How to contribute positively to society.
- Why diversity, equality and inclusion matter.

9. Economic Wellbeing (Kapow)

Pupils will understand:

- What money is and how it is used.
- Basics of saving, spending and budgeting.
- The difference between needs and wants.

10. Identity (Year 6 Only – Kapow)

Pupils will learn:

- Factors that make up a person's identity (character, talents, experiences, values).
- That people are unique and this is something to be respected.
*(Kapow clarifies that gender identity is **not** explicitly taught, aligning with DfE guidance.)*