Parent Information Sheet on Relationships and Well-being Education
King's College School Panama
Academic Year 2026–2027

At King's College School Panama, Relationships and Well-being Education forms an important part of our commitment to safeguarding, personal development and academic excellence.

As a British School Overseas operating under the United Kingdom–Panama Education Agreement, the school delivers education in line with the English National Curriculum and British Schools Overseas standards, while fully complying with Panamanian law, including Ley 302 (2022) and associated MEDUCA guidance.

Our programme is delivered in a scientific, age-appropriate and developmentally appropriate manner and is grounded in respect for life and the dignity of all persons.

Purpose of the Programme

Relationships and Well-being Education supports pupils to:

- Develop healthy, respectful relationships
- Understand personal boundaries and consent
- Recognise unsafe situations and know how to seek help
- Protect their physical and emotional wellbeing
- Develop confidence, judgement and responsibility
- Understand relevant legal frameworks in appropriate contexts
- Prepare for life in modern British and international society.

The programme does not promote particular personal beliefs or lifestyles. It provides factual, safeguarding-focused education that prepares pupils to navigate the world safely and responsibly.

How the Programme is Delivered

Relationships and Well-being Education is delivered primarily through structured Social and Emotional Learning (SEL) lessons, supported where appropriate by Science and other relevant subjects.

Content is carefully sequenced across year groups to ensure that pupils receive information at the appropriate stage of their development.

Primary (EYFS to Year 6)

In Primary, pupils receive Relationships Education and Health Education. This includes learning about:

- Families and caring relationships

- Respectful friendships
- Anti-bullying and online safety
- Personal boundaries and safeguarding
- Mental wellbeing
- Physical health and hygiene
- Puberty education in Years 5–6
- Human reproduction within the National Curriculum for Science (Year 6).

The school does not teach any sex education in Primary beyond the statutory National Curriculum for Science.
Relationships Education and Health Education form part of the compulsory curriculum and are not subject to withdrawal.

Secondary (Year 7 to Year 13)

In Secondary, pupils receive Relationships Education and Health Education as part of the compulsory curriculum.
Across Years 7–9, pupils are taught about:

- Healthy and respectful relationships
- Consent and personal boundaries
- Online safety and digital conduct
- Sexual harassment and sexual violence
- Grooming and exploitation awareness
- Mental and physical health.

In Years 10 and 11, pupils are additionally taught sex education content, including:

- Contraceptive methods and their effectiveness
- Sexually transmitted infections
- Pregnancy and reproductive health
- Legal context relating to sexual relationships.

In Years 12 and 13, pupils revisit and deepen their understanding of relationships, wellbeing and adult responsibilities as part of preparation for independent life.

Right to Request Withdrawal

In accordance with the School's Relationships Education, Relationships and Sex Education and Health Education Policy, parents may request withdrawal from specific sex education elements delivered in Years 10 and 11.

There is no right to withdraw from:

- Relationships Education
- Health Education
- content delivered in Years 7–9

- Key Stage 5 provision
- statutory Science content.

Requests for withdrawal must be made in writing to the Head of Secondary School. The Head of Secondary School will liaise with the Head of School and arrange a meeting with parents and, where appropriate, with the pupil to clarify the request and confirm arrangements.

This right applies only to sex education elements delivered before three terms prior to a pupil turning 16.

The detailed withdrawal framework is set out in the School's RSE Policy.

Compliance with Panamanian Law

In accordance with Ley 302 (2022):

- All content is delivered in a scientific manner
- Teaching is age-appropriate and developmentally appropriate
- The programme promotes prevention of early pregnancy, sexually transmitted infections, sexual abuse and sexual violence
- Parents are notified in advance of curriculum content.

Panamanian law does not prohibit factual, age-appropriate teaching that families and relationships may take different forms internationally. Where legal frameworks differ between jurisdictions, this is taught factually and descriptively.

Safeguarding and Well-being

Relationships and Well-being Education forms part of the school's safeguarding framework. Pupils are taught:

- That abuse, coercion and exploitation are never acceptable
- That they have the right to feel safe
- How to report concerns
- That confidentiality cannot be guaranteed where safety is at risk.

The programme works alongside the School's Safeguarding and Child Protection Policy and is informed by Keeping Children Safe in Education 2026, as well as the Online Safety Policy and Behaviour and Anti-Bullying Policy.

Partnership with Parents

King's College School Panama recognises parents and guardians as the primary educators of their children.

We are committed to:

- Transparent communication about curriculum content
- Compliance with parental notification requirements

- Supporting parents in continuing conversations at home
- Responding respectfully to questions or concerns.

Further Information

Parents who wish to discuss the programme may contact:

- Primary queries – Head of Primary
- Secondary queries – Head of Secondary.

The full Relationships Education, Relationships and Sex Education (RSE) and Health Education Policy is available on the School website.