

Littledean Church of England Primary School and Pre-School

Relationships, Health and Sex Education (RHSE) Policy

At Littledean C of E Primary School, we will provide age-appropriate relationships and health and sex education to all pupils as part of the school's statutory curriculum. Our school aims to assure parents and pupils that all aspects of RHSE will be delivered in a safe space, allowing time and compassion for questions at a level that every pupil understands.

Sensitive topics relating to RHSE will be delivered in a sensitive manner as part of a whole-school approach where parents and teachers work in partnership.

RHSE is compulsory in all primary schools in England. The key topics applicable for all key stages have been carefully planned in consultation with responses from parents, young people, schools and experts. Parents are given the opportunity to discuss this policy at any time and staff will be provided with accurate training and further resources to deliver lessons to pupils.

We understand that pupils must be provided with an education that prepares them for the opportunities, responsibilities and experiences of adult life. A key part of this relates to relationships education, which is required to be delivered to every primary-aged pupil. Primary schools also have the option to decide whether pupils are taught sex education.

Relationships education focusses on giving pupils the knowledge they need to make informed decisions about their wellbeing, health and relationships, and ensures can talk to a trusted adult if there is anything worrying them. Health education focusses on equipping pupils with the knowledge they need to make informed decisions about their own health and ensures they receive factual information about the changes they will experience emotionally and physically during puberty.

We understand our responsibility to deliver a high-quality, age-appropriate and evidence-based relationships, sex and health education (RHSE) for all our pupils. This policy sets out the framework for our RSHE curriculum, providing clarity on how it is informed, organised and delivered. Any sex education included within the curriculum consists of age-appropriate content which covers how babies are conceived and how they are born. Sex education does not go above and beyond the focus of reproduction. State-funded primary schools are also required to teach health education.

Legal Framework

This policy has due regard to legislation and statutory guidance including, but not limited to, the following:

- Section 80A of the Education Act 2002
- Children and Social Work Act 2017
- The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019
- Equality Act 2010

- DfE (2019) 'Relationships Education, Relationships and Sex Education (RSE) and Health Education'
- DfE (2013) 'Science programmes of study: key stages 1 and 2'
- DfE (2020) 'Teaching about relationships, sex and health'
- DfE (2023) 'Keeping children safe in education 2024'

Roles and Responsibilities

The Governing Body is responsible for:

- Ensuring that the curriculum is well led, effectively managed and well planned.
- Evaluating the quality of provision through regular and effective self-evaluation.
- Ensuring teaching is delivered in ways that are accessible to children with SEND.
- Providing clear information for parents on subject content and their rights to request that their children are withdrawn.

The Head Teacher is responsible for:

- The overall implementation of this policy.
- Ensuring that staff are suitably trained to deliver subjects.
- Ensuring that parents are fully informed of this policy.
- Reviewing requests from parents to withdraw children from the subjects.
- Discussing requests for withdrawal from parents.
- Organising alternative education for children, where necessary, that is appropriate and purposeful.
- Reporting to the Governing Body on the effectiveness of this policy.
- Reviewing this policy.

The Relationships, Health and Sex Education Lead is responsible for:

- Overseeing delivery of the subject areas.
- Ensuring the subjects are age-appropriate and high-quality.
- Ensuring teachers are provided with adequate resources to support the teaching of the subjects.
- Ensuring the school meets its statutory requirements in relation to the relationships, sex and health curriculum.
- Ensuring the relationships, sex and health curriculum is inclusive and accessible for all.
- Monitoring and evaluating the effectiveness of subjects and providing reports to the Head Teacher/Governing Body.

The Class Teachers are responsible for:

- Delivering high-quality and age-appropriate relationships, sex and health lessons in line with statutory requirements.
- Using a variety of teaching methods and resources to provide an engaging curriculum that meets the needs of all children.
- Ensuring that they do not express personal views or beliefs when delivering the programme.
- Modelling positive attitudes to relationships, sex and health education.

- Responding to any safeguarding concerns in line with the school Safeguarding/Child Protection Policy.
- Acting in accordance with planning, monitoring and assessment requirements for the subjects.

Organisation of the Curriculum

Every primary school is required to deliver statutory relationships education and health education. For the purpose of this policy, **‘relationships and sex education’** is defined as teaching children about healthy, respectful relationships, focusing on family and friendships, in all contexts, including online, as well as developing an understanding of human sexuality.

For the purpose of this policy, **‘health education’** is defined as teaching children about physical health and mental wellbeing, focusing on the link between the two and being able to make healthy lifestyle choices.

We use the SCARF resource to teach PHSCE and our sex education curriculum is based on the GHLL Pink Curriculum and Sex Education resources.

Relationships and Sex Education

Age appropriate lessons are delivered on a two year rolling programme from Reception to Year 6. The key elements that are taught have been split into five sections:

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

Health Education

Health Education is a skills and knowledge based curriculum embedding life skills to help children make good choices about how they live their lives. The key elements of physical, health and mental wellbeing curriculum have been divided into eight sections:

- Mental health and wellbeing
- Internet safety and harms
- Physical health and fitness
- Healthy eating
- Drugs, alcohol and tobacco
- Basic first aid
- Changing adolescent body

At Littledean C of E Primary School we will use the following lessons to deliver the RHSE curriculum in a meaningful way to our children:

- Science
- PHSCE (Personal, Social, Health and Citizenship Education)
- Physical Education

Delivery of the Curriculum

We will ensure that:

- Core knowledge is sectioned into units of manageable size.
- The required content is communicated to children clearly, in a carefully sequenced way, within a planned scheme of work.
- Teaching includes sufficient and well-chosen opportunities and contexts for children to embed new knowledge so that it can be used confidently in real-life situations.

Children will be taught the facts and law about sex, sexuality, sexual health, gender and consent in an age-appropriate, inclusive and respectful way. The school will make sure that all teaching resources and materials are appropriate for the ages of the children, their religious backgrounds, their developmental stages and any additional needs such as SEND.

Classes may be taught in smaller groups, dependent on the topic being covered at the time. Teachers will stop full class or group discussions where children begin to reveal personal, private information related to any sensitive issues. If teachers feel concerned about anything shared by a child, they will follow the guidelines laid out in the school Safeguarding/Child Protection Policy

Consultation with Parents

The school understands the important role that parents play in enhancing their children's understanding of relationships, sex and health. Similarly, we also understand how important parents' views are in shaping the curriculum.

Parents are provided with the following information:

- The content of the relationships, sex and health curriculum
- The delivery of the relationships, sex and health curriculum, including what is taught in each class
- The legalities surrounding withdrawing their child from subjects
- The resources that will be used to support the curriculum

The school aims to build positive relationships with parents by inviting them into school to discuss what will be taught, address and concerns and help parents manage conversations with their children on the issues covered by the curriculum.

Withdrawing from the Subjects

Relationships and health education are statutory at primary and parents do not have the right to withdraw their child from these subjects.

As sex education is not statutory at primary level, other than what must be taught as part of the science curriculum, parents have the right to request to withdraw their child from all or part of the sex education curriculum.

The Head Teacher will discuss any such requests with parents and keep a record of the discussion.

Where a child is withdrawn from sex education, the Head Teacher will ensure that the child receives appropriate alternative education.

Equality of Opportunity

All children have equal access to the RSHE curriculum. All staff at Littledean C of E Primary School are responsible for ensuring that all children, irrespective of gender, learning ability, physical disability, ethnicity and social circumstances, have access to the whole curriculum. Where appropriate work will be adapted to meet the needs of individuals or groups of children and if necessary extra support will be given. Gender and cultural differences will be reflected positively in et teaching materials used.

This policy should be read in conjunction with the following policies:

- Safeguarding and Child Protection
- Accessibility
- Anti-bullying and Hate
- Attendance
- Behaviour Regulation
- Drug Education
- E-Safety
- Intimate Care
- Medical Needs
- SEND
- Teaching and Learning

Date of Review: April 2024

Approved by Full Governing Board 25/3/2025

Date of Next Review: April 2025