



Relationships, Health and Sex Education Policy 2026-2028 BIENNIAL

POLICY HISTORY (starting with the new cycle started in 2011)

Policy / Version Date	Summary of change	Governor adoption Date	Signed by the Chair	Next Review Date
1	Reviewed from old policy by JF	Spring 2012		Spring 2014
2	Reviewed from old policy by MH	22 nd May 2014		Summer 2015
3	Reviewed by MH no changes made	18 th June 2015		Summer 2016
4	Reviewed by MH no changes made	10 th March 2016		Spring 2018
5	Reviewed by LR	19 th March 2018		Spring 2020
6	Reviewed by KF in line with DfE changes	29 th April 2021		Spring 2022
7	Reviewed by LR and KF	10 th March 2022		Spring 2024
8	Science content reviewed by KB. RSHE reviewed by KF.	14 th March 2024		Spring 2026
9	Reviewed by CH in line with DfE changes	23 rd April 2026		Spring 2028

And let us consider how we may spur one another on towards love and good deeds. (Hebrews 10:24)
'Spurring each other on with love'.

Introduction

*'even the darkness will not be dark to you; the night will shine like the day, for darkness is as light to you. For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well'.
(Psalm 139:14)*

At Bickleigh Down CofE (Aided) Primary School, Relationships, Sex, Health Education (RSHE) is taught within a caring, distinctly Christian framework to prepare children for adulthood. Children at Bickleigh Down CofE (Aided) Primary School will be given time to consider the Christian view that each person is 'fearfully and wonderfully made' by God and, because of this, it is important that we learn to respect and look after our bodies and relationships. The curriculum will give children the opportunity to understand the benefit of healthy relationships.

Our school seeks to ensure that the RSHE curriculum protects, informs and nurtures all pupils. It clearly differentiates between factual teaching (biology, medicine, the law, marriage, different types of families and the composition of society) and moral teaching about relationships and values, recognising that the distinction can be easily blurred and that there needs to be discernment about the manner in which this is taught. We teach RSHE within a moral (but not moralistic) framework.

It is acknowledged that there are a range of family situations and beliefs. Because of this, children will be supported to understand the differing views that people may have and staff will ensure that the curriculum is taught in an inclusive way.

At Bickleigh Down CofE (Aided) Primary School we want young people to flourish and live life in all its fullness (John 10:10).

At Bickleigh Down CofE (Aided) Primary School, RSHE is about the emotional, social and physical aspects of growing up, healthy relationships, and sex. It is also about the spiritual and moral aspects of relationships within a context of a Christian vision for the purpose of life.

At Bickleigh Down CofE (Aided) Primary School, RSHE lessons will help pupils to explore the foundational ethic of "love your neighbour as yourself". (Mark 12:31). Pupils will have considered how to ensure that they treat themselves and others, at all times and in all contexts, with dignity and respect.

By spurring each other on with love, we aim to:

- develop pupils' awareness of God's gift of human love.
- understand the Christian view that we are all 'fearfully and wonderfully made'.
- understand that there are different types of families but that everyone is loved and valued by God.

This policy has regard to the Department for Education statutory guidance: Relationships Education, Relationships and Sex Education (RSE) and Health Education (Revised July 2025: implementation September 2026).

Intent

RSHE at Bickleigh Down CofE Primary School aims to:

- enable every child to flourish as a unique child of God
- develop understanding of healthy, respectful relationships
- foster dignity, self-worth and moral responsibility
- equip pupils to keep themselves safe physically, emotionally and online
- promote mental, emotional and physical wellbeing
- prepare pupils for life in modern Britain
- develop empathy, respect and courageous advocacy for others
- ensure pupils understand that families and communities may differ but all people are loved and valued

RSHE supports pupils in living out our Christian vision through wisdom, hope, community and respect.

RSHE and Safeguarding

RSHE forms a fundamental part of the school's safeguarding curriculum.

Through RSHE pupils learn to:

- recognise healthy and unhealthy relationships
- understand personal boundaries and consent in age-appropriate ways
- stay safe online and offline
- recognise bullying, coercion or abuse
- understand how to seek help and report concerns
- develop confidence to speak to trusted adults

All teaching aligns with the school's safeguarding and child protection procedures.

Statutory Requirements

This policy complies with statutory guidance issued by the Department for Education under the Children and Social Work Act 2017. The school will continue to review its RSHE provision in line with updated government guidance to ensure that teaching remains age-appropriate, inclusive and reflective of our Christian vision and safeguarding responsibilities.

Primary schools must teach:

- Relationships Education (statutory)
- Health Education (statutory)
- Sex Education (non-statutory beyond National Curriculum Science)

Parents cannot withdraw pupils from Relationships or Health Education.

Equality, Inclusion and Christian Distinctiveness

Teaching reflects duties under the Equality Act 2010.

Pupils learn about respect for people with protected characteristics including:

- age
- disability
- race
- religion or belief
- sex
- sexual orientation
- gender reassignment
- marriage and civil partnership
- pregnancy and maternity

As a Church school, we teach that all people are loved by God. Pupils learn about different families and relationships in an age-appropriate, respectful manner consistent with both Christian teaching and statutory guidance.

Our approach is inclusive while remaining rooted in Christian values of dignity and compassion.

Defining RSHE

Relationships Education

Learning about:

- friendships and family relationships
- kindness, respect and forgiveness
- positive behaviour and boundaries
- online relationships and digital responsibility
- anti-bullying and respectful communication

Health Education

Learning about:

- physical health and healthy lifestyles
- mental health and emotional wellbeing
- resilience and self-esteem
- personal hygiene
- puberty and growing up
- recognising when and how to seek support

We teach that mental health is as important as physical health.

Sex Education

Sex education focuses on human reproduction and growing up.

National Curriculum Science includes:

- body changes
- puberty
- reproduction
- gestation

Additional non-statutory sex education is taught in Year 6 through a discrete unit.

Implementation

RSHE Rooted in the theology of Understanding Christianity

As a church school, Bickleigh Down C of E Primary School follows the Understanding Christianity materials for the teaching of Christianity (RE) across the school. The school has drawn on the 'Goodness and Mercy' materials produced by Katy Staples at Bristol Diocese to develop RSHE learning opportunities that are rooted in the theology of the key concepts found within Understanding Christianity framework.

All children will be given opportunities through clearly planned lessons to develop their understanding of the Christian view of relationships with other children, adults and a divine other using the windows, mirrors and doors approach.

Within the planned opportunities for PSHE in each year group, there will be key strands (highlighted in red) that link to the Goodness and Mercy documents. These lessons help the children to understand the Christian belief that God's people are 'Fearfully and wonderfully made' (Psalm 139:14) and that God's love is beyond any human love.

Delivery of the RSHE Curriculum

From September 2026, Bickleigh Down CofE Primary School uses 1Decision as its principal resource to support the delivery of PSHE and RSHE across EYFS to Year Six.

The programme supports the planned progression of pupils' knowledge, understanding, vocabulary and decision-making skills. It provides interactive, age-appropriate learning opportunities to explore relationships, health and wellbeing, safety, growing and changing, and responsible choices.

1Decision is used alongside the school's curriculum planning, the National Curriculum for Science, Religious Education, collective worship, pastoral care and the Goodness and Mercy theological framework. Teachers adapt resources and activities to meet pupils' developmental stages and individual needs.

The school remains responsible for ensuring that all teaching meets statutory requirements, reflects the school's Christian vision and enables every pupil to develop the knowledge and skills needed to flourish. Curriculum content and resources are reviewed regularly to ensure that learning is inclusive, age-appropriate and consistent with current statutory guidance.

Online Safety

Pupils are taught to:

- develop safe online relationships
- understand privacy and digital footprints
- recognise online risks and pressure
- manage screen use responsibly
- report concerns confidently

Online safety education is embedded across the curriculum.

Year 6 Sex Education Programme

Year 6 pupils receive a structured unit covering:

1. Physical changes
2. Emotional changes
3. Self-esteem and identity
4. Healthy relationships
5. Human reproduction
6. Questions and reflection

Teaching is delivered sensitively by trained staff.

Opportunities are provided for pupils to ask questions in a safe and respectful environment.

Partnership with Parents and Carers

We recognise parents and carers as primary educators.

The school will:

- inform parents of curriculum content
- offer opportunities to view resources
- provide information meetings prior to Year 6 teaching
- respond sensitively to parental concerns

Right to Withdraw

Parents have the right to withdraw their child from non-statutory sex education elements.

Requests must be made in writing to the Headteacher.

There is no right to withdraw from Relationships Education, Health Education or National Curriculum Science.

Appropriate alternative learning will be provided where withdrawal occurs.

Staff Training and Support

Staff delivering RSHE receive appropriate professional development to ensure confidence, accuracy and sensitivity when teaching sensitive topics.

Staff follow agreed school procedures when responding to pupil questions or disclosures.

Monitoring, Evaluation and Governance

RSHE provision is monitored through:

- subject leader monitoring
- lesson observation and review
- pupil voice
- parental feedback
- governor oversight
- The governing body reviews this policy regularly to ensure continued statutory compliance and alignment with the school's Christian vision.

Impact

Through RSHE, pupils will:

- value themselves and others as children of God
- form healthy relationships
- make informed and safe choices
- show respect and compassion
- understand responsibility within society
- flourish academically, socially, emotionally and spiritually