



Relationships, Health and Sex Education Policy 2024-2026 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

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.

Bickleigh Down CofE Primary School's Intent for RSHE

- To provide a secure and caring framework in which learning about sex and relationships can take place.
- To ensure that sex and relationship education is inclusive for all children.
- To develop skills and values so that all children can have healthy relationships.
- To foster self-worth and awareness, together with a sense of moral responsibility
- To develop skills and knowledge about personal safety.
- To develop an environment where pupils can learn about their physical health and wellbeing, so that they can make wise choices to ensure their own flourishing and the flourishing of others.

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.

Defining Relationships Education

Relationships Education is learning about how to:

- be appreciative of existing relationships.
- form new healthy friendships.
- enjoy strong positive, caring, relationships with good boundaries, online and in person.

This will particularly refer to family relationships (including marriage), friendships and relationships with peers and adults.

Defining sex education

Sex education is about reproduction: learning how babies can be made and the emotions that people experience when they are ready for close intimacy.

The national curriculum for science includes content about human body parts, growth, puberty and gestation. Parents do not have the right to withdraw from this aspect of the curriculum.

Defining health education

Health education is learning about physical health and mental wellbeing so that pupils can make wise choices to ensure their own flourishing and the flourishing of others.¹

Curriculum Overview and Information

For a full overview of themes taught, please see our detailed PSHE and RSHE curriculum overview. Our RSHE curriculum has been woven into the following PSHE units:

¹ See *Mental Health and Wellbeing: Towards a Whole School Approach* (March 2018)

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	What is the same and different about us?	Who is special to us?	What helps us stay healthy?	What can we do with money?	Who helps to keep us safe?	How can we look after each other and the world?
Year 2	What makes a good friend?	What is bullying?	What jobs do people do?	What helps us to stay safe?	What helps us grow and stay healthy?	How do we recognise our feelings?
Year 3	How can we be a good friend?	What keeps us safe?	What are families like?	What makes a community?	Why should we eat well and look after our teeth?	Why should we keep active and sleep well?
Year 4	What strengths, skills and interests do we have?	How do we treat each other with respect?	How can we manage our feelings?	How will we grow and change?	How can our choices make a difference to others and the environment?	How can we manage risk in different places?
Year 5	What makes up a person's identity?	What decisions can people make with money?	How can we help in an accident or emergency?	How can friends communicate safely?	How can drugs common to everyday life affect health?	What jobs would we like?
Year 6	How can we keep healthy as we grow?		How can the media influence people?		What will change as we become more independent? How do friendships change as we grow?	

Foundation Stage to Year Five

Throughout our school, RSHE will be taught as part of the PSHE curriculum and links may also be made with other curriculum areas such as science.

Each PSHE lesson (including those that link to RSHE) will be introduced with a big question, allowing children to discuss, investigate and find out more about different relationships.

We recognise that sex and relationships education is part of PSHE and this is valued throughout the school, therefore, children's questions and concerns at any age will be addressed as they arise. This may be done as follows:

- As topics
- Through planned aspects of science
- Through pastoral time
- Through occasional visits from the school nurse, parents and babies
- Through the use of story time/circle time
- Through specially design PSHE lessons (personalised learning approach)

A clear overview of key questions and concepts taught at Bickleigh Down CofE Primary school can be found on the school's website.

Year Six

Within Year 6, RSHE will be taught as part of the PSHE curriculum but there will also be a discrete unit of work on sex education. This will be delivered by the class teachers. The teaching of this unit covers the statutory framework for relationship and health education. It is taught over six sessions which cover the learning outcomes and core themes outlined in the PSHE Association Programme of Study.

Session 1: Changing bodies

Session 2: Emotional changes

Session 3: Just the way you are

Session 4: Relationships

Session 5: Let's talk about sex

Session 6: Human reproduction

Changing relationships are discussed and children are encouraged to think about how to deal with situations that they may be involved in, e.g., arguments with parents etc.

Throughout the unit, girls and boys are taught separately, although the content they are taught is the same. At the end of the unit, there will be opportunity for children to have a question-and-answer session with a teacher of the same sex.

A variety of learning methods which involve children's full participation will be used. Discussion will be encouraged at all times. Appropriate information may be given to pupils if required about the risks of sexually transmitted diseases and about the HIV virus. Ways of avoiding these and good hygiene will be discussed. Contraception is discussed as appropriate but in general rather than specific terms.

While all discussions that may occur will be in confidence, we are aware that any disclosure or suspicion about possible child abuse must be referred to the child protection officer.

When answering questions from children, teachers will use their professional judgement and give due regard to Christian principles throughout their teaching of sex and relationships education. If there are any questions that the teacher does not feel comfortable in answering, or does not feel appropriate to answer, the teacher will direct the question to the child's parents.

Partnership with parents

At Bickleigh Down CofE Primary School, we believe that sex and relationship education should happen in partnership with parents. As with all areas of our school, a positive effort will be made to inform and involve parents at all stages of sex and relationship education offered in school. As a part of our open-door policy, parents are welcome to discuss any areas of concern with us. We will respect the beliefs of parents who wish to withdraw their child from a sex and relationships education programme. Parents cannot, however, withdraw their child from aspects of sex and relationships education which are part of the curriculum.

Prior to the Year Six unit of work taking place, parents who have concerns will be invited into school to a presentation (given by the Headteacher or Deputy Headteacher) where a brief outline of the teaching programme and resources will be made.

The right to withdrawal from sex education

Parents do have the right to excuse their children from this aspect of RSHE and can do so by making concerns known and applying in writing to the headteacher. The school will invite any enquiring parents or legal guardians to talk through concerns. An explanation of the rationale for RSHE will be given; an opportunity will be offered to review the intended materials and consider the impact of not receiving sex education with peers.

Withdrawing a child from sex education remains a statutory right as a parent or legal guardian up until three terms before the child turns 16 years of age. If a pupil is excused from sex education, it is the school's responsibility to ensure that the pupil receives appropriate, purposeful education during the period of withdrawal. There is no right to withdraw from relationships education or health education.

The school will document this process to ensure a record is kept.