



**St. Peter & St. Paul CE Primary School, Burgh-le-Marsh**  
*"Striving for excellence together in a caring Christian community."*  
**RESPECT COMPASSION COURAGE**



## **Relationship, Sex and Health Education (RSHE) Policy**

Responsibility: Governing Body

Approved on: 17/5/21

Signed: [Signature] (Chair of Governors)

To be reviewed: Every two years (or earlier if legislation changes)

Last reviewed: \_\_\_\_\_

Our school's approach to Relationship, Sex and Health Education (RSHE) follows that of the Church of England Education Office in that it seeks to be faith-sensitive and inclusive. It is underpinned by two key Biblical passages:

*"So God created humankind in his image, in the image of God he created them"*  
(Genesis 2:7)

*"I have come in order that you might have life - life in all its fullness"*  
(John 10:10)

At the St. Peter and St. Paul CE Primary School, everyone will be treated with dignity as all people who are made in the image of God and are loved equally by God.

All pupils have a right to an education which enables them to flourish and is set in a learning community where differences of lifestyle and opinion (within that which is permissible under UK law) are treated with dignity and respect; where bullying of all kinds is eliminated; and where they are free to be themselves and fulfil their potential without fear.

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.

RSHE at the St. Peter and St. Paul CE Primary School is about what constitutes wellbeing and loving care for ourselves (physical and mental health education), how we show loving care for others (relationships education) and, when at an appropriate age and stage in life, how we show loving care to those we choose to be intimate with, including within marriage (sex education).

It is also about the spiritual and moral aspects of healthy, loving and nurturing relationships within a context of a Christian vision for the purpose of life.

Pupils will consider how to ensure that they treat themselves and others, at all times and in all contexts, with dignity and respect.

## **Defining Relationships Education**

Relationships Education is learning about how to:

- be appreciative of existing relationships;
- form new healthy friendships; and
- 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.

In this school we have decided that it is important to include sex education to educate the children in our community for adulthood (and for secondary school) in their last year of primary school.

## **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 to 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. 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.

## **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.<sup>1</sup>

## **The RSHE Curriculum**

These are the requirements for RSHE from the Department for Education are listed [here](#).  
At our school, the RSHE curriculum is broken down into the following strands:

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

## Relationships

### **KEY STAGE 1**

Family  
Friendship  
Anti-bullying  
Making good boundaries

### **KEY STAGE 2**

*All strands from Key Stage 1  
along with:*  
Relationships and Marriage

## Health Education

### **KEY STAGE 1**

Sleep, rest and hygiene  
Healthy eating  
Spiritual practice  
Exercise  
Mental health, wellbeing and emotional literacy  
Screen time and screen safety  
First Aid

### **KEY STAGE 2**

*All strands from Key Stage 1  
along with:*  
Alcohol, smoking and drugs  
Puberty

## Sex Education

### **YEAR 6**

Sexual intercourse  
Sex and the law  
Gestation, pregnancy, birth and parenthood

What this looks like to the children, including progression and also how the curriculum sits within the context of us being a Church school, can be seen in more detail via the following links to Knowledge Organisers:

[Relationships Education - Key Stage 1](#)

[Relationships Education - Key Stage 2](#)

[Health Education - Key Stage 1](#)

[Health Education - Key Stage 2](#)

[Sex Education - Year 6](#)

### **How will RSHE be taught in our school?**

RSHE will be delivered professionally and as an identifiable part of PSHE. It will be led, resourced and reported to parents in the same way as any other subject. The strands listed above will be covered as part of a planned programme delivered in a carefully sequenced way.

RSHE will be delivered in a way that affords dignity and shows respect to all who make up our diverse community. It will not discriminate against any of the protected characteristics in the Equality Act and will be sensitive to the faith and beliefs of those in the wider school community. RSHE will seek to explain fairly the tenets and varying interpretations of religious communities on matters of sex and relationships and teach these viewpoints with respect. It will value the importance of faithfulness as the underpinning and backdrop for relationships. It will encourage pupils to develop the skills needed to disagree without being disagreeable, to appreciate the lived experience of other people and to live well together.

RSHE will seek to build resilience in our pupils to help them form healthy relationships, to keep themselves safe and resist the harmful influence of the excesses of media in all its forms.

RSHE will promote healthy resilient relationships set in the context of character and virtue development that sits within the schools Christian Vision and Values.

Values such as such as honesty, integrity, self-control, courage, humility, kindness, forgiveness, generosity and a sense of justice

All staff teaching this sensitive and important subject received training. This training is regularly reviewed and revisited.

Pupils with SEND will have had the content made accessible to them in the most appropriate manner.

At the St. Peter and St. Paul CE Primary School, RSHE is taught by confident trained staff and only some elements will be taught by outside agencies (such as First Aid or aspects about puberty). It is important that pupils have confidence in the teacher and that a 'safe space' is created where pupils feel confident and can ask age-appropriate questions.<sup>2</sup>

#### **RSHE will be monitored and evaluated**

This will follow the same monitoring and evaluation processes used throughout the school for other subjects i.e. pupil conferencing, work reviews, learning walks etc.

#### **Policy Review**

This policy has been agreed by the Governing Body following consultation with parents and will be periodically reviewed in consultation with parents. It must, however, be recognised that the law specifies that what is taught and how it is taught is ultimately a decision for the school.

This policy should be read in conjunction with The Equalities Act 2010

<https://www.gov.uk/guidance/equality-act-2010-guidance>

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<sup>2</sup>It does not need to be the class teacher or tutor who teaches Relationships [and Sex] Education. It is best delivered by teachers who are skilled and confident at managing sensitive issues and are good at handling class discussion. See research from Bristol University about secondary RSE <https://bmjopen.bmj.com/content/7/5/e014791>