



***“Show me your way, Lord teach me your paths.” Psalms (25.4)***

## **RELATIONSHIPS AND SEX EDUCATION POLICY**

In September 2020 the teaching of Relationships and Sex Education became a statutory part of the National Curriculum for all schools.

Our school’s approach to 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 1:27)

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

At Almondsbury Church of England Primary School, everyone will be treated with dignity as all people 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 Almondsbury Church of England 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
- 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. This part of the curriculum sits within the Science curriculum.

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 to use Facts4Life and Heartsmart to educate the children.

## **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>

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

## The RSHE Curriculum

In Almondsbury Church of England Primary School we teach the following sequence.



Reception	Y1	Y2	Y3	Y4	Y5	Y6
<b>Being a Big Kid</b> <ul style="list-style-type: none"> <li>Know what makes each of us unique and special</li> <li>Understand that our private parts belong only to us</li> <li>How to respond to 'uh oh' feelings</li> <li>Who we can speak to about our feelings</li> </ul> <b>My Body</b> <ul style="list-style-type: none"> <li>Be aware of how to take care of our bodies</li> <li>Toilet hygiene</li> </ul>	<b>Being a Big Kid</b> <ul style="list-style-type: none"> <li>Know what makes each of us unique and special</li> <li>Understand that our private parts belong only to us</li> <li>How to respond to 'uh oh' feelings</li> <li>Who we can speak to about our feelings</li> <li>Understand how our bodies tell us things</li> </ul> <b>My Body</b> <ul style="list-style-type: none"> <li>Use correct names for certain body parts</li> <li>Be aware of how to take care of our bodies</li> <li>Toilet hygiene</li> <li>Dental hygiene</li> </ul>	<b>Being a Big Kid</b> <ul style="list-style-type: none"> <li>Know what makes each of us unique and special</li> <li>Understand that our private parts belong only to us</li> <li>How to respond to 'uh oh' feelings</li> <li>Who we can speak to about our feelings</li> <li>Understand how our bodies tell us things</li> </ul> <b>My Body</b> <ul style="list-style-type: none"> <li>Use correct names for certain body parts</li> <li>Be aware of how to take care of our bodies</li> <li>Dental hygiene</li> </ul> <b>Growing &amp; Changing</b> <ul style="list-style-type: none"> <li>How bodies are similar and different (the range of normality)</li> </ul>	<b>Body Changes</b> <ul style="list-style-type: none"> <li>Know what makes each of us unique and special</li> <li>Use correct names for body parts</li> <li>Understand how our bodies tell us things</li> <li>Be aware of how to take care of our bodies</li> </ul> <b>All Shapes &amp; Sizes</b> <ul style="list-style-type: none"> <li>How bodies are similar and different (the range of normality)</li> </ul> <b>Respect and Consent</b> <ul style="list-style-type: none"> <li>How to identify and communicate our feelings</li> <li>Asking permission to touch other people (consent)</li> <li>How to respond to 'uh oh' feelings</li> </ul>	<b>Body Changes</b> <ul style="list-style-type: none"> <li>Know what makes each of us unique and special</li> <li>Use correct names for body parts</li> <li>Understand how our bodies change as we grow</li> <li>Understand how our bodies tell us things</li> <li>Personal hygiene</li> </ul> <b>All Shapes &amp; Sizes</b> <ul style="list-style-type: none"> <li>How bodies are similar and different (the range of normality)</li> </ul> <b>Body image &amp; how fashion changes</b> <ul style="list-style-type: none"> <li>Body image &amp; how fashion changes</li> </ul> <b>Respect and Consent</b> <ul style="list-style-type: none"> <li>How to identify and communicate our feelings</li> <li>Asking permission to touch other people (consent)</li> <li>How to respond to 'uh oh' feelings</li> </ul>	<b>All Change</b> <ul style="list-style-type: none"> <li>Know what makes each of us unique and special</li> <li>Use correct names for body parts</li> <li>Understand how our bodies change as we grow</li> <li>Understand how our body tells us things</li> <li>Be aware of how to take care of our bodies</li> </ul> <b>Body Image</b> <ul style="list-style-type: none"> <li>How bodies are similar and different (the range of normality)</li> </ul> <b>Respect and Consent</b> <ul style="list-style-type: none"> <li>How to respond to 'uh oh' feelings</li> <li>How to respond to 'uh oh' feelings</li> </ul>	<b>All Change</b> <ul style="list-style-type: none"> <li>Use correct names for body parts</li> <li>How hormones affect the body and mind</li> <li>The changes associated with puberty</li> <li>Personal hygiene</li> </ul> <b>Body Image</b> <ul style="list-style-type: none"> <li>Body image and media portrayal</li> <li>Managing worries associated with growing up</li> <li>Know what makes us unique and special</li> </ul> <b>Respect and Consent</b> <ul style="list-style-type: none"> <li>How to respond to 'uh oh' feelings</li> </ul>

These are the requirements for RSHE from the Department for Education [click [here](#)]

## **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. There will be 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.

Our values consist of honesty, integrity, self-control, courage, humility, kindness, forgiveness, generosity and a sense of justice. All staff teaching this sensitive and important subject will have received training. This training will be regularly reviewed and revisited.

At Almondsbury Church of England Primary School, RSHE is taught by confident trained staff and only some elements will be taught by outside agencies (such as First Aid). 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.

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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>

## **Policy Review**

This policy has been produced by consultation with the Diocese of Bristol and teaching colleagues at Almondsbury.

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 will be reviewed every: 2 years

It is due to be reviewed again in: May 2025

It was approved by FGB in: May 2023

This policy should be read in conjunction with The Equalities Act 2010  
[https://www.gov.uk/guidance/equality-act-2010-guidance.](https://www.gov.uk/guidance/equality-act-2010-guidance)

Revised May 2023