



Sex Relationships Education Policy

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Christian Vision and School Values

"In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven."

– Matthew 5:16

At Christ Church CofE Primary School, our teaching and learning are inspired through Jesus and His followers. We believe that every child has been given unique gifts and should be supported to flourish holistically – physically, emotionally, socially, and spiritually.

Through our SHINE values – **Successful, Happy, Included, Nurtured and Enriched** – we aim for every child to experience life in all its fullness.

We are an inclusive Christian community where all are valued and respected as children of God. We embrace diversity and difference, recognising that race, gender, faith, family structure, or background do not define our worth. Above all, we clothe ourselves with love, which binds us together in perfect harmony.

Legal Framework and Statutory Duties

This policy has been developed in line with:

- The Children and Social Work Act (2017)
- Relationships Education, Relationships and Sex Education (RSE) and Health Education Statutory Guidance (DfE, updated 2021)
- Keeping Children Safe in Education (DfE, 2024)
- Equality Act (2010)
- Ofsted Education Inspection Framework (2023)
- The school's Safeguarding and Child Protection Policy
- The Church of England's Vision for Education (2016) and *Valuing All God's Children* (2023)

Relationships Education is statutory for all primary children. Health Education is also statutory. Sex Education, while not statutory in primary schools, is delivered to prepare children for the physical and emotional changes of puberty in an age-appropriate, faith-consistent way.



Aims

Through RSHE, we aim to:

- Help children develop healthy, respectful relationships and positive self-identity.
- Prepare children for puberty, understanding the changes to their bodies and emotions.
- Promote respect for others and celebrate diversity within God's creation.
- Safeguard children by teaching them how to recognise unsafe situations and seek help.
- Support children' spiritual, moral, social and cultural development (SMSC).
- Encourage children to live out our SHINE values – to be *Successful, Happy, Included, Nurtured and Enriched* – in how they treat others and care for themselves.

Objectives

By the end of Key Stage 2, children should:

- Understand and manage emotions and relationships respectfully.
- Know how to keep their bodies healthy and safe.
- Recognise the physical and emotional changes of puberty.
- Appreciate family life in its many forms and value love, respect and commitment.
- Develop confidence to seek advice and support when needed.

Curriculum Delivery

RSHE is delivered as part of our PSHE curriculum using the Jigsaw Scheme of Work, adapted by staff to meet the needs of our children and reflect our Christian ethos. See appendix A for the curriculum map.



It is taught:

- Within a spiral, age-appropriate programme from Reception to Year 6.
- In a safe, respectful, and inclusive environment.
- By trained and confident teaching staff.
- Through connections to other subjects such as Science, RE, PE and Computing.

In Upper Key Stage 2, lessons include:

- Physical and emotional changes during puberty.
- Menstruation and personal hygiene.
- Building positive relationships and understanding consent.

External visitors such as the school nurse may contribute, under the supervision of teaching staff and in accordance with school safeguarding policies.

Equal Opportunities and Inclusion

Christ Church CofE Primary School is committed to providing RSHE for all children. We recognise and respect the diversity of children' backgrounds, beliefs and experiences.

In line with the Equality Act 2010, RSHE will:

- Be inclusive of all genders, sexual orientations, faiths and family structures.
- Promote dignity, respect and understanding of difference.
- Uphold the Church of England's commitment to recognising every person as uniquely created in the image of God.

Teaching materials and approaches will reflect our inclusive ethos and be sensitive to the cultural and religious backgrounds of our community.



Safeguarding and Confidentiality

RSHE plays a vital role in safeguarding children by equipping them with the knowledge and confidence to protect themselves and seek help.

Teachers are aware that disclosures may be made during RSHE sessions, and any safeguarding concerns will be handled according to the school's Safeguarding and Child Protection Policy.

Working with Parents and Carers

We recognise that parents and carers are the first educators of their children. The school seeks to work in partnership through:

- Consultation on policy and curriculum.
- Sharing information about lessons in advance.
- Providing opportunities for parents to view teaching resources.

Parents cannot withdraw their child from statutory Relationships or Health Education.

They may request withdrawal from specific *sex education* elements beyond the national science curriculum. Any such requests will be discussed with the Headteacher to ensure informed decisions in the child's best interests.

In upper Key Stage 2, as children are preparing to move to secondary school, we need to ensure that children are supported in their emotional and physical development effectively.

This should include:

- changes in the body related to puberty, such as periods and voice breaking
- when these changes are likely to happen and what issues may cause young people anxiety and how to deal with these

In order to achieve this outside agencies, school nurses, etc are invited to talk to the children to ensure that their questions are answered sensitively and that they are not embarrassed about talking to their class teacher. Health professionals who are involved in delivering programmes are expected to work within the school's sex and relationship policy and on the instruction of the Headteacher.



All members of staff responsible for delivering SRE are trained in using the teaching resources so that they are confident and competent in answering questions that children may have, irrespective of their involvement with the child.

Teachers and all those contributing to sex and relationship education are expected to work within an agreed value framework as described within this policy and in line with current legislation. SRE should not be taught by a supply teacher or PPA cover teacher. For some lessons, children may be split into boy / girl groups. Single gender groups may be particularly important for children who come from cultures where it is only acceptable to speak about the body in single gender groups.

Child Withdrawal Procedure

Sex and Relationships Education is to be taught across the curriculum and it will not be possible to separate out all the Sex Education lessons. If a parent/guardian feels it necessary to withdraw their child, they should arrange to come to school and discuss their concerns with the head teacher or PSHE coordinator.

In the event of a child being withdrawn from a lesson, that child must stay in school and will be assigned to another class until that specific lesson is over.

In the unlikely event that the concern cannot be dealt with, the Governors and then the Local Authority will be contacted.

Monitoring and Review

The PSHE/RSHE Coordinator and Senior Leadership Team will:

- Monitor the delivery and impact of the RSHE curriculum.
- Gather feedback from staff, children and parents.
- Review and update the policy every two years, or sooner if statutory guidance changes.

Governors are responsible for ensuring that this policy complies with legal requirements and reflects the school's Christian vision and values.

Conclusion

At Christ Church CofE Primary School, our RSHE provision seeks to enable every child to SHINE – to be *Successful, Happy, Included, Nurtured and Enriched* – in how they grow, love, learn and serve others.



Rooted in the teachings of Jesus, we help children understand that success is not measured by possessions, but by love, humility, and service to others. Through our RSHE curriculum, we empower our children to make wise choices, develop self-worth, show compassion, and live joyfully and purposefully in the light of God's love.



Appendix 1: RSHE Curriculum Map (Jigsaw Overview)

Reception (EYFS)

- Building relationships and managing feelings
- Learning about families, friendships, and kindness
- Understanding similarities and differences
- Recognising that God made everyone unique and special

Year 1

- Recognising and naming emotions
- Identifying trusted adults and people who help us
- Exploring families and friendship
- Basic hygiene and looking after our bodies

Year 2

- Developing empathy and understanding other people's feelings
- Recognising what makes a healthy friendship
- Learning how to say "no" and keep safe
- Introduction to life cycles and how we grow

Year 3

- Managing emotions and conflict in friendships
- Understanding personal space and body boundaries
- Appreciating that families can be different
- Making healthy lifestyle choices

Year 4

- Respecting others' differences
- Understanding changes that happen as we grow older



- Exploring positive relationships, kindness and forgiveness
- Learning about body image and self-esteem through Christian values

Year 5

- Understanding puberty and physical changes
- Emotional changes and managing them positively
- Building respectful relationships and understanding consent
- Recognising online influences and keeping safe online

Year 6

- Preparing for transition to secondary school
- Puberty, reproduction and conception (in line with Church of England guidance)
- Understanding responsibility in relationships
- Reflecting on God's plan for growth, respect and love

