Sex Relationships Education Policy

Person responsible for policy:	**Matthew Wynne**		
Approved by:	**LGB**	**On:**	**September 2026**
Next Review:	**September 2027**		
Version Number:	**3**		

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 every child is uniquely created by God and should be nurtured to flourish academically, physically, emotionally, socially and spiritually.

Through our SHINE values of Successful, Happy, Included, Nurtured and Enriched, we seek to enable every child to live life in all its fullness.

As an inclusive Christian community, we recognise the worth and dignity of every individual. We celebrate diversity and difference, recognising that race, culture, faith, gender, family structure or background do not determine a person's value. We strive to ensure that every member of our school community feels known, valued and loved.

Our RSHE curriculum supports children in developing positive relationships, healthy lifestyles, self-respect, resilience and a sense of responsibility towards others, rooted in Christian values of love, compassion, forgiveness and respect.

Legal Framework

This policy has been developed in accordance with:

The Children and Social Work Act 2017

Relationships Education, Relationships and Sex Education (RSE) and Health Education Statutory Guidance (DfE, 2026)

Keeping Children Safe in Education (current version)

Equality Act 2010

Public Sector Equality Duty

Ofsted Education Inspection Framework

The Church of England's Vision for Education

Valuing All God's Children

The school's Safeguarding and Child Protection Policy

Relationships Education and Health Education are statutory in all primary schools.

Sex Education is not statutory within primary education beyond the content contained within the National Curriculum for Science. However, Christ Church CofE Primary School chooses to teach age-appropriate aspects of human development and puberty to prepare children for the transition to secondary education and wider life.

Aims

Through RSHE we aim to:

Develop children who are respectful, kind and compassionate.

Promote healthy, positive and respectful relationships.

Help children understand and manage their emotions.

Support positive mental health and emotional wellbeing.

Develop children's self-esteem, confidence and resilience.

Prepare children for the physical and emotional changes of puberty.

Equip children with the knowledge and skills to stay safe both online and offline.

Promote understanding and respect for diversity and difference.

Teach children about personal boundaries, privacy and consent.

Enable children to recognise unsafe situations and know how to seek help.

Support children's spiritual, moral, social and cultural development.

Encourage healthy lifestyles and informed decision-making.

Help children understand change, loss, bereavement and emotional recovery.

Foster responsible digital citizenship and online safety.

Equip children with knowledge of personal safety, including water, road, rail and fire safety.

Enable every child to live out our SHINE values in their daily lives.

Objectives

By the end of Year 6, pupils should:

Understand what makes positive, healthy relationships.

Know how to communicate respectfully and resolve conflicts appropriately.

Value and respect themselves and others.

Understand family life in its many forms.

Recognise and manage a range of emotions.

Understand how to maintain physical and mental wellbeing.

Understand the physical and emotional changes associated with puberty.

Know how to stay safe both online and in the wider community.

Understand privacy, personal boundaries and bodily autonomy.

Know how and where to seek help if worried or concerned.

Demonstrate respect for diversity and difference.

Be prepared for the transition to secondary school.

Curriculum Delivery

RSHE is delivered primarily through the Jigsaw PSHE Programme, which provides a coherent, progressive and age-appropriate curriculum from Reception to Year 6.

Jigsaw's six puzzle themes ensure comprehensive coverage of statutory Relationships Education, Health Education and safeguarding requirements:

Being Me in My World

Celebrating Difference

Dreams and Goals

Healthy Me

Relationships

Changing Me

Teaching is planned to:

Build progressively on prior learning.

Meet statutory requirements.

Reflect our Christian vision and values.

Be inclusive and accessible to all pupils.

Address the needs of our local community.

Respond to emerging safeguarding priorities.

RSHE is also delivered through links with:

Science

Religious Education

Computing

PE

Collective Worship

Safeguarding curriculum opportunities

Children are taught in a safe environment where questions are encouraged and valued. Ground rules are established to promote respect and confidentiality within the classroom.

Teaching will always be age-appropriate, factual and sensitive to the needs of pupils.

Children will be taught medically accurate and age-appropriate terminology for body parts, including genitalia, as part of safeguarding and health education.

Where appropriate, external visitors such as school nurses or health professionals may contribute to the curriculum under the supervision of school staff.

Emerging Safeguarding Themes

The RSHE curriculum reflects current safeguarding priorities and equips children to navigate an increasingly complex world.

This includes learning about:

Healthy and unhealthy relationships

Personal boundaries

Consent and permission

Online safety and digital wellbeing

Social media awareness

Online scams and financial harms

Privacy and personal information

Cyberbullying

Grooming awareness

Trusted adults and seeking help

Water safety

Road safety

Rail safety

Fire safety

Mental health and wellbeing

Change, loss and bereavement

Body confidence and self-esteem

Equal Opportunities and Inclusion

Christ Church CofE Primary School is committed to providing an inclusive RSHE curriculum for all children.

In accordance with the Equality Act 2010, teaching will:

Promote equality, dignity and respect.

Challenge prejudice, discrimination and stereotypes.

Reflect the diversity of modern Britain.

Recognise and celebrate a range of family structures.

Be accessible to pupils of all abilities and backgrounds.

Support children with SEND appropriately.

As a Church of England school, we affirm that every person is uniquely created and loved by God. We are committed to ensuring every child feels valued, respected and included.

Teaching materials will be selected carefully to reflect our Christian ethos whilst meeting statutory requirements.

Safeguarding and Confidentiality

RSHE is a vital component of our safeguarding curriculum.

Children are taught how to:

Recognise risks.

Keep themselves safe.

Develop healthy relationships.

Identify trusted adults.

Report concerns.

Access support.

Teachers cannot offer unconditional confidentiality.

If a pupil discloses information that raises safeguarding concerns, school staff will follow the procedures set out in the school's Safeguarding and Child Protection Policy.

Staff receive regular safeguarding training and understand their responsibilities regarding disclosures.

Working in Partnership with Parents and Carers

We recognise that parents and carers are the primary educators of their children and we seek to work in close partnership with families.

We will:

Consult on this policy.

Share curriculum information.

Inform parents about forthcoming puberty and RSHE lessons.

Offer opportunities to view teaching resources.

Respond to parental questions openly and respectfully.

We believe that strong home-school partnerships enhance children's understanding and wellbeing.

Right to Withdraw

Parents do not have the right to withdraw their children from:

Relationships Education.

Health Education.

National Curriculum Science.

Parents may request withdrawal from any non-statutory Sex Education content delivered beyond the National Curriculum.

Any request should be discussed with the Headteacher before a final decision is made.

If a child is withdrawn, suitable alternative educational activities will be provided elsewhere in school during that lesson.

Assessment

Assessment within RSHE is formative and designed to support learning rather than measure attainment through tests.

Teachers assess learning through:

Discussion

Reflection activities

Pupil voice

Observations

Jigsaw assessment opportunities

Written and practical outcomes where appropriate

Assessment helps teachers identify misconceptions and plan future learning.

Staff Training

Staff delivering RSHE receive appropriate training and support to ensure they are confident and competent in delivering the curriculum.

The RSHE Lead will ensure staff remain informed about:

Statutory requirements

Safeguarding updates

Curriculum developments

Inclusive teaching approaches

Emerging risks affecting children

RSHE should normally be taught by familiar teaching staff who know the pupils well.

Monitoring and Review

The Headteacher, RSHE Lead and Senior Leadership Team will:

Monitor curriculum delivery.

Review planning and resources.

Gather feedback from staff, pupils and parents.

Evaluate impact on children's learning and wellbeing.

Ensure compliance with statutory guidance.

Governors will oversee implementation of the policy and ensure it remains consistent with legal requirements and the school's Christian vision.

This policy will be reviewed every two years or sooner if legislation or statutory guidance changes.

Appendix A: Jigsaw RSHE Curriculum Overview

Reception

Beginning and belonging

Friendships and kindness

Understanding feelings

Families and caring relationships

Similarities and differences

Keeping healthy and safe

Recognising trusted adults

Knowing that everyone is unique and valued by God

Year 1

Recognising emotions

Families and friendships

People who help us

Personal hygiene

Simple body awareness

Online safety basics

Keeping safe in everyday situations

Year 2

Healthy friendships

Respect and kindness

Trusted adults

Personal safety

Growing and changing

Managing feelings

Beginning to understand boundaries

Year 3

Managing relationships

Respecting differences

Personal space and privacy

Online safety and digital responsibility

Road, rail, fire and water safety

Healthy lifestyles

Year 4

Positive friendships

Self-esteem and body confidence

Understanding change

Puberty preparation

Managing conflict respectfully

Bereavement and loss awareness

Assertive communication

Year 5

Puberty and body changes

Emotional changes during adolescence

Consent and personal boundaries

Online influences and digital safety

Scams and online financial risks

Healthy relationships

Mental wellbeing and resilience

Year 6

Preparing for secondary school

Puberty, reproduction and conception

Responsibility within relationships

Respect, privacy and consent

Healthy communication

Digital citizenship

Managing change and transition

Reflecting on growth, respect and love through Christian values

Conclusion

At Christ Church CofE Primary School, our RSHE provision enables children to grow as confident, respectful and compassionate individuals who understand their value as unique children of God.

Through our Christian vision, SHINE values and the Jigsaw curriculum, we strive to ensure every child is Successful, Happy, Included, Nurtured and Enriched, equipped with the knowledge, skills and character needed to flourish in school, in their relationships and throughout their lives.