



"We Enjoy and Excel  
In the Presence of God"

**BROCKENHURST CE PRIMARY SCHOOL & PRE-SCHOOL**

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# Relationships, Sex and Health Education Policy

Brockenhurst CE Primary School & Pre-School

<b>Approved by:</b>	Board of Governors	
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# Relationships, Sex and Health Education Policy

2025-2027

## Brockenhurst C of E Primary School

### Rationale and Vision

The purpose of teaching Personal Development Learning (PDL) is to equip children with the skills, attitudes and values to cope with themselves and relationships, by providing a safe and secure environment in which children can develop self-esteem and confidence and explore their own feelings and beliefs as they grow and change. Relationships, Sex and Health Education (RSHE) is integral to our PDL programme.

At Brockenhurst C of E Primary School, we believe that RSHE should be taught because it is vital to the health and welfare of every child in the school. RSHE is a lifelong learning process and we believe that our teaching should work in partnership with parents, supporting and extending the understanding that pupils bring to this subject from their family. We aim to ensure that all children foster an ethos in which a wide variety of caring relationships are valued, by teaching children about different family arrangements. We support children's ongoing emotional and physical health through our teaching. A safe, equal, caring and enjoyable relationship will provide the context for teaching about sexual intercourse. Close links will be made with National Curriculum requirements for Science – living things, animals and evolution.

### Definition

The guidance from The Diocese of Winchester explains that church schools must be committed to being welcoming and inclusive communities where all feel included, can learn and flourish, living out Jesus's promise of 'life in all its fullness' (John 10:10), regardless of their family arrangements, beliefs or sexual or gender orientation.

### Taken from the DfE **Relationships Education, Relationships and Sex Education (RSE) and Health Education Statutory Guidance:**

Relationships Education can be defined as "a focus on teaching the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships, and relationships with other children and with adults. Teaching about families requires sensitive and well-judged teaching based on knowledge of pupils and their circumstances. Families of many forms provide a nurturing environment for children. (Families can include for example, single parent families, LGBT+ parents, families headed by grandparents, adoptive parents, foster parents/carers amongst other structures)."

Sex education can be defined as "a sex education programme tailored to the age and the physical and emotional maturity of the pupils. It should ensure that both boys and girls are prepared for the changes that adolescence brings".

### Outline of Subject Content

Funded by the DfE and supported by HIAS (Hampshire Inspection and Advisory Service) we are supported in our teaching of RSHE by Jigsaw. We follow a Long Term Overview across the whole school which spirals – meaning that children build on their understanding of different themes in each year group by repeating and revisiting topics. Throughout the children's time at primary school, the overarching aims that we strive to meet are to help children to:

- Understand their emotions and how to deal with them.
- Learn about their bodies including changes, which have taken place since birth and those, which will take place in the years ahead.
- Understand the facts about puberty and the changing adolescent body, particularly from the age of 9-11 (We will begin to teach children about the process of puberty in year 3).

- Explore their own ideas about relationships, learning how to respect and discuss difference compassionately with others
- Learn to respect their own and others' bodies.
- Develop a sense of responsibility in relationships.
- Assess, understand and resist inappropriate peer and social pressures.
- Understand the reproductive processes in humans and animals.
- Know the correct terminology for body parts.
- Acquire a basic knowledge of human development, highlighting the part played by the family in the child's own culture and in other cultures.
- Develop the ability to make more confident and informed choices about their health and environment.
- Develop their ability to communicate meaningfully and to discuss issues of importance or concern to them.
- Understand the right to say "No".
- Recognise abuse and know ways in which to find appropriate help, including online.

### **Guidelines of Teaching**

- The teaching will meet the needs of all pupils, at an age appropriate level, including the needs of those with special educational needs and disabilities.
- The class teacher will normally be responsible for teaching his/her own class Sex and Relationships Education.
- All classes taught will be mixed but girls and boys will be given the opportunity for group discussion with a teacher or adult of their own gender when being taught Sex Education.
- A teacher approached individually by a pupil for advice on an aspect of sexual behaviour should, whenever possible, encourage the pupil to seek advice from his or her parents.
- Teachers should not promise confidentiality and need to explain to pupils that there are certain types of information which it is not possible to keep confidential. By law this must be reported in full, which teachers will do so following our Safeguarding Policy.
- In case of a disclosure of abuse, staff must inform the Designated Safeguarding Lead, (DSL), and/or Head teacher.
- Visitors will be accompanied and supported by class teachers and parents will be informed of the specific purpose of the visit. Any visitor will be required to read the school's RSE policy prior to visiting the school.
- Teachers will not directly teach about contraception and sexually transmitted disease but will respond factually to questions.
- Parents will be notified by letter prior to Sex Education taking place and informed of exactly what areas will be covered with their child. They will be invited to view the materials that will be used.

### **Monitoring and Evaluation**

This policy was sent to parents for consultation prior to being published. The effectiveness of the policy will be monitored and evaluated by the PDL Co-ordinator, the Science Coordinator and the Governor's Children and Curriculum Committee, by reviewing new resources or legal advice that emerges. The effectiveness of the teaching of RSHE will also be monitored and evaluated by the PDL Co-ordinator, through pupil conferencing (seeking pupil's views about RSHE to make teaching relevant), sharing examples of learning journeys and learning walks.

### **Withdrawal**

There is no right to withdraw from Relationships or Health Education as this is a Statutory Curriculum. Parents have the right to excuse their child from Sex Education if the teaching is not linked to the Science Curriculum and if parents wish to do so, they should discuss this with the Head Teacher.

**Conclusion and Review**

This RSHE policy has been written in accordance with the DfE Statutory guidance, guidance from HIAS, guidance from The Diocese of Winchester, The Equality Act 2010 and KCSiE 2020. The policy links with the school's policies for Teaching and Learning, Child Protection and Safeguarding and Health and Safety. Parents, Teachers and Governors have been involved in the production of this policy and teachers from each year have agreed appropriate subject content for that age group. This policy will be reviewed in September 2024.