



Timbercroft Primary School

Relationships, Sex and Health Education

Policy

Review date September 2026

The Department of Education's statutory requirements mean schools must teach Relationships Education in primary schools, with Health Education also compulsory in all schools.

The school's relationships, sex and health education policy (RSHE) is based on the statutory guidance from the Department for Education issued under Section 80A of the Education Act 2002 and section 403 of the Education Act 1996.

We define 'Relationships Education' as teaching children the foundational aspects of forming and maintaining positive relationships with family, friends, and others, focusing on concepts like boundaries, communication, kindness, and respect, to help them stay safe and happy in their growing interactions. This includes understanding consent, identifying safe online behaviours, recognising appropriate contact, and knowing how to report abuse.

We teach sex education in line with the SRE and Health Education Guidance, and the Science Curriculum. Sex education informs children about sexual issues, with regard to matters of morality and individual responsibility, and in a way that allows children to ask and explore moral questions as well as scientific ones.

The RSHE curriculum is inclusive and meets the needs of all pupils, including those with special educational needs and disabilities (SEND). We ensure that appropriate provision is made by teachers and teaching assistants to enable the children to access the content as fully as possible.

This policy is available to parents through the school website or by request from the school office.

Communicating with parents:

We work closely with parents to ensure that they are fully aware of what is being taught. The school informs parents when aspects of the sex and relationship programme are taught and provides opportunities for parents to discuss the content of the lessons and to view the videos and resources being used.

Parents have the right to withdraw their children from those aspects of sex and relationship education **that are not included in the National Curriculum**. In these circumstances, alternative work will be set.

If a parent/carer wishes to withdraw their child from some or all of the sex education programme, they can contact their child's class teacher via the school office, who will be happy to discuss such requests in person.

Parents do not have the right to withdraw their pupils from relationships and health education, nor can they be withdrawn from topics taught as part of the science curriculum, including science topics related to puberty or sexual reproduction

Policy and Practice:

The RSHE Curriculum is designed and organised by the Curriculum and subject leads, in line with the national curriculum expectations.

A designated teacher (PSHE lead) will have overall responsibility for the provision of the programme, for monitoring developments and for recommending to governors any amendments that she or he feels necessary and appropriate.

The RSHE lessons are taught by the class teacher. A range of teaching methods are used which include use of video, discussion and looking at case studies. The RSHE curriculum is usually delivered in mixed gender groups. However, there are occasions where single gender groups are more appropriate and relevant. Resources to teach sex and relationship education include fiction, reference books, leaflets and extracts from videos.

The religious backgrounds of pupils are taken into account when planning teaching, to ensure that all curriculum content is handled appropriately.

The RSHE Programme will cover aspects of personal hygiene, puberty, menstruation, pregnancy and birth.

If questions are asked by children outside the RSHE Programme, the class teacher or designated sex education teacher will use their discretion in answering them in an appropriate manner and at an appropriate and suitable time.

It is our intention that all children have the opportunity to experience a programme of RSHE at a level which is appropriate for their age and physical development with differentiated provision if required.

When appropriate, visitors such as the school nurse may be involved in the delivery of sex and relationship education, particularly in Key Stage 2. External speakers with specialist knowledge can be brought in to deliver aspects of the curriculum, or to deliver remote sessions for parents where appropriate.

The school's RSHE Policy is subject to annual review.

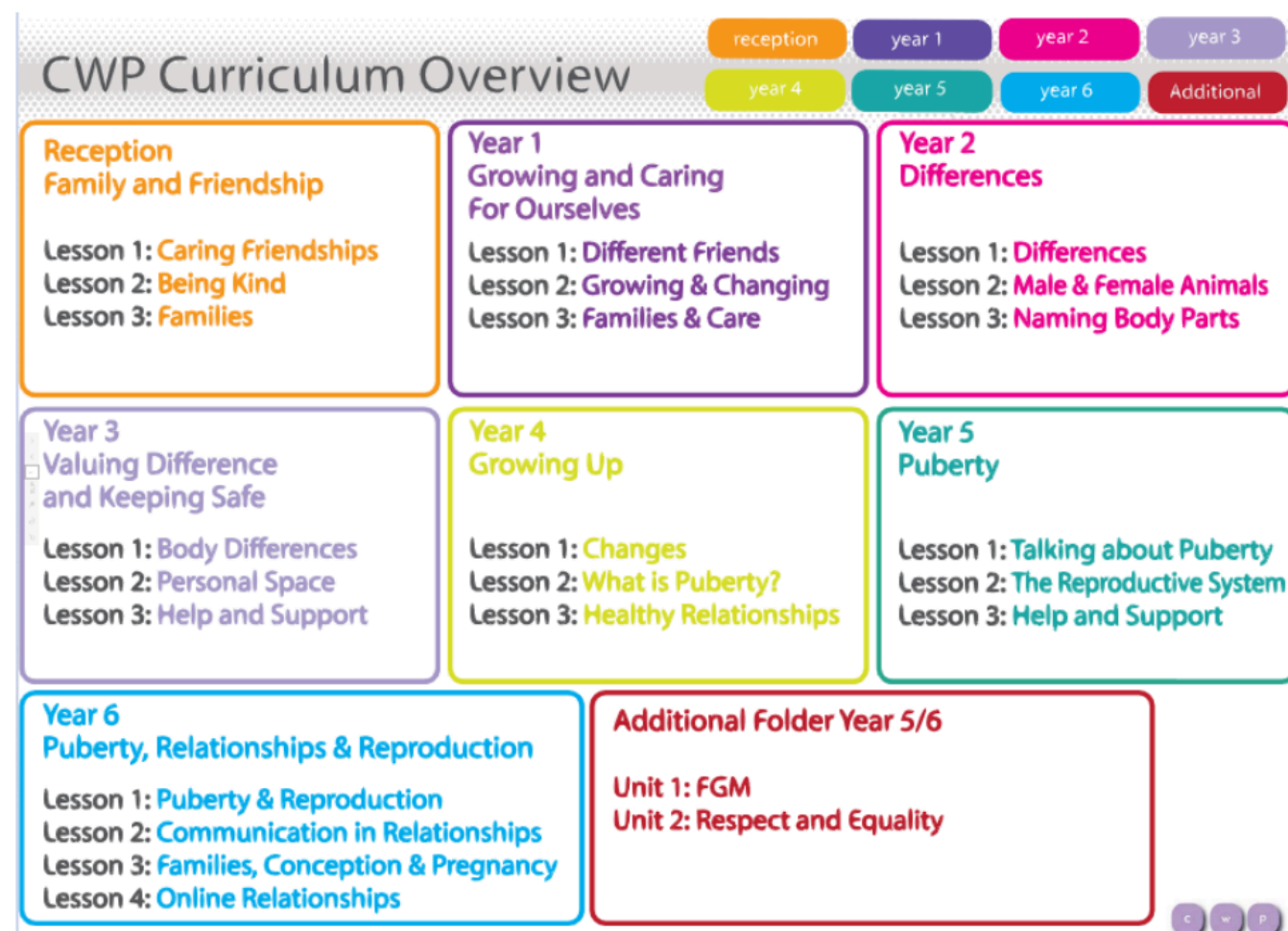
Curriculum content:

The statutory RSHE curriculum is divided into three main sections: Relationships, Living in the wider world and Health and Wellbeing.

A breakdown of each theme's content by year group can be viewed on our website or requested for by contacting the school office.

When teaching the non statutory part of the Relationship and Sex Education (RSE) we follow the programme designed by the Christopher Winter Project. This programme reflects the recent developments in RSE and the PSHE and Science National Curriculum and has been quality assured by the PSHE Association.

We understand that different families have different opinions about when it is appropriate to cover various topics related to RSE with their children. We have considered this, looked at research and taken advice from safeguarding specialists, and have therefore decided that this programme is appropriate for our children



Use of visitors

"Visitors should complement but never substitute or replace planned provision. It is the PSHE co-ordinator and teacher's responsibility to plan the curriculum and lessons."

(Sex and Relationship Guidance DfEE 0116/2000 P 29 6.11)

When appropriate, visitors such as the school nurse may be involved in the delivery of sex and relationship education, particularly in Key Stage 2. External speakers with specialist knowledge can be brought in to deliver aspects of the curriculum, or to deliver remote sessions for parents where appropriate.

Safeguarding, Child Protection and Confidentiality

Teachers need to be aware that effective relationship and sex education, which brings an understanding of what is and is not acceptable in a relationship, may lead to disclosure of a child protection issue. All staff who teach RSHE have access to high quality training, and the necessary time and confidence to deal with these difficult topics.

A member of staff cannot promise confidentiality if concerns exist. The staff member will inform the Head Teacher /Designated Safeguarding Lead in line with the Trust's procedures for child protection.

It is important that the school adheres to the DFE's statutory guidance for RSHE and also include the most up to date changes to Keeping Children Safe in Education (KCSIE) within the curriculum.

This could include:

- the teaching of the awareness of all forms of harassment, online abuse and what constitutes a healthy relationship (both online and offline)
- open discussion of topics children say they find particularly difficult, such as the sending of inappropriate messages and possibly images
- Tackling a culture where reporting online abuse is perceived as 'snitching'?
- All children are taught about online safety

Monitoring and Evaluation

Monitoring is the responsibility of the head teacher, named governor and class teachers with responsibility for Relationship, Sex and Health education. The effectiveness of the RSHE programme will be evaluated by assessing children's learning and implementing change if required.

This policy is linked with the following policies:

- PSHE
- Science
- Child Protection
- Behaviour
- Anti Bullying