

St. Bridget's C of E Primary School

Relationship and Sex Education Policy (RE)



Approved by:

Date: 23/09/25

Last reviewed on:
23/09/25 Ruth
Colley

Next review due
by: October 2026

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1. Statement of intent

At St. Bridget's Primary School, we understand that pupils must be provided with an education that prepares them for the opportunities, responsibilities and experiences of adult life. A key part of this relates to relationships education, which must be delivered to every primary-aged pupil. Relationships education focusses on giving pupils the knowledge they need to make informed decisions about their wellbeing, health and relationships, and to build their self-efficacy. Health education focusses on equipping pupils with the knowledge they need to make good decisions about their own health and wellbeing. At St. Bridget's Primary School we also teach Sex Education as age appropriate.

We understand our responsibility to deliver a high-quality, age-appropriate and evidence-based relationships, sex and health curriculum for all our pupils. This policy sets out the framework for our relationships, sex and health curriculum, providing clarity on how it is informed, organised and delivered.

This school's RSE policy is based on the DfE's Relationship and Sex Education Guidance (2025).

2. Aims

The aims of sex and relationship education (RSE) at our school are to:

- Provide a framework in which sensitive discussions can take place
- Prepare pupils for puberty, and give them an understanding of sexual development and the importance of health and hygiene
- Help pupils develop feelings of self-respect, confidence and empathy
- Create a positive culture around issues of sexuality and relationships
- Teach pupils the correct vocabulary to describe themselves and their bodies

3. Statutory / Non-statutory requirements – School Values

The Relationships Education, RSE, and Health Education (England) Regulations 2019 have made Relationships Education compulsory in all primary schools from September 2020. Sex education is not compulsory in primary schools. As a primary school it is compulsory to teach the elements of sex education contained in the science curriculum.

At St. Bridget's CE School, we teach Sex education as well as relationships education at an age appropriate level. Sex education is part of the personal, social and health education curriculum in our school. We will teach within a framework of Christian values and the Christian understanding that sex is a gift of God as part of creation. We will not use materials that promote extreme political positions. Political impartiality in schools - GOV.UK (www.gov.uk) Whilst we use sex education to inform children about sexual issues, we do this with regard to matters of morality and individual responsibility, and in a way that allows children

to ask and explore moral questions. Sensitivity and respect should be shown to all children when teaching about personal relationships and sex education and RSE should be taught in a way to ensure that there is no stigmatization of children based on their home/personal circumstances.

Values

Pupils, parents, staff, governors and the community have a duty to help support the embedding of the school's Christian values and ethos. These are:

- Friendship
- Koinonia
- Creation
- Love
- Trust
- Justice

These values are demonstrated through the RSE policy in the following ways:

Friendship

- Adults and children will ensure that there is a clear understanding of caring and respectful friendships.
- Adults and pupils will ensure that there is a clear understanding of safe online friendships.
- A safe learning environment will be created through friendship.

Koinonia

- Adults and pupils will support each other by talking and listening to each other's views and opinions.

Creation

- The creation of new life will be celebrated.
- We will teach within a framework of Christian values and the Christian understanding that sex is a gift of God as part of creation.

Love

- Pupils will learn that consensual sex is between 2 adults who care and love for each other and that sex is a gift of god as part of creation.

Trust

- A safe trusting learning environment will enable pupils to ask questions to aid their understanding of RSE.
- An anonymous question box will be available so pupils can ask questions in a trusting environment.
- Pupils will be expected to show respect to others questions and to listen to answers provided.

Justice

Pupils feel that that questions asked by both themselves and others are answered adequately.

4. Definition

RSE is about the emotional, social and cultural development of pupils, and involves learning about relationships, sexual health, sexuality, healthy lifestyles, diversity and personal identity.

RSE involves a combination of sharing information, and exploring issues and values.

RSE is not about the promotion of sexual activity.

Relationships education at St. Bridget's Primary School covers content on:

- Families and people who care for me.
- Caring friendships.
- Respectful and kind relationships
- Online safety and awareness
- Being safe

Some examples of what may be studied include:

- Different kinds of relationships – including friendships, families and people pupils can go to for support.
- Characteristics of healthy relationships.
- How to take turns, and how to treat others with kindness, consideration and respect.
- The importance of honesty, permission seeking and giving, and the concept of personal privacy.
- Personal space and boundaries, showing respect, and understanding the differences between appropriate and inappropriate contact.
- Online safety, awareness and appropriate behaviour online. Evaluating online relationships and risks.
- Developing personal attributes including honesty, integrity, courage, humility, kindness, generosity, trustworthiness and a sense of justice.
- Positive emotional and mental wellbeing, including how friendships can support mental wellbeing.
- How to recognise and report abuse, including emotional, physical and sexual abuse.

Sex education at St. Bridget's Primary School ensures pupils are prepared for the changes that adolescence brings and, draws on the knowledge of the human life cycle set out in the science curriculum, how a baby is conceived and born. All lessons taught are age appropriate and parents receive a letter detailing content when it is taught.

5. Delivery of RSE / Curriculum

RSE is taught within the personal, social, health and economic (PSHE) education curriculum. Biological aspects of RSE are taught within the science curriculum, and other aspects are included in religious education (RE).

Across all Key Stages, pupils will be supported with developing the following skills:

- Communication, including how to manage changing relationships and emotions
- Recognising and assessing potential risks
- Assertiveness
- Seeking help and support when required
- Informed decision-making
- Self-respect and empathy for others

- Recognising and maximising a healthy lifestyle
- Managing conflict
- Discussion and group work

These skills are taught within the context of family life.

We are dedicated to ensuring our curriculum meets the needs of the whole-school community; therefore, the curriculum is informed by issues in the school and wider community to ensure it is tailored to pupils' needs. We consult with parents, pupils and staff in the following ways:

- Questionnaires and surveys
- Focus groups
- Meetings
- Training sessions
- Newsletters and letters

Any parent, teacher or pupil wishing to provide feedback about the curriculum can do so at any time during the academic year by:

- Organising a meeting with the headteacher.
- Emailing the school.

6. Consultation with parents

The school understands the important role parents play in enhancing their children's understanding of relationships, sex and health. Similarly, we also understand how important parents' views are in shaping the curriculum. The school works closely with parents by establishing open communication – all parents are provided with the development and delivery of the curriculum.

Parents are provided with the following information:

- The content of the relationships, sex and health curriculum
- The delivery of the relationships, sex and health curriculum, including what is taught in each year group
- The legalities surrounding withdrawing their child from the subjects
- Parents receive notification via letter when non-statutory Sex Education is to be taught.

The school aims to build positive relationships with parents by inviting them into school to discuss what will be taught, address any concerns and help parents in managing conversations with their children on the issues covered by the curriculum.

7. Curriculum links

The school seeks opportunities to draw links between relationships, sex and health education and other curriculum subjects wherever possible to enhance pupils' learning. Relationships, sex and health education will be linked to the following subjects in particular:

- Science – pupils learn about the main external parts of the body and changes to the body as it grows from birth to old age, including puberty.
- Computing and ICT – pupils learn about e-safety, including how to use technology safely, responsibly, respectfully and securely, how to keep personal information private and how to access help and support.

- PE – pupils explore various physical activities, are physically active for sustained periods of time, engage in competitive sport and understand how exercise can lead to healthier lifestyles.
- Citizenship – pupils learn about the requirements of the law, their responsibilities and the possible consequences of their actions.
- PSHE – pupils learn about respect and difference, values and characteristics of individuals.

8. Equality

Relationships education, RSE and health education must be accessible for all pupils. At St. Bridget's Primary School, we ensure all teaching is sensitive and age-appropriate in approach and content as well as making reasonable adjustments to alleviate any disadvantage faced by pupils with SEND.

9 Roles and responsibilities

9.1 The governing board is responsible for:

- Approving the RSE policy,
- Holding the headteacher to account for its implementation.
- Ensuring all pupils make progress in achieving the expected educational outcomes.
- Ensuring the curriculum is well led, effectively managed and well planned.
- Evaluating the quality of provision through regular and effective self-evaluation.
- Ensuring teaching is delivered in ways that are accessible to all pupils with SEND.
- Providing clear information for parents on subject content and their rights to request that their children are withdrawn.
- Making sure the subjects are resourced, staffed and timetabled in a way that ensures the school can fulfil its legal obligations.
- Ensuring the religious ethos of the school is maintained and developed through the subjects

9.2 The headteacher

The headteacher is responsible for:

- The overall implementation of this policy.
- Ensuring staff are suitably trained to deliver the subjects.
- Ensuring that parents are fully informed of this policy.
- Reviewing requests from parents to withdraw their children from the subjects (See section 10)
- Discussing requests for withdrawal with parents.
- Organising alternative education for pupils, where necessary, that is appropriate and purposeful.
- Reporting to the governing board on the effectiveness of this policy.
- Reviewing this policy on an annual basis.
- The consistent teaching of RSE across the school

9.3 The relationships, sex and health education subject leader is responsible for:

- Overseeing the delivery of the subjects.
- Ensuring the subjects are age-appropriate and high-quality.
- Ensuring teachers are provided with adequate resources to support teaching of the subjects.
- Ensuring the school meets its statutory requirements in relation to the relationships, sex and health curriculum.
- Ensuring the relationships, sex and health curriculum is inclusive and accessible for all pupils.

- Working with other subject leaders to ensure the relationships, sex and health curriculum complements, but does not duplicate, the content covered in the national curriculum.
- Monitoring and evaluating the effectiveness of the subjects and providing reports to the headteacher.

9.4 Staff

Staff are responsible for:

- Delivering a high-quality and age-appropriate relationships, sex and health curriculum in line with statutory requirements.
- Using a variety of teaching methods and resources to provide an engaging curriculum that meets the needs of all pupils.
- Ensuring they do not express personal views or beliefs when delivering the programme.
- Modelling positive attitudes to relationships, sex and health education.
- Responding to any safeguarding concerns in line with the Child Protection and Safeguarding Policy.
- Acting in accordance with planning, monitoring and assessment requirements for the subjects.
- Liaising with the SENCO to identify and respond to individual needs of pupils with SEND.
- Working with the relationships, sex and health education subject leader to evaluate the quality of provision.

Staff do not have the right to opt out of teaching RSE. Staff who have concerns about teaching RSE are encouraged to discuss this with the headteacher.

9.5 Pupils

- Pupils are expected to engage fully in RSE and, when discussing issues related to RSE, treat others with respect and sensitivity.

10. Parents' right to withdraw

Parents' have the right to withdraw their children from the [non-statutory/non-science] components of RSE.

Requests for withdrawal should be put in writing and addressed to the headteacher. A copy of withdrawal requests will be placed in the pupil's educational record. The headteacher will discuss the request with parents and take appropriate action.

Alternative work will be given to pupils who are withdrawn from RSE.

11. Training

Staff are supported in the delivery of RSE and it is included in our continuing professional development calendar. We are using materials from the PSHE Association, Twinkl, Barnardo's, SCARF and diocese to teach RSE. Teachers can access these resources and can also engage with training materials from the DfE's 'Teaching about relationships, sex and health' guidance.

The headteacher will also invite visitors from outside the school, such as school nurses or sexual health professionals, to provide support and training to staff teaching RSE.

12. Legal framework

This policy has due regard to all relevant legislation and statutory guidance including, but not limited to, the following:

- Section 80A of the Education Act 2002
- Children and Social Work Act 2017
- The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019
- Equality Act 2010
- DfE (2019) 'Relationships Education, Relationships and Sex Education (RSE) and Health Education'
- DfE (2013) 'Science programmes of study: key stages 1 and 2'
- DfE (2021) 'Teaching about relationships, sex and health'

This policy operates in conjunction with the following school policies:

- Child Protection Policy
- Behavioural Policy
- SEND Policy
- Inclusion Policy
- Equal Opportunities Policy
- Online Safety Policy
- Visitor Policy
- Mental Health and Wellbeing Policy St Bridget's Church of England School

13. RSE Monitoring arrangements

The delivery of RSE is monitored by Ruth Colley HT / Abbie Pike PSHE lead through: planning scrutinies, learning walks and discussions with staff, parents and children.

Pupils' development in RSE is monitored by class teachers as part of our internal assessment systems.

The relationships, sex and health education subject leader will create annual subject reports for the reporting on the quality of the subjects (RSE). The effectiveness of the subjects will be evaluated and any changes required will be implemented.

This policy will be reviewed by Ruth Colley (HT) annually. At every review, the policy will be approved by the governing body.

14. Monitoring and review

The governing board is responsible for approving this policy.

This policy will be reviewed on an annual basis by the relationships, sex and health education subject leader and headteacher. The next scheduled review date for this policy is date. This policy will also be reviewed in light of any changes to statutory guidance, feedback from parents, staff or pupils, and issues in the school or local area that may need addressing.

Any changes made to this policy will be communicated to all staff, parents and, where necessary, pupils.