

Relationships, Sex and Health Education Policy **2025-2026**

This policy covers our approach to Relationships, Sex and Health Education: a statutory component of the PSHE and Citizenship curriculum from September 2021. It aims to set out the purpose of Relationships, Sex and Health Education and the intended outcomes for pupils, what is covered in our curriculum and how it is delivered.

Purpose and Aims

At Parkhill, we believe in providing every pupil with open, honest, accurate and age-appropriate lessons all about relationships. Through the school's ethos and values, we aim to develop children's knowledge, skills, opinions, strategies and confidence- enabling them to cope with life and live safely and happily in the modern world.

Our Relationships, Sex and Health Education is inclusive and meets the needs of all children, including those with special education needs or disabilities. We also aim to promote gender equality and represent the LGBT+ community through our Relationships curriculum.

Through our comprehensive Relationships, Sex and Health Education, we aim to provide all pupils with:

- The knowledge and understanding of a variety of relationships;
- The ability to identify any concerns they have about a relationship;
- Coping strategies and an awareness of how and where to seek support;
- An understanding of their rights and responsibilities within a range of relationships;
- An awareness of the process of growing up and the changes they, and others, will experience;
- An understanding of the characteristics of positive relationships.

Implementation

Our PSHE lessons are taught by staff who are trained in delivering the specific content of the lessons. Ground rules will be established in class and children reminded of these. Special consideration will be given when teaching particularly sensitive content and staff will be fully aware of the children in their class and how they might relate to the lesson content.

We aim to create and maintain a safe environment within which all children feel able to ask questions and discuss something confidential, relating to the lesson content an opportunity will be provided.

Each class also has a question box, which gives children the option to write down their questions and receive an answer on an anonymous basis. Distancing techniques will be employed in our Relationships, Sex and Health Education, as with other areas of the PSHE curriculum, meaning that children are able to discuss fictional characters and scenarios, rather than discuss their own lives and experiences.

Our Relationships, Sex and Health Education Curriculum

Our inclusive Relationships curriculum supports the objectives set out by the PSHE Association which meet the statutory requirements for Key Stage 1 and 2. It forms a core part of our comprehensive Personal, Social and Health Education (PSHE) curriculum. Our Relationships Scheme of Work can be viewed on the school website and is supported by the Collins 'My Life' scheme.

Our lessons will be differentiated where appropriate, ensuring all children are able to participate fully. Children will be given the opportunity throughout the units of work to reflect on and evaluate their learning- assessment opportunities are built in to every lesson.

Topics

Year 3- 'Safety Online', 'Celebrating achievements and being resilient', 'Being part of a community', 'Exercise', 'Stereotypes', 'What I like'.

Year 4- 'Nutrition and Dental Health', 'Human Rights', 'Emergency situations', 'Respect', 'Money Matters', 'Falling out and making up'.

Year 5- 'Body Image', 'Bereavement and loss', 'Fake news', 'Life in Plastic', 'Puberty', 'Changes in friendships'

Year 6- 'Drugs and alcohol', 'Sex Education', 'Mental and emotional health', 'Global and sustainable development', 'E-Safety and social media' and 'Anti-social behaviour and the role of policing and law'.

Guidelines for Opting Out

Relationships, Sex and Health Education is compulsory as of September 2020. Children cannot be withdrawn from the scientific areas of sex education, however the children can be withdrawn from group discussion where questions are answered by a teacher. If parents wish to withdraw their children from parts of sex education, they will need to speak to the class teacher. Teachers will make parents aware that they cannot be withdrawn from all aspects of sex education.

Equal Opportunities

At Parkhill, we believe that all children should be given equal opportunities to take part in all of the learning activities offered by the school regardless of race, gender, class or special needs. In the instance of Relationships, Sex and Health Education, we understand that not all children will be able to access learning in the same way as their peers due to additional needs or language barriers. On these occasions, the class teacher will work with parents to ensure appropriate provision is provided.

Resources

A range of books and resources are available to support the teaching of Relationships, Sex and Health Education. From September 2021, we are using the Collins 'My Life' scheme to support teaching and learning, though this is adapted to suit the ever-changing needs of our pupils and community.

Safeguarding

Teachers are aware that effective RSHE, which brings an understanding of what is and what is not appropriate in a relationship, can lead to a disclosure of a child protection issue. In this instance, teachers will consult with the designated safeguarding lead and in her absence, her deputy. We believe that knowledge gives children the power to enable them to safeguard themselves, know where to seek help and develop their moral and ethical boundaries in the world around them.

Designated Safeguarding Lead: Mrs Denise Hughes-Mulhall

Designated Safeguarding Officers: Ms Gurjeet Uppal and Mrs Nicola Tanner

Parental Involvement

Curriculum overviews and topic maps will inform parents of when Relationships, Sex and Health Education will be taught in the academic year. They are invited to speak to their child's class teacher if they have any questions or queries about the content of the lessons. Parents are encouraged to have a discussion with their children about Relationships, Sex and Health Education and the topics that are being taught in school. This is a good opportunity for the children to feel comfortable speaking about puberty, sex and relationships with appropriate adults, and vice versa.

Statutory Regulations

From September 2020, all primary schools must deliver Relationships, Sex and Health Education. Under the Education Act 2002/Academies Act 2010, all schools must provide a balanced and broad curriculum which:

- Promotes the spiritual, moral, cultural, mental and physical development of pupils and
 - Prepares pupils at the school for the opportunities, responsibilities and experiences of later life.

Documents that inform the school's Relationships, Sex and Health Education Policy include:

Education Act (1996)

Learning and Skills Act (2000)

Education and Inspections Act (2006)

Equality Act (2010)

Supplementary Guidance SRE for the 21st century (2014)

Keeping children safe in education- statutory safeguarding guidance (2016)

Children and Social Work Act (2017)

Review date: September 2026