Christ Church

Church of England

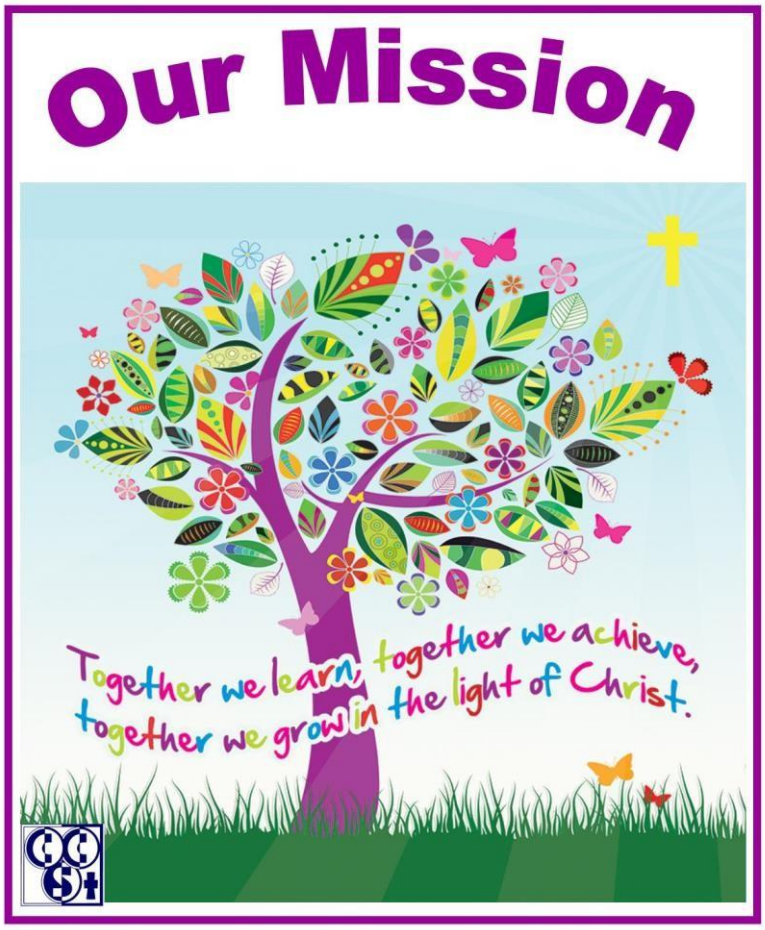
Primary School

Relationship, Sex and Health Education (RSHE) Policy

You shall love your neighbour as yourself.

Matt 22v39

Approved by:	Curriculum Committee	Date:
	Full Governing Body	Date:
Review date:		



Vision

The greatest commandment Jesus taught was to love God and to love your neighbour. Within this commandment is the foundation of the Christian view of relationships. At Christ Church, Church of England Primary School our relationship education seeks to live out this command and explore how we can 'love our neighbour' through what we say and do. Our school focusses on the importance of relationships and the qualities and character needed to sustain the best relationships that honour each other whether within a friendship, family relationship or romantic relationship.

Each child is a unique being, a child of God, loved and accepted. As such, our school seeks to enable children to develop through an inclusive programme of teaching that is based on Christian principles, which both respects the human body and seeks to ensure health and well-being.

At Christ Church:

- Pupils should feel safe, accepted, loved and positively understand their worth and potential.
- Pupils will gain a positive experience and understanding of Christianity.
- Pupils will experience a depth and breadth of education of the highest quality, inspiring them to develop skills and enthusiasm for lifelong learning.

Vision and Christian Ethos

At Christ Church Church of England Primary School, our approach to Relationships, Sex and Health Education (RSHE) is rooted in our Christian vision of love, dignity and respect for all. We believe every child is a unique creation, made in the image of God, worthy of care, protection and nurture.

RSHE at Christ Church seeks to help pupils learn how to live well together, to value themselves and others, and to develop the knowledge and skills they need to build healthy relationships, keep themselves safe and grow in wisdom and compassion. Teaching is delivered in a way that is age-appropriate, inclusive and sensitive, and reflects the Christian values that underpin our school community.

RSHE contributes to the wider culture of positive behaviour, respectful relationships and safeguarding, working in alignment with the school's Behaviour and Relationships Policy.

Aims of RSHE

The aims of RSHE at Christ Church CE Primary School are to:

- Develop positive, respectful and caring relationships
- Understand boundaries, consent and how to stay safe
- Promote wellbeing, self-esteem and emotional literacy
- Prepare pupils for the physical and emotional changes of puberty
- Equip pupils to manage relationships and risks, including online
- Enable pupils to seek help and report concerns
- Promote respect for difference within a Christian ethos
- Work in partnership with parents and carers

Statutory Context

This policy is written in line with:

- The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019
- DfE statutory guidance (to August 2026)
- Keeping Children Safe in Education
- Equality Act 2010

Relationships Education and Health Education are statutory. **Sex Education** in primary school is **non-statutory**.

What We Teach: RSHE Explained

RSHE is delivered through the SCARF scheme, organised into termly units across EYFS, KS1 and KS2, ensuring clear progression. It forms part of a broader PSHE curriculum including economic wellbeing, citizenship and environmental awareness.

Relationships Education (Statutory)

Delivered to all pupils and includes learning about:

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe

Parents **do not** have the right to withdraw from Relationships Education.

Health Education (Statutory)

Delivered to all pupils and includes:

- Mental wellbeing and emotional health
- Physical health and healthy lifestyles

- Personal safety (including online safety)
- Puberty and the changing body (including menstruation)
- Basic first aid

Teaching includes age-appropriate learning about personal safety in everyday contexts, including online and offline environments.

Parents **do not** have the right to withdraw from Health Education.

Sex Education (Non-Statutory in Primary)

At Christ Church CE Primary School, Sex Education builds on the science curriculum and is taught in Key Stage 2. It focuses on:

- How a baby is conceived and born

Parents **have** the right to request withdrawal from Sex Education.

Parental Rights and Withdrawal

Parents may request that their child is withdrawn from some or all of the Sex Education element of RSHE.

- Requests must be made in writing to the Headteacher
- The Headteacher will meet with parents to discuss the request
- Alternative learning will be provided during Sex Education lessons

Withdrawal does not apply to Relationships Education, Health Education or the statutory science curriculum.

Sensitive Questions and Safeguarding

RSHE provides opportunities for honest discussion in a safe and respectful environment.

Teaching staff will:

- Respond sensitively and appropriately to questions
- Use professional judgement regarding age and development
- Refer safeguarding concerns in line with the school's safeguarding policy

Some topics are not part of the planned primary curriculum. However, if a question or comment indicates a child may be at risk, staff will respond appropriately and follow safeguarding procedures.
Staff will not promise confidentiality if a pupil's safety may be compromised.

SEND and Inclusion

RSHE is inclusive of all pupils. Content is adapted to meet the needs of children with Special Educational Needs and Disabilities. Where appropriate, concepts such as safety, boundaries and consent are taught explicitly, reinforced and revisited.
The school recognises that some pupils may be more vulnerable and ensures RSHE supports safeguarding, independence and wellbeing.

Roles and Responsibilities

Governing Body

- Approves the RSHE policy
- Holds the Headteacher to account for implementation
- Governors receive regular reports relating to RSHE, safeguarding themes and personal development, including curriculum evaluation and pupil voice outcomes.

Headteacher

- Ensures RSHE is taught in a planned and sequenced way
- Manages withdrawal requests
- Ensures staff are supported and trained

Staff

- Deliver RSHE in line with this policy and the school's Christian ethos
- Respond appropriately to pupils' needs and questions
- Follow safeguarding procedures

Pupils

- Engage respectfully in RSHE lessons
- Listen to others and contribute appropriately

Working with Parents

We recognise parents and carers as primary educators and work in partnership to support pupils' development.

We have chosen SCARF as it provides a comprehensive, age-appropriate and progressive curriculum that meets statutory requirements and supports pupils' wellbeing, safety and personal development.

The SCARF curriculum also supports safeguarding and ensures all pupils, including those with SEND, are taught key concepts such as personal safety, boundaries and consent in a structured and accessible way.

Medium-term planning and curriculum themes are available on the school website. Details of RSHE topics are shared through the half-termly 'Big Picture'.

The policy is published on the website and available on request. Parents are encouraged to contact school with any questions.

Consultation with parents and carers is an important part of our approach and reflects the Church of England's emphasis on dialogue and mutual respect. While parental views are carefully considered, the governing body retains responsibility for ensuring that the curriculum meets statutory requirements and reflects the school's Christian vision and values.

Monitoring and Review

RSHE is monitored through:

- Planning scrutiny
- Learning walks
- Pupil and staff discussions

This policy will be reviewed regularly and at least annually, or sooner if statutory guidance changes.