



St Peter's CE Primary School

RHSE Policy

(Relationships, Health and Sex Education)



Policy reviewed – June 2026

Our School Vision

We believe that all are made in the image of God. We seek to ensure that all are valued, valuable and empowered to be the best they can be. We learn from each other, developing our understanding of different cultures to ensure 'life in all its fullness', (John 10:10) - the golden strand that runs through all our work.

1. Policy Statement

At St Peter's, we are committed to providing a high-quality Relationships, Health and Sex Education (RHSE) curriculum that enables pupils to develop the knowledge, skills and attributes needed to keep themselves healthy, safe and prepared for life in modern Britain. RHSE forms an integral part of our Personal, Social, Health and Economic (PSHE) education programme and supports our safeguarding responsibilities.

Our RHSE curriculum is delivered in accordance with statutory guidance issued by the Department for Education and is underpinned by our school values, Equality Act duties, safeguarding responsibilities and commitment to inclusion.

2. Aims

The aims of RHSE at St Peter's are to enable pupils to:

- Develop positive, respectful and healthy relationships.
- Understand how to stay physically and mentally healthy.
- Recognise and manage risks both offline and online.
- Develop self-respect, confidence and resilience.
- Know how and where to seek help if they have concerns.
- Understand the importance of consent, boundaries and privacy.
- Appreciate diversity and treat others with respect.
- Prepare for the responsibilities and opportunities of adult life.

3. Statutory Requirements

This policy reflects the requirements of:

- The Education Act 2002
- The Children and Social Work Act 2017
- Equality Act 2010
- Keeping Children Safe in Education (KCSIE)
- Department for Education statutory guidance on Relationships Education, Relationships and Sex Education (RSE) and Health Education.

Relationships Education and Health Education are statutory. Sex Education beyond the National Curriculum Science programme is non-statutory.

4. Equalities, Inclusion and Accessibility

We are committed to ensuring RHSE is accessible to all pupils including those with:

- Special Educational Needs and Disabilities (SEND)
- English as an Additional Language (EAL)
- Protected characteristics under the Equality Act 2010

Teaching will be differentiated and adapted to meet pupils' developmental needs and learning abilities. Resources and approaches will be selected to ensure all pupils can access learning appropriately.

We will promote equality, challenge discrimination and foster respect for diversity while remaining age-appropriate and sensitive to pupils' backgrounds.

5. Curriculum Content

Relationships Education

Pupils will learn about:

- Families and people who care for them
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe
- Personal boundaries and privacy
- Trusted adults and reporting concerns

Health Education

Pupils will learn about:

- Physical health and fitness
- Mental wellbeing
- Emotional literacy
- Personal hygiene
- Healthy eating
- Drugs, alcohol and tobacco
- Internet safety and online harms
- Puberty and changing adolescent bodies
- Personal safety and risk management

Sex Education

Where sex education is taught, it will be:

- Age and stage appropriate
- Delivered sensitively and professionally
- Planned within a clear progression of learning
- Consistent with statutory guidance and safeguarding duties

6. Teaching and Learning

RHSE will be delivered through:

- Planned RHSE/PSHE lessons
- Science curriculum content
- Computing and online safety learning
- Assemblies and enrichment opportunities
- Cross-curricular links where appropriate

Teaching will:

- Create a safe learning environment
- Use inclusive language and resources
- Encourage discussion and critical thinking
- Promote respect and confidentiality within agreed classroom rules
- Challenge stereotypes and discriminatory attitudes.

7. Safeguarding

RHSE plays an important role in safeguarding children by helping them:

- Recognise abuse and exploitation
- Understand healthy and unhealthy relationships
- Stay safe online
- Know how to seek help and report concerns

Teachers cannot guarantee unconditional confidentiality. Any safeguarding concerns disclosed by pupils will be managed in accordance with the school's Child Protection and Safeguarding Policy.

8. Working with Parents and Carers

Parents and carers are the primary educators of their children and we value their role.

The school will:

- Share information about RHSE provision.

- Consult parents when reviewing policy and curriculum.
- Make curriculum information available upon request.
- Provide opportunities for discussion where appropriate.

9. Right to Withdraw

Parents do not have the right to withdraw their child from:

- Relationships Education
- Health Education
- National Curriculum Science content.

Parents may request withdrawal from any non-statutory sex education components.

10. Monitoring and Evaluation

The quality and impact of RHSE will be monitored through:

- Lesson observations
- Learning walks
- Pupil voice
- Curriculum reviews
- Staff feedback
- Governor monitoring

The curriculum will be evaluated regularly to ensure it remains compliant, inclusive and responsive to pupils' needs.

11. Linked Policies

This policy should be read alongside:

- PSHE Policy
- Safeguarding and Child Protection Policy
- Online Safety Policy
- Behaviour Policy
- SEND Policy
- Equality Information and Objectives
- Anti-Bullying Policy
- Attendance Policy

This policy will be reviewed annually.