



Relationships, Health and Sex Education Policy

Review: Annually
Full Governing Body

Version	Date	Narrative	Minute Number	Review Date
1	June 2021	School policy	As noted	June 2024
2	<i>To be discussed: 2nd May 2023</i>	Revised following: • Critical review by senior leaders (January 2023); • training and consultation with staff (7.2.23) • review of existing policy with parents (January - February 2023) • consultation with governors (28.2.23); • review of policy and curriculum with parents (March 2023) • NB: all outcomes of reviews/consultation are recorded with our policy and are also available on our website (Curriculum/Relationship & Sex Education)		July 2023
3	18/09/23	Policy reviewed at staff meeting: • Elements referring to conception and birth moved from Y5 to Y6.		July 2024
4	03/09/24	Policy reviewed. No updates required.	DCT/LAC/2425 /190924/10	July 2025

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Statement of intent

At Darley Churchtown CE Primary school, we understand that all of our 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.

We fully 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, coherently sequenced and effectively delivered at Darley Churchtown CE Primary school.

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

This policy operates in conjunction with the following policies at Darley Churchtown:

- Anti-bullying Policy
- Behaviour Policy (statutory)
- Child Protection and Safeguarding Policy (statutory)
- Online Safety Policy
- SEND Policy (statutory)
- Social, Emotional and Mental Health (SEMH) Policy

2. Roles and responsibilities

The governing body at Darley Churchtown is responsible for:

- Ensuring all of our pupils make progress in achieving the expected educational outcomes.
- Ensuring the curriculum is coherently sequenced, well led and effectively managed.
- 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.

The headteacher is responsible for:

- The overall implementation of this policy.
- Ensuring staff are suitably trained to effectively deliver the subjects.
- Ensuring that parents are fully informed of this policy.
- Reviewing requests from parents to withdraw their children from the subjects.
- Discussing requests for withdrawal with parents.
- Reporting to the governing body on the effectiveness of this policy.
- Reviewing this policy on an annual basis.

The Head of School 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 Darley Churchtown meets its statutory requirements in relation to the relationships, and health curriculum.
- Ensuring the relationships and health curriculum, as well as our sex education curriculum, is inclusive and accessible for all pupils.
- Working with other subject leaders to ensure the relationships and health curriculum complements, but does not duplicate, the content covered in the national curriculum.
- Organising alternative education for pupils, where necessary, that is appropriate and purposeful.
- Monitoring and evaluating the effectiveness of the subjects and providing reports to the headteacher.

The teaching staff at Darley Churchtown are responsible for:

- Delivering a high-quality and age-appropriate relationships 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.
- Responding to any safeguarding concerns in line with the Child Protection and Safeguarding Policy.
- Liaising with the SENCO to identify and respond to individual needs of pupils with SEND.
- Working with the Head of School to evaluate the quality of provision.

The SENCO at Darley Churchtown is responsible for:

- Advising teaching staff how best to identify and support pupils' individual needs.
- Advising staff on the use of TAs in order to meet pupils' individual needs.

3. Consultation with parents

Leaders and staff at Darley Churchtown understand the important role parents play in supporting and developing their children's understanding of relationships and health. We also understand how important parents' views are in shaping the curriculum.

Leaders and staff at Darley Churchtown actively consult closely with parents when reviewing the content of our relationships and health education curriculum. Parents will be given regular opportunities to voice their opinions. Darley Churchtown will use the views of parents to inform the decisions we make about the curriculum content and how it is effectively delivered. All final decisions will be the school's to make.

Parents are provided with the following information:

- The content of the relationships and health curriculum.
- The delivery of the relationships and health curriculum, including what is taught in each year group.
- The legalities surrounding withdrawing their child from the subjects.
- The resources that will be used to support the curriculum.

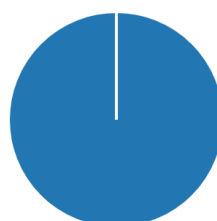
The staff at Darley Churchtown also work closely with parents in establishing and reviewing our '*sensitive and age appropriate*' sex education curriculum. We will consult with parents at least annually with regards to what is covered.

Our most recent survey (completed in February 2023), found that 100% of parent respondents were happy for their child being taught sex education at Darley Churchtown '*in a sensitive and age-appropriate way*'.

4. Would you consent for your child to be taught sex education, in a 'sensitive and age-appropriate' context?

[More Details](#)

● Yes	17
● No	0



We actively consult with parents, pupils, staff and governors in the following ways:

- Questionnaires and surveys;
- Training sessions for staff (both teachers and teaching assistants)
- Newsletters and letters.

4. Organisation of the curriculum

Every primary school is required to deliver statutory relationships education and health education. Relationships education and health education are delivered as part of our planned PSHE curriculum. PSHE is taught every week within school.

For the purpose of this policy:

- “**Relationships education**” is defined as teaching pupils about healthy, respectful relationships, focussing on family and friendships, in all contexts, including online.
- “**Health education**” is defined as teaching pupils about physical health and mental wellbeing, focussing on recognising the link between the two and being able to make healthy lifestyle choices.
- “**Sex education**” is defined as teaching pupils about developing healthy sexuality, and will cover issues, beyond those covered in the science and health curricula, that will be determined in response to the needs of the relevant cohort.

Darley Churchtown has organised a curriculum that is appropriate for the age and developmental stages of pupils within each year group. Our curriculum is attached to our policy.

5. Curriculum overview at Darley Churchtown

	Relationships Education	Sex education	Physical health and wellbeing
Is this curriculum area statutory or non-statutory?	Statutory content	Non-statutory. At Darley Churchtown we teach pupils sex education beyond what is required of the science curriculum.	Statutory content
Do children have to take part in planned learning?	All children take part in this planned learning.	Parents have the right to withdraw their child/ren from elements other than those taught as part of our science curriculum.	All children take part in this planned learning.
What are the main themes covered during the teaching?	• Families and people who care for me • Caring friendships • Respectful relationships • Online relationships • Being safe		• Mental wellbeing • Internet safety and harms • Physical health and fitness • Healthy eating • Drugs, alcohol and tobacco • Health and prevention • Basic first aid • Changing adolescent body

Is there anything else parents should be aware of?	• Darley Churchtown uses a commercial chosen curriculum (PSHE Matters) to support the teaching of relationships education. • This curriculum has been developed by Derbyshire local authority.	Parents are fully consulted in the organisation and delivery of our sex education curriculum, in accordance with section 3 and section 4 of this policy. The age and development of pupils is always considered when delivering sex education.	• Darley Churchtown uses a commercial chosen curriculum (PSHE Matters) to support the teaching of relationships education. • This curriculum has been developed by Derbyshire local authority.
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6. Delivery of the curriculum

Our relationships and health curriculum, which includes '*sensitive and age appropriate*' sex education, is delivered as part of our planned PSHE curriculum.

Darley Churchtown will ensure that all teaching and materials are age appropriate for the ages of the pupils, their religious backgrounds, their developmental stages and any additional needs, such as SEND. Lesson planning will provide appropriate challenge for pupils and be adapted as appropriate for the specific needs of pupils.

Teaching of the curriculum reflects requirements set out in law, particularly the Equality Act 2010, so that pupils understand what the law does and does not allow, and the wider legal implications of the decisions they make. In accordance with the Equality Act (2010) all children, regardless of special educational needs, race or gender, will fully access our planned learning. Adapted work will be provided where needed to ensure a deep understanding of content is developed.

We will ensure that LGBTQ+ content is fully integrated into the relationships and health curriculum, rather than delivered as a standalone unit or lesson. We will ensure it is communicated to parents and stakeholders that LGBTQ+ relationships and content are not inherently sexual in nature, and parents do not have the right to withdraw their children specifically from lessons regarding LGBTQ+ issues. This approach is in line with the Church of England's guidance: '*Everyone will be treated with dignity as all people are made in the image of God and loved equally by God*'.

Throughout every year group, appropriate diagrams, videos, books, games, discussion and practical activities will be used to assist learning. Resources will be carefully selected with sensitivity given to the age, developmental stage and cultural background of our pupils. Pupils will be prevented from accessing inappropriate materials on the internet when using such to assist with their learning. The prevention measures taken to ensure this are outlined in the school's Online Safety policy.

Teachers will ensure lesson plans focus on challenging perceived views of pupils based on protected characteristics, through exploration of, and developing mutual respect for, those different to themselves.

Teachers will ensure that pupils' views are listened to and will encourage them to ask questions and engage in discussion. Teachers will answer questions sensitively, honestly and in a manner appropriate to the pupil's age.

Teachers will ensure pupils are aware of the expectation of them to participate sensitively and respectfully in class discussions of sensitive issues.

Teachers will stop full class discussions where pupils begin to reveal personal, private information related to sensitive issues. If teachers feel concerned about anything shared by a pupil, they will follow the appropriate response as laid out in the Child Protection and Safeguarding Policy.

7. Equality and accessibility

Our school fully understands its responsibilities in relation to the Equality Act 2010, specifically that it must not unlawfully discriminate against any pupil because of their protected characteristics. These include:

- Age
- Sex
- Sexual orientation
- Race
- Disability
- Religion or belief
- Gender reassignment
- Pregnancy or maternity
- Marriage or civil partnership

Darley Churchtown is fully committed to making reasonable adjustments wherever possible to promote accessibility and inclusivity of the curriculum. We will ensure that relationships and health education programme is inclusive, and caters to the needs, of pupils with SEND or other support needs, such as those with SEMH needs.

Teachers understand that they may need to adapt their planning of work and teaching methods in order to appropriately deliver the programme to pupils with SEND or other support needs.

Provisions under the Equality Act 2010 allow our school to take positive action, where it can be evidenced to be proportionate, to respond to particular disadvantages affecting a group because of a protected characteristic. For example, we could consider taking positive action to support girls if there was evidence that they were being disproportionately subjected to sexual violence or sexual harassment.

When deciding whether support is necessary to support pupils with a particular protected characteristic, we will consider our pupils' needs, including the gender and age range of our pupils.

In order to foster healthy and respectful peer-to-peer communication and behaviour between all pupils, the school implements a Behaviour Policy, as well as a Child Protection and Safeguarding Policy, which sets out expectations of pupils.

8. Withdrawing from the subjects

- Relationships and health education is statutory at primary school. Parents do not have the right to withdraw their child from the subjects.
- Sex education is not statutory at primary level (other than what must be taught as part of the science curriculum). Parents have the right to request to withdraw their child from all or part of the sex education curriculum.

The headteacher will grant a parent's request to withdraw their child from non-statutory sex education, other than the content that must be taught as part of the science curriculum; however, the headteacher will discuss the request with the parent to ensure that their wishes are understood and to clarify the nature and purpose of the curriculum. The headteacher will discuss with the parent, the benefits of receiving this important education and any adverse effects that withdrawal may have on the pupil.

Where a pupil is withdrawn from sex education, the Head of School will ensure that the pupil receives appropriate alternative education.

9. Behaviour

Darley Churchtown school has a zero-tolerance approach to bullying of any nature. We aim to foster a culture based on mutual respect and understanding for one another.

Any bullying incidents caused as a result of the relationships and health education programme, such as those relating to sexual orientation, will be dealt with as seriously as other bullying incidents within our school. These incidents will be dealt with following the processes in our Behaviour Policy and Anti-bullying Policy.

10. Staff training

All staff members at the school will undergo training to ensure:

- they are up-to-date with the relationship and health education programme and associated issues;
- they are fully equipped to teach the subjects effectively.

Training of staff will also be scheduled around any updated guidance on the programme and any new developments.

11. Confidentiality

Confidentiality within the classroom is an important component of relationships, sex and health education, and teachers are expected to respect the confidentiality of their pupils as far as is possible. Teachers will, however, alert the headteacher about any suspicions of inappropriate behaviour or potential abuse as per the school's Child Protection and Safeguarding Policy.

Pupils will be fully informed of the school's responsibilities in terms of confidentiality and will be aware of what action may be taken if they choose to report a concern or make a disclosure. Any reports made during lessons, or as a result of the content taught through the curriculum, will be reported to the DSL and handled in accordance with the Child Protection and Safeguarding Policy.

12. Monitoring quality

The Head of School is responsible for monitoring the quality of teaching and learning for the subjects.

The RSHE subject leader will create annual subject reports for the headteacher and governing body to report on the quality of the subjects.

13. Monitoring and review

The governing body is responsible for approving this policy.

This policy will be reviewed on an [annual](#) basis by the RSHE subject leader and headteacher. 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.

Overview of our agreed RSE curriculum

NB: Our coherently sequenced sensitive and age appropriate sex education is highlighted in yellow. This has been developed in consultation with staff (February 2023) parents (March 2023) and governors.

Early Years	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Reflect on the fact that the children entered the world as babies, and that this event is referred to as their birth.	Understand that babies have special requirements and need a lot of care.	Reflect on the fact that our bodies and skills develop at different rates. Develop a positive attitude to differences.	Recognise that change is a part of growing up.	Explain a range of emotional changes during puberty and how to deal with them.	Consider when an adult may be ready for parenthood and reflect on the need for love and trust in a range of relationships	Understand that the pressure to conform to gender and body stereotypes can come from media and peer pressure.
Recognise the different stages of life.	Name the main parts of the body.	Name the main parts of the body.	Revise the correct terms for sexual body parts and other major organs in the body.	Revise the correct terms for sexual body parts and other major organs in the body.	Consider why some people get married or have stable relationships, and how this is important for family life.	Develop awareness of the pressures to conform to gender and some strategies on how to deal with gender based prejudice.
Identify the people who they love and are special to them	Develop skills to ask for help.	Understand that it is always the female that gives birth.	Begin to learn about the physical and emotional changes during puberty.	Revise the physical and emotional changes during puberty.	Recognise the difference between healthy and unhealthy friendships and relationships , and understand their right to physical boundaries.	Recognise the difference between healthy and unhealthy friendships and relationships , and understand their right to physical boundaries.
Recognise a male role in caring for babies.	Develop skills for dealing with unwanted physical contact.	Explain how a baby is cared for in the womb.	Understand how the need to keep clean changes during puberty.	Understand how the need to keep clean changes during puberty.	develop their understanding of puberty	Revise and develop their understanding of puberty Understand how a baby is conceived
Explore the feelings they experience with special people.	Develop strategies for staying safe (in person and online)	Develop strategies for staying safe (in person and online).	Establish clear skills in asking for help when in school or at home.	Develop strategies for resisting peer pressure.	Consider their aspirations for the future.	Understand how babies are born
Understand that families are special for caring and sharing	Understand that families are special for caring and sharing	Understand that families are special for caring and sharing	Understand that families are special for caring and sharing	Understand that families are special for caring and sharing	Understand that families are special for caring and sharing	Understand that families are special for caring and sharing
Understand that there are different types of families	Understand that there are different types of families.	Explore their perceptions about gender stereotypes	Revisit perceptions about gender stereotypes and extend to protected characteristics	Standing up against all discrimination:	Standing up against all discrimination: Protected characteristics	Standing up against all discrimination: Protected characteristics
Describe the special things that they like to do with their family and people who care for them.	Describe the special things that they like to do with their family and people who care for them			Protected characteristics	Protected characteristics	Protected characteristics

Progression in vocabulary used during our RSE teaching

Vocabulary to be taught and used.						
Early Years	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Appropriate touch	Appropriate touch	Appropriate touch	Appropriate touch	Appropriate touch	Appropriate touch	Appropriate touch
Pregnant	Genitals	<i>Revisit vocabulary from EY & Year 1</i>	<i>Revisit vocabulary from EY, Year 1 & 2</i>	<i>Revisit vocabulary from EY, Year 1, 2 & 3</i>	<i>Revisit all previous vocabulary</i>	<i>Revisit all previous vocabulary</i>
Private parts	Bottom	Womb	Puberty	Anus (NB: <i>related to science & digestive system</i>)		Foetus
	Penis		Pubic hair			Sperm
	Vagina		Period			Sexual intercourse
	Testicles		Hormones			Conception
	Breasts		Ovaries			Ejaculation
			Ovulation			Erect
			Egg/ovum			Erection
						Semen

In addition, we will actively teach, revisit and use the following vocabulary, taken from the Church of England guidance						
Early Years	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
friendships	friendships	friendships	friendships	friendships	friendships	friendships
families	families	families	families	families	families	families
safe	safe	safe	safe	safe	safe	safe
trust	trust	trust	trust	trust	trust	trust