

Christ Church CofE (VA) Primary School and Nursery



Relationship, Sex and Health Education Policy

July 2024

Policy Statement

At Christ Church, we want young people to flourish and to gain every opportunity to live fulfilled lives. RSHE is about the emotional, social and physical aspects of growing up, healthy relationships, sex, human sexuality and sexual health. It is also about the spiritual and moral aspects of relationships within a context of a Christian vision for the purpose of life. As such in Christ Church, Relationships, Sex and Health Education lessons will help pupils to explore the foundational ethic of "Love your neighbour as yourself" (Mark 12.31). The school Biblical statement of 1 Corinthians 13: 4-7, 13 ensures that our pupils will have considered how to treat themselves and others, at all times and in all contexts, with dignity and respect.

'Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonour others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, and always perseveres.'

What is Relationship, Sex and Health Education?

It is lifelong learning about moral, emotional and physical development; it is about the understanding of the importance of loving and stable relationships, respect, love and care, family life and being a valued member of a community. It has three main elements:

1. Relationships education
2. Sex education
3. Health education

Defining Relationships Education:

Relationships Education is learning about how to:

- be appreciative of existing relationships.
- to form new healthy relationships.
- to enjoy strong positive, non-exploitative, caring relationships online and in person.

This will particularly reference family relationships including marriage, friendships and relationships with peers and adults.

In this school any content that might be regarded as Sex Education: learning about human body parts, growth, puberty and reproduction will be taught through the Science and PSHE Curriculum. Parents do not have the right to excuse their children from this aspect of the curriculum

Defining Sex Education

For Primary Schools, Sex Education is not mandatory, but a decision has been made to include some aspect of Sex Education due to contextual need.

The National Curriculum for Science and PSHE includes content about human body parts, growth, puberty and reproduction. Parents do not have the right to withdraw from this aspect of the curriculum.

In Christ Church School, we have decided that it is important to include an explanation as to how babies are created to protect and prepare the children in our community. Parents do have the right to excuse their children from this aspect of sex education and can do so by applying in writing to the Headteacher. We will invite you to talk through your concerns, review the materials we will use and explain our rationale. Withdrawing your child from Sex Education remains a statutory right as a parent or legal guardian.

Defining Health Education

Health Education is learning about physical health and mental wellbeing, so pupils can make wise choices to ensure their own flourishing and the flourishing of others.

Church of England Context

In our school our Christian vision shapes all we do and we uphold the core beliefs of marriage and family as laid out in the marriage service. We believe that every child has a valuable contribution to make to our community and aim to support each individual as they grow and they learn.

We recognise that family is a broad concept; not just one model, e.g. nuclear family. It includes a variety of types of family structure, and acceptance of different approaches recognising that all are made in the image of God and are loved by God.

Pupils are encouraged to grow in self-worth and esteem as unique people made in the image of God. Children and teachers are encouraged to share and respect each other's views. Valuing diversity and anti-discriminatory practice are an integral part of the school's Christian ethos.

Pupils are challenged to value the gift of themselves and have a healthy relationship with themselves, as well as know how to protect themselves from harm and how to care well for themselves.

Pupils will consider the importance of long term relationships as building blocks for family stability. This will encompass the teachings of the Church, including the Christian understanding of marriage as the context for sexual relationships and the importance of trust, loyalty, fidelity and choice.

How will RSHE be taught in our school?

All staff teaching this sensitive and important subject are confident and experienced in navigating the learning appropriately. It is important that pupils have confidence in the teacher and that a “safe space” is created where pupils feel confident and can ask age appropriate questions. It does not need to be the class teacher or tutor who teaches Relationships and Sex Education. It is best delivered by teachers who are skilled and confident at managing sensitive issues and are good at handling class discussion.

It will be delivered through a combination of the Jigsaw and KAPOW PSHE schemes of work and during science lessons about the human body. See Appendix 1.

Pupils with SEND will have had the content made accessible to them by personalised and separate teaching where needed.

This policy has been produced by consultation with St Albans Diocese, SLT, teaching staff, parents/carers and the Full Governing Body.

This policy will be monitored and evaluated by the SLT.

It was approved by FGB on 8th June 2021

Date of the last review June 2024

Appendix 1

PSHE Jigsaw Coverage of RSHE

Year 1-2

Differences in female & male bodies (correct terminology)

Year 3

Inside & outside body changes

Family stereotypes

Year 4

Having a baby

Girls & puberty

PSHE KAPOW Coverage of RSHE

Year 5

Puberty – physical changes for girls

Puberty – physical changes for boys

Puberty – emotional changes

Menstruation cycle

Year 6

Puberty – physical changes for girls

Puberty – physical changes for boys

Puberty – emotional changes

Menstruation cycle

Conception (including IVF)

Pregnancy and birth

Physical attraction

Respect & consent