



Relationships, Sex and Health Education Policy

Kington St Michael CE Primary School

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Relationships and Sex Education (RSE), is an integral part of the Personal, Social, Health and Economic (PSHE) Education Curriculum. It is a carefully planned programme based on human development, relationships, sexuality and family life, taught in a safe and caring environment, which will ensure pupils are protected, informed and nurtured. As a Church of England school, we will differentiate between factual teaching (e.g. biology, the law and marriage) and moral teaching about relationships and values, which is appropriate to the pupil's level of maturity. These aims complement those of the Science curriculum for KS1 and KS2.

In all areas of the curriculum, we want pupils to flourish, to develop understanding, independence and confidence as well as to have a curiosity for the world around them. We want to develop pupil's skills of cooperation, sharing, listening and respect, both for their fellow learners and their environment. In all areas of the curriculum, we have high expectations of our pupils and wish to develop a positive attitude to learning and effort.

Aims and Objectives

We want to provide a safe, happy, supportive, healthy and caring environment, in which each individual recognises the fundamental characteristics of a positive relationship and is thus prepared for adulthood.

At Kington St Michael CE Primary School we:

- **Work as a team** – children, staff, parents, governors and the community
- **Are confident** and trust in our abilities
- **Reach our potential**
- **Use the 5Rs** – resilience, resourcefulness, reciprocity, risk taking and reflection for life-long learning
- **Respect** ourselves and each other and show exemplary behaviour
- Enjoy an atmosphere of **trust and openness**, harnessing the skills and talents of all
- **Learn** through a broad and rich curriculum with relevant, exciting and meaningful experiences
- **Promote** social, moral, cultural, spiritual, academic and physical development

The aims of Relationships and Sex Education at KSM

1. To provide a framework where safe discussions can take place
2. Prepare pupils for puberty and provide them with an understanding of sexual development and the importance of health and hygiene
3. Teach them appropriate vocabulary to describe themselves and their bodies
4. Help develop feelings of self-respect, confidence and empathy
5. Create a positive culture around relationships and sexuality including the importance of healthy relationships and family for care and support of children
6. Help children to understand the consequences of their actions and behave responsibly within relationships
7. To recognise unsafe situations, protect themselves and ask for support and help

Statutory Requirements

As a primary school, relationship education is statutory for all pupils as per section 34 of the Children and Social work Act 2017. We are not required to teach sex education however we do need to teach the elements of sex education contained within the statutory science curriculum. In teaching RSE, we have guidance issued by the secretary of state as outlined in section 403 of the Education Act 1996.

Should you like to see the guidance from the government, please visit:

<https://www.gov.uk/government/publications/relationships-sex-and-health-education-guides-for-schools>

Definition

RSE is about the emotional, social and cultural development of pupils and involves learning about relationships, sexual health, sexuality, consent, healthy lifestyle, and diversity. It is a combination of sharing information, and exploring issues and values; it is not about the promotion of sexual activity.

Delivery of RSE

Our RSE curriculum is embedded into our PSHE curriculum (supported by SCARF) and is adjusted where appropriate. Teachers will take into account the age, needs, curiosity and feelings of our pupils, and will provide appropriate information and answers that will support understanding. It is taught alongside Kington St Michael's core values, to provide lessons to equip children beyond the classroom.

Primary sex education will focus on:

- Sexual difference and naming body parts - see glossary.
- Preparing girls and boys for the changes that adolescence brings
- Exploring the impact of puberty on the body and the importance of physical hygiene
- Understanding that menstruation and wet dreams are a normal part of growing up
- How a baby is conceived, considered in the context of relationships
- Answering each other's questions about sex and relationships with confidence and knowing where to find advice and support

Pupils will be taught about the nature of marriage for family life and bringing up children. They also need to understand that there are strong and mutually supportive relationships outside of marriage. We aim to provide accurate information to develop their skills and to support understanding about differences and to respect themselves and others. We seek to prevent prejudice. Teaching of RSE will contribute to promoting spiritual, moral, cultural, mental and physical development of pupils at school and within society, thus preparing them for the responsibilities and experiences of adult life. We will work in partnership with parents and carers.

The RSE curriculum will be taught in PSHE lessons as well as in other subjects, e.g. Science, PE and RE. Children will reflect on family relationships, different family groups and friendship. They

learn about rituals and traditions associated with birth, marriage and death and talk about the emotions involved. RSE will complement other subjects such as Science and PE, which teach the importance of healthy lifestyles and exercise. However, pupil's learning does not just take place through the curriculum but through all aspects of school life including the playground. All staff have the responsibility to implement the policy and promote the values and aims of the school when dealing with the children.

Science Curriculum

In the Early Years Foundation Stage, children learn about lifecycles. Through ongoing personal, social and emotional development, they develop the skills to form relationships and think about those relationships with others.

Key Stage 1, children learn:

- To identify, name, draw and label the basic parts of the human body and to say which part of the body is linked to which sense
- To notice that animals including humans, have off-spring which grow into adults
- To find out about and describe the basic needs of an animal, including humans to survive (water, food and air)
- To describe the importance for humans to exercise, eating the right amounts of different types of food and hygiene

Key stage 2, children learn:

- To identify that animals, including humans, need the right types and amounts of nutrition, and that they cannot make their own food; they get nutrition from what they eat
- To identify that humans and some other animals have skeletons and muscles for support, protection and movement
- To describe the simple function of the digestive system in humans
- To identify the different types of teeth in humans and their simple functions
- To describe the life process of reproduction in some plants and animals
- To describe the changes as humans develop to old age
- To identify and name the parts of the circulatory system and describe the function of the heart, blood vessels and blood
- To recognise the impact of diet, exercise, drugs and lifestyle on the way the body functions
- To describe the way nutrients and water are transported within animals, including humans
- To recognise that living things produce offspring of the same kind, but normally offspring vary and are not identical to their parents

In key stage 2, we acknowledge that some children will begin to experience puberty. We teach children about the body parts and how they work. We explain what happens to their body during puberty from Year 4 onwards and will encourage the children to ask for help if they need it. Sometimes smaller sessions will be organised to support good discussions and questions around the topic. By the end of key stage 2 we ensure that pupils know how babies are born and about the body changes during puberty, menstruation and how it affects women.

Relationship education focuses on the fundamental building blocks and characteristics of positive relationships including:

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

These areas of learning are taught within the context of family life taking sure that there is no stigmatisation of children based on their home circumstances (single parent families, LGBT parents, foster parents or carers) along with reflecting about different support structures children may have at home.

Roles and Responsibilities

The Headteacher

The Headteacher is responsible for ensuring that RSE is being taught, consistently across the school and for managing requests from those parents who wish to withdraw from non-statutory components of RSE.

Staff

All staff are responsible for delivering RSE in a sensitive way, modelling positive attitudes and monitoring progress.

Pupils

Pupils will engage fully in RSE, when discussing issues in relation to the subject, showing sensitivity and respect towards each other's viewpoints and beliefs.

Parents and Carers

The primary role of RSE lies with children's parents and carers. We hope to build positive and supportive relationships through mutual trust, respect and cooperation. We will inform the parents or carers, prior to an RSE unit being taught and will answer any questions as well as share resources, to be used. There are parts of RSE which are non-statutory components of sex education that parents or carers may withdraw their children from.

Right to Withdraw

Parents and carers do not have the right to withdraw their child from Relationships Education but have the right to withdraw their child from non-statutory elements of sex education within RSE. The science curriculum includes content on human development and reproduction, from which there is no right to withdraw. A request to withdraw should be put in writing to the head teacher so that a pupil can be provided with alternative work, for the duration of the sessions.

Confidentiality

Teachers conduct sex education lessons in a sensitive manner. However, should a child make reference to involvement with sexual activity then the teacher will take the matter seriously and deal with it as outlined within the Child Protection and Safeguarding Policy. A teacher will respond in a similar way if a child indicates that they have been subject to abuse or exploitation and will take such concerns to the designated safety officer for child protection and head teacher. Disclosure of female genital mutilation must be reported, to the police.

Special Educational Needs

Pupils with special educational needs, will be given the opportunity to take part in RSE lessons, and differentiated work will be provided where appropriate. Work will be accessible to and sensitive towards, the learning needs of the individual.

Equal Opportunities

All children will be able to access the learning within RSE regardless of gender, race or disability so giving equal opportunities and avoiding any discrimination as outlined in the Equality Act of 2010.

Complaints Procedure

Any complaints regarding relationship or sex education, should be given to the class teacher in the first instance. Parents can choose to follow the Kington St Michael Complaints Procedure should they feel the matter is unresolved.

Monitoring Arrangements

The monitoring of RSE is conducted by the SLT through looking at class planning, learning walks, talking to pupils, staff and lesson observations.

Further Policies

In conjunction with this policy, also see:

- Behaviour Policy and Procedures
- Safeguarding and Protection Policy
- Anti-Bullying Policy and Procedures
- Mental Health and Well-Being Policy
- Online Safety Policy

Please see below a useful document produced by the government, which addresses frequently asked questions:

<https://www.gov.uk/government/news/relationships-education-relationships-and-sex-education-rse-and-health-education-faqs>