



# RELATIONSHIP, SEX AND HEALTH EDUCATION POLICY

Communicating Love; Inspiring our  
Community to Flourish

**January 2023**

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## Rationale and Ethos

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Our school's approach to Relationship, Sex and Health Education (RSHE) follows that of the Church of England Education Office in that it seeks to be faith-sensitive and inclusive. It is underpinned by two key Biblical passages:

"So God created humankind in his image, in the image of God he created them"

(Genesis 2:7)

"I have come in order that you might have life - life in all its fullness"

(John 10:10)

At St. Gabriel's CofE Academy, everyone is treated with dignity, as people who are made in the image of God and are loved equally by God.

All pupils have a right to an education which enables them to flourish in a learning community where differences (within that which is permissible under UK law) are treated with dignity, tolerance and respect; where bullying of all kinds is eliminated; and where they are free to be themselves and fulfil their potential without fear.

Our school seeks to ensure that our RSHE curriculum protects, informs and nurtures all pupils. It clearly differentiates between factual teaching (biology, medicine, the law, marriage, different types of families and the composition of society) and moral teaching about relationships and values; recognising that the distinction can be easily blurred and that there needs to be discernment about the manner in which this is taught. We teach RSHE within a moral (but not moralistic) framework.

RSHE at St. Gabriel's Church of England Academy is about what constitutes wellbeing and loving care for ourselves (physical and mental health education), how we show loving care for others (relationships education) and, when at an appropriate age and

stage in life, how we show loving care to those we choose to be intimate with, including within marriage (sex education).

It is also about the spiritual and moral aspects of healthy, loving and nurturing relationships within a context of a Christian vision for the purpose of life. Pupils consider how to ensure that they treat themselves and others, at all times and in all contexts, with dignity, tolerance and respect.

## **Definition of RSHE**

### ***Defining Relationships Education***

Relationships Education is learning about how to:

- be appreciative of existing relationships;
- form new healthy friendships; and
- enjoy strong positive, caring, relationships with healthy, safe boundaries, online and in person.

This will particularly refer to family relationships (including marriage), friendships and relationships with peers and adults.

### ***Defining Sex Education***

Sex education is about reproduction: learning how babies can be made and the emotions that people experience when they are ready for close intimacy.

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

In this school, we have decided that it is important to include sex education within our curriculum to prepare the children in our community for adulthood.

### ***The right to withdrawal from sex education***

Parents do have the right to excuse their children from this aspect of RSHE and can do so by making concerns known and applying in writing to the Headteacher. Parents and Carers will be reminded of their right to withdraw their child from sex education lessons prior to the lessons being taught in the second half of the Summer Term. The school will invite any enquiring parents or legal guardians to talk through concerns. An explanation of the rationale for RSHE will be given; an opportunity will be offered to review the intended materials and to consider the impact of not receiving sex education with peers.

Withdrawing a child from sex education remains a statutory right as a parent or legal guardian. If a pupil is excused from sex education, it is the school's responsibility to ensure that the pupil receives appropriate, purposeful education during the period of withdrawal. There is no right to withdraw from relationships education or health education. The school will document this process to ensure a record is kept.

### ***Defining Health Education***

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

### **Role of Parents**

We truly value parents and carers as their children's first, prime and most significant teachers especially when learning about relationships, health and sex; we view the partnership between home and school as vital in providing the context for this policy. We seek to work transparently and in partnership with our children's families ensuring that open communication is at the heart of our practice.

## **Inclusion and Diversity**

We ensure RSHE is inclusive and meets the needs of all our pupils, including those with special educational needs and disabilities (SEND) by differentiating for our pupils' specific needs and liaising with parents and carers. Just like in all aspects of our curriculum, we ensure RSHE fosters gender equality and LGBT+ equality by carefully considering the resources, images and videos used to ensure they actively tackle stereotyping, bullying and discrimination.

## Curriculum Design

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At St. Gabriel's CofE Academy, we utilise the Jigsaw Scheme for our PSHE (Personal, Social, Health Education) lessons including those which cover our RSHE curriculum. The Jigsaw PSHE lessons, aim to give children their entitlement to information about relationships, puberty and human reproduction; appropriate to their ages and stages of development. This work is treated in a matter-of-fact and sensitive manner and helps children to cope with change, including puberty, and to learn about healthy relationships.

### Curriculum Outline

Before lessons are taught each Summer, curriculum content will be shared with parents and carers including availability to view the resources used.

Year 1	My Changing Body
	Males' and Females' Bodies
Year 2	The Changing Me
	Males and Females
Year 3	Outside Changes
	Inside Changes
Year 4	Having a Baby
	Females and Puberty
Year 5	Puberty
	Conception
Year 6	Puberty
	Conception to Birth

## **How will RSHE be taught in our school?**

RSHE will be delivered professionally and as an identifiable part of PSHE. It will be led, resourced and reported to parents in the same way as any other subject. The planned programme is delivered in a carefully sequenced way.

RSHE is delivered in a way that affords dignity and shows tolerance and respect to all who make up our diverse community. It does not discriminate against any of the protected characteristics in the Equality Act and is sensitive to the faith and beliefs of those in the wider school community. It values the importance of faithfulness as the underpinning and backdrop for relationships. It encourages pupils to develop the skills needed to disagree without being disagreeable, to appreciate the lived experience of other people and to live well together.

RSHE seeks to build resilience in our pupils to help them form healthy relationships, to keep themselves safe and resist the harmful influence of the excesses of media in all its forms.

RSHE promotes healthy, resilient relationships set in the context of character and virtue development that sits within the schools Christian Vision and Values. Values such as such as honesty, integrity, self-control, courage, humility, kindness, forgiveness, generosity and a sense of justice.

All staff teaching this sensitive and important subject receive regular training. This training will be regularly reviewed and revisited.

## **Safe and Effective practice**

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Due to the sensitive nature of the topics covered, a safe learning environment will be ensured through the use of agreeing ground rules alongside reference to our Golden Values and Rules. Distancing techniques, such as using stories and videos, are used to allow children to discuss issues without reference to themselves. Pupils' questions will



be answered through the use of an 'Ask it Basket'. This allows teachers to prepare thoughtful and age appropriate answers. Should a question be asked that goes outside the scope of the lesson, Class Teachers will seek advice from PSHE leader/Headteacher and the question may be passed on to parents.

All staff teaching RSHE will be supported by the PSHE Leader through formal training alongside more informal support such as discussion of planning and the sharing of good practice.

## Safeguarding

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### **Disclosures**

Teachers are aware that effective RSHE, which brings an understanding of what is and what is not appropriate in a relationship, can lead to a disclosure of a child protection issue. Staff are fully trained in handling disclosures which cause concern and they will consult with the Designated Safeguarding Lead and follow our safeguarding procedures.

### **Visitors and External Agencies**

RSHE is delivered by Class Teachers but should the need arise, visitors and external agencies may be used. They will be required to read our guidance documentation which includes information about our ethos and safeguarding.

## Engaging stakeholders

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As a school we value parents and carers as our pupils' most important teachers, especially in the teaching of Relationships and Sex Education. We are committed to working in partnership and appreciate that families will want to share in their child's learning in this area and talk about the topics learnt about within their own cultural and moral framework.

## **Annual Information Sharing**

Parents will be informed of this policy through annual letters and this policy will be made available to all parents and carers via the school office. Parents will be informed of the topics covered and the resources used which are made available to parents if they would like to review them.

## **Informing Governors**

Governors will be informed of the RSE policy and curriculum coverage through policy review discussions.

## **Monitoring, Reporting and Evaluation**

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Teachers will critically reflect on their work in delivering RSHE through professional discussion during RSHE Meetings. Training needs and next steps will be identified and acted upon by the RSHE leader in preparation for the next cycle of teaching.

Pupils will have opportunities to review and reflect on their learning during lessons and this will be shared with the RSHE leader by Class Teachers.

## **Policy Review**

This policy has been produced using guidance from the Church of England and in consultation with pupils, staff, parents and governors.

Whilst this policy has been produced in consultation with parents it must, however, be recognised that the law specifies that what is taught and how it is taught is ultimately a decision for the school.