

Ashton St. Peter's CofE VA Primary School



Relationship, [Sex] and Health Education Policy

Ratified in May 2023

Update in May 2024

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 Ashton St. Peter's Church of England School, everyone will be treated with dignity as all 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 and is set in a learning community where differences of lifestyle and opinion (within that which is permissible under UK law) are treated with dignity 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 the 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 in Ashton St. Peter's Church of England School 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 will consider how to ensure that they treat themselves and others, at all times and in all contexts, with dignity and respect.

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 good 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 the biology of conception and how a baby is conceived, to understand the development of the baby during pregnancy and how it develops in the womb, and birth to educate the children in our community for adulthood in their last years of primary school.

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. The option to discuss your concerns/questions will be readily available with the school upon request.

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.¹

The RSHE Curriculum

At Ashton St. Peter's Church of England School we teach the following topics:

- Families and relationships
- Safety and the changing body
- Health and wellbeing
- Citizenship
- Economic wellbeing
- Identity (*Year 6 only*)

Please see appendix for further breakdown of topics covered in each year group

These are the requirements for RSHE from the Department for Education [click [here](#)]

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. There will be a planned programme delivered in a carefully sequenced way.

RSHE will be delivered in a way that affords dignity and shows respect to all who make up our diverse community. It will not discriminate against any of the protected characteristics in the Equality Act and will be sensitive to the faith and beliefs of those in the wider school community. RSHE will seek to explain fairly the tenets and varying interpretations of religious communities on matters of sex and relationships and teach these viewpoints with respect. It will value the importance of faithfulness as the underpinning and backdrop for relationships. It will encourage pupils to

¹ See *Mental Health and Wellbeing: Towards a Whole School Approach* (March 2018)

develop the skills needed to disagree without being disagreeable, to appreciate the lived experience of other people and to live well together.

RSHE will seek 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 will promote healthy resilient relationships set in the context of character and virtue development that sits within the school's Christian Vision and Values.

Values such as positivity, integrity, peace, love, thankfulness, trust, forgiveness, perseverance, truthfulness, respect and courage.

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

Pupils with SEND will have had the content made accessible to them through differentiation as needed e.g. extra adult support and resources.

At Ashton St. Peter's Church of England School RSHE is taught by trained staff and only some elements may be taught by outside agencies (such as First Aid). It is important that pupils have a 'safe space' where they feel confident and can ask age-appropriate questions.²

²It 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. See research from Bristol University about secondary RSE
<https://bmjopen.bmj.com/content/7/5/e014791>

RSHE will be monitored and evaluated

This will follow the same monitoring and evaluation processes used throughout the school for other subjects i.e. pupil conferencing, work reviews, learning walks etc.

Policy Review

This policy has been produced by consultation with the Diocese of St. Albans, Headteacher, the RSE/PSHE lead, and the Governing body.

The School's policy will be reviewed when:

- Annually May 2024
- The School wishes to review the policy.
- If amendments are required by the LA

Ratified by:

Date: May 2023

Chair of Governors

This policy should be read in conjunction with The Equalities Act 2010

<https://www.gov.uk/guidance/equality-act-2010-guidance>

Appendix

The school will use a blended approach to teaching PSHE/RSE curriculum as seen below:

YEAR 1	
Kapow	Goodness & Mercy
Family and relationships	
Introduction to RSE and setting ground rules	
What is family?	KS1 Relationships Education Activities Plan - Lesson 1: Families
What are friendships?	KS1 Relationships Education Activities Plan – Lesson 2: What is a friend?
Recognising other peoples' emotions	
Working with others	
Friendship problems and how to overcome them	KS1 Relationships Education Activities Plan – Lesson 2: What is a friend? (The Wall)
Healthy friendships	KS1 Relationships Education Activities Plan – Lesson 3: What is bullying?
Stereotyping - gender	
Health and wellbeing	
Understanding my feelings	KS1 Health Education Activities Plan - Lesson 5: Talking about feelings
What am I like? - identifying strengths and qualities	
Ready for bed - effects of good quality sleep	KS1 Health Education Activities Plan - Lesson 2: How we love and care for ourselves (A: exercise, being in nature, healthy food, good sleep)
Relaxation - laughter and progressive muscle relaxation	KS1 Health Education Activities Plan - Lesson 2: How we love and care for ourselves (A: exercise, being in nature , healthy food, good sleep) KS1 Health Education Activities Plan - Lesson 3: How we love and care for ourselves (B: personal care, hygiene (including teeth cleaning), sun safety, prayer and meditation , hobbies and helping others)
Hand washing & personal hygiene	KS1 Health Education Activities Plan - Lesson 3: How we love and care for ourselves (B: personal care, hygiene (including

	teeth cleaning), sun safety, prayer and meditation, hobbies and helping others)
Sun safety	KS1 Health Education Activities Plan - Lesson 3: How we love and care for ourselves (B: personal care, hygiene (including teeth cleaning), sun safety , prayer and meditation, hobbies and helping others)
Allergies	
People who help us stay healthy	

Safety and the changing body

Communicating safely and effectively with adults at school	
Communicating safely and effectively with adults outside of school	KS1 Health Education Activities Plan - Lesson 4: Keeping safe with screens
What to do if I get lost	
Making a call to emergency services	
Appropriate contact - acceptable and unacceptable physical contact	
Safety with substances - what should and shouldn't go on or in the body	
Safety at home - potential hazards in the home	
People who help to keep us safe in our local community	

Citizenship

Rules	
Caring for others: Animals	
The needs of others	
Similar, yet different	
Belonging	
Democratic decisions	

Economic wellbeing

Introduction to money	
Looking after money	

	Banks and building societies	
	Saving and spending	
	Jobs in school	
Transition		
	Transition lesson	

YEAR 2	
Kapow	Goodness & Mercy
Family and relationships	
Introduction to RSE and setting ground rules	
Families offer stability and love	KS1 Relationships Education Activities Plan - Lesson 1: Families
Families are all different	KS1 Relationships Education Activities Plan - Lesson 1: Families
Other peoples' feelings	KS1 Relationships Education Activities Plan – Lesson 2: What is a friend?
How to deal with unhappy friendships	KS1 Relationships Education Activities Plan – Lesson 3: What is bullying?
Introduction to manners and courtesy	
Introduction to change and Loss	
Stereotyping - gender	
Health and wellbeing	
Experiencing different feelings	KS1 Health Education Activities Plan - Lesson 5: Talking about feelings
Being active	KS1 Health Education Activities Plan - Lesson 2: How we love and care for ourselves (A: exercise , being in nature, healthy food, good sleep)
Relaxation - breathing exercises	KS1 Health Education Activities Plan - Lesson 2: How we love and care for ourselves (A: exercise, being in nature , healthy food, good sleep) KS1 Health Education Activities Plan - Lesson 3: How we love and care for ourselves (B: personal care, hygiene (including teeth cleaning), sun safety, prayer and meditation , hobbies and helping others)
Steps to success - setting achievable goals	
Growth mindset - overcoming difficulties	
Healthy diet	KS1 Health Education Activities Plan - Lesson 2: How we love and care for ourselves (A: exercise, being in nature, healthy food , good sleep)
Looking after our teeth	
Safety and the changing body	
Introduction to the internet	

	Communicating online - not sharing personal information	
	The difference between secrets and surprises	
	My Private Parts - the concept of privacy and the correct vocabulary for these	KS1 Health Education Activities Plan - Lesson 1: Our wonderful bodies
	My private parts are private - safe and unsafe touches	KS1 Relationships Education Activities Plan – Lessons 4 and 5: My body: Worth keeping safe
	Road Safety 1	
	Road Safety 2	
	Safety with medicines	
Citizenship		
	Rules beyond school	
	Our school environment	
	Our local environment	
	Job roles in the community	
	Similar yet different – my local community	
	School council	
	Giving my opinion	
Economic wellbeing		
	Where money comes from	
	Needs and wants	
	Wants and needs	
	Looking after money	
	Jobs	
Transition		
	Transition lesson	

YEAR 3		
Kapow		Goodness & Mercy
Family and relationships		
	Introduction to RSE and setting ground rules	
	Healthy families	KS2 Relationships Education Activities Plan - Lesson 1: Families
	Friendship - conflict and resolution	KS2 Relationships Education Activities Plan - Lesson 2: Friendships
	Friendship - conflict v bullying	KS2 Relationships Education Activities Plan - Lesson 2: Friendships
	Effective communication to support relationships	
	Learning who to trust	
	Stereotyping - in everyday life	
	Where do stereotypes come from?	
Health and wellbeing		
	My Healthy diary - physical activity, rest and diet	KS2 Health Education Activities Plan - Lesson 2: Looking after your body: exercise and healthy eating
	Relaxation - stretches	KS2 Health Education Activities Plan - Lesson 3: Looking after yourself: Sleep, rest, spiritual practices, personal hygiene and helping others
	Wonderful me!	
	My superpowers	
	Breaking down problems	
	Diet and dental health	KS2 Health Education Activities Plan - Lesson 3: Looking after yourself: Sleep, rest, spiritual practices, personal hygiene and helping others
Safety and the changing body		
	Emergencies and calling for help	
	Basic first aid - bites & stings	
	Communicating safely online	
	Cyberbullying	
	Fake emails	
	Making choices for myself	

	Who and what can influence my decisions and how to make the right choices for me	
	Road safety	
Citizenship		
	Rights of the child	
	Rights and responsibility	
	Recycling	
	Local community groups	
	Charity	
	Local democracy	
	Rules	
Economic wellbeing		
	Ways of paying	
	Budgeting	
	How spending affects others	
	Impact of spending	
	Jobs and careers	
	Gender and careers	
Transition		
	Transition lesson	

YEAR 4		
Kapow		Goodness & Mercy
Family and relationships		
	Introduction to RSE and setting ground rules	
	Respect and manners	
	Healthy friendships - physical and emotional boundaries	KS2 Relationships Education Activities Plan - Lesson 2: Friendships
	How my behaviour affects others	KS2 Relationships Education Activities Plan - Lesson 2:
	Bullying - the effects of bullying and the responsibility of the bystander	KS2 Relationships Education Activities Plan Lesson 4: Anti-bullying
	Stereotypes - in fictional characters	
	Stereotypes - negative effects of	
	Families in the wider world - respecting differences	KS2 Relationships Education Activities Plan - Lesson 1: Families
	Change and loss - bereavement	
Health and wellbeing		
	Looking after our teeth	KS2 Health Education Activities Plan - Lesson 3: Looking after yourself: Sleep, rest, spiritual practices, personal hygiene and helping others
	Relaxation - visualisation	KS2 Health Education Activities Plan - Lesson 3: Looking after yourself: Sleep, rest, spiritual practices, personal hygiene and helping others
	Celebrating mistakes	
	My role - my strengths and helping others	
	My happiness	
	Emotions	
	Mental health	
Safety and the changing body		
	Internet safety - age restrictions	
	Internet safety - share aware	
	Basic first aid - asthma	
	Privacy and secrecy - the difference between the two	KS2 Relationship Education Activities Plan - Lesson 5: Making good boundaries

	Consuming information online - being a discerning consumer of online information	
	Growing up - that the changes from being a child to an adult is called puberty	
	Introduction to puberty	
	Tobacco - the risks of smoking	
Citizenship		
	What are human rights?	
	Caring for the environment	
	Community	
	Contributing	
	Diverse communities	
	Local councillors	
Economic wellbeing		
	Spending choices	
	Keeping track of money	
	Looking after money	
	Influences on career choices	
	Jobs for me	
Transition		
	Transition lesson	

YEAR 5

Family and relationships

	Introduction to RSE and setting ground rules	
	Build a friend - what makes a good friend	
	Friendship skills	
	Marriage - different types of marriage and the history of marriage	KS2 Relationships Education Activities Plan Lesson 3: Relationships and Marriage
	Respecting myself	
	Family life	KS2 Relationships Education Activities Plan - Lesson 1: Families
	Bullying - the effects of bullying and what might motivate a bully	KS2 Relationships Education Activities Plan Lesson 4: Anti-bullying
	Stereotyping - how attitudes to gender have changed over time	
	Stereotyping and discrimination	

Health and wellbeing

	Relaxation - yoga	KS2 Health Education Activities Plan - Lesson 3: Looking after yourself: Sleep, rest, spiritual practices, personal hygiene and helping others
	The importance of rest	KS2 Health Education Activities Plan - Lesson 3: Looking after yourself: Sleep, rest, spiritual practices, personal hygiene and helping others
	Embracing failure	
	Going for goals	
	Taking responsibility for my feelings	
	Healthy meals	
	Sun safety	KS2 Health Education Activities Plan: Lesson 3: Looking after yourself: Sleep, rest, spiritual practices, personal hygiene and helping others

Safety and the changing body

	Online friendships	
	Staying safe online	
	Puberty	

	Menstruation	
	Emotional changes in puberty	
	First Aid - bleeding	
	Drugs, alcohol and tobacco - understanding the influence others can have on us	KS2 Health Education Activities Plan - Lesson 4: Looking after your body: Knowing facts and avoiding risks - alcohol, smoking and drugs

Citizenship		
	Breaking the law	
	Rights and responsibilities	
	Protecting the planet	
	Contributing to the community	
	Pressure groups	
	Parliament	
Economic wellbeing		
	Borrowing	
	Income and expenditure	
	Risks with money	
	Prioritising spending	
	Stereotypes in the workplace	
Transition		
	Transition lesson	

YEAR 6

Family and relationships

Kapow

Goodness & Mercy

Introduction to RSE and setting ground rules

Respect - how this can be gained and lost

Developing respectful relationships

Challenging stereotypes

KS2 Relationships Education Activities Plan - Lesson 4: Anti-bullying

Different types of stereotyping

KS2 Relationships Education Activities Plan - Lesson 4: Anti-bullying

Resolving conflict - negotiation and compromise

Change and loss - the emotions relating to grief

Health and wellbeing

What can I be? - setting long term goals

Relaxation - mindfulness

KS2 Health Education Activities Plan - Lesson 3: Looking after yourself: Sleep, rest, spiritual practices, personal hygiene and helping others

Taking responsibility for my health

The impact of technology on health

Resilience toolbox

The facts about immunisation

Physical health concerns - where to get help

Habits - positive and negative

Safety and the changing body

The risks associated with alcohol

KS2 Health Education Activities Plan - Lesson 4: Looking after your body: Knowing facts and avoiding risks - **alcohol**, smoking and drugs

Critical digital consumers

Social media

Physical and emotional changes of puberty

KS2 Sex Education Activities Plan - Lesson 1: Attraction: how do people have sex?

Parents/carers have the right to withdraw their child from this lesson.

Conception (***parents/carers have the right to withdraw their child from this lesson***)

KS2 Sex Education Activities Plan - Lesson 2: The impact of sexual intercourse on people's emotional, spiritual and mental wellbeing

		<i>Parents/carers have the right to withdraw their child from this lesson.</i>
	Pregnancy and birth (<i>parents/carers have the right to withdraw their child from this lesson</i>)	KS2 Sex Education Activities Plan - Lesson 3: Conception, gestation and the responsibility of a baby <i>Parents/carers have the right to withdraw their child from this lesson.</i>
	First Aid - choking	
	Basic life support	

Citizenship	
Human rights	
Food choices and the environment	
Caring for others	
Prejudice and discrimination	
Valuing Diversity	
National democracy	
Economic wellbeing	
Attitudes to money	
Keeping money and safe	
Gambling	
What jobs are available?	
Career routes	
Transition	
Transition lesson	
Identity	
What is identity?	
Gender identity	
Identity and body image	