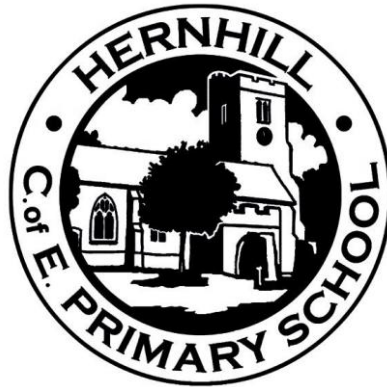


Hernhill Church of England Primary School



Relationships & Sex Education (RSE) Policy

Lead staff member: Sarah Altun

Lead governor: Distinctiveness Committee

Signed: Fiona Palmer, Chair of Governors

Date: 20.05.26



*Our school community is rooted in
Jesus' promise of life in all its fullness;
where all are truly welcome.*

Relationships & Sex Education (RSE) Policy as part of our Personal, Social, Health & Economic Education Programme.

Introduction and Ethos

At Hernhill Church of England Primary School, we are guided by our vision that all should experience “*life in all its fullness*” (John 10:10). We aim to prepare pupils for the opportunities, responsibilities, challenges and experiences of life.

Personal, social, health and economic (PSHE) education is an important and necessary part of all pupils' education. The statutory Relationships and Sex Education is part of our whole-school PSHE Programme.

Children and young people need knowledge and skills that will enable them to make informed and ethical decisions about their wellbeing, health and relationships. High quality, evidence-based teaching of relationships, sex and health education (RSHE) can help prepare pupils for the opportunities and responsibilities of adult life, and can promote their moral, social, mental and physical development.

Effective teaching will support young people to cultivate positive characteristics including self-worth, self-respect, honesty, integrity, courage, kindness, and trustworthiness. Effective teaching will support prevention of harms by helping young people understand and identify when things are not right

We believe both PSHE and RSE play a vital role in enabling children to:

- understand themselves and their emotions
- build positive, respectful relationships
- stay safe in an increasingly complex world
- develop confidence, resilience and independence

Our approach is:

- age-appropriate
- inclusive
- factual and sensitive
- rooted in our Christian vision

Context and Legal Requirements

Under the **Relationships Education, RSE and Health Education Regulations 2019**, and reflected in [DfE statutory guidance \(2025\)](#):

- Relationships Education is compulsory in all primary schools
- Health Education is compulsory in all primary schools
- Sex Education, beyond the science curriculum, is not compulsory in primary schools. However, the DfE guidance recommends that this is taught in Years 5 and 6.

Schools must also:

- comply with the **Equality Act 2010**
- provide a **broad and balanced curriculum**
- support pupils' **spiritual, moral, social and cultural development (SMSC)**

As outlined in DfE guidance, RSE helps pupils develop the knowledge and skills to:

- make informed decisions
- build healthy relationships
- recognise and avoid harm
- contribute positively to society

Curriculum Content

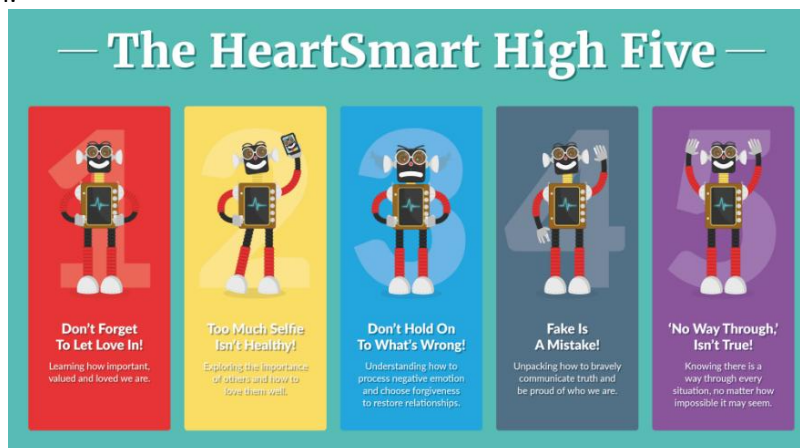
What do we teach when?

Our spiral curriculum is carefully planned to ensure progression and coverage of statutory requirements. At Hernhill, we deliver our PSHE through the [Pol-Ed curriculum](#).



This is a specialised resource created by the police and teachers, which is relevant and responsive to the issues impacting children and young people. Its purpose is to keep children safe by developing their understanding of risks, consequences and the law and to develop their resilience and ability to help and support each other. Lessons are delivered through four key areas focusing on relationships, keeping safe, understanding the law and wellbeing.

This sits alongside our Heartsmart approach with its Christian-ethos, character-driven curriculum focusing on emotional health.



Our Relationships and Sex Education curriculum is delivered through the [Teach SRE Ltd](#) resource. As part of Relationships Education, children learn about:

- Families and people who care for them
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe



Pupils develop understanding of:

- respect, kindness and empathy
- boundaries and consent (age-appropriate)
- recognising bullying and discrimination
- how to seek help and support

In addition, at Hernhill, we provide age-appropriate sex education to:

- explain human reproduction

This includes:

- how a baby is conceived and born
- changes during adolescence

We ensure teaching is:

- factual and age-appropriate
- sensitive to pupils' maturity

TEACHING RSE WITH CONFIDENCE IN PRIMARY SCHOOLS - CURRICULUM OVERVIEW



Reception: My body, my relationships Lesson 1: Caring Friendships Lesson 2: Being Kind Lesson 3: Different Families Lesson 4: My Body My Choices	Year 1: Growing up, staying safe Lesson 1: Different Friends Lesson 2: Growing and Changing Lesson 3: Body Safety (Online and Off) Lesson 4: Families and Care	Year 2: Differences Lesson 1: Gender Stereotypes Lesson 2: Male and Female Lesson 3: Naming Body Parts Lesson 4: My Body Belongs to Me
Year 3: Valuing difference and keeping safe Lesson 1: Body Differences Lesson 2: Personal Space and Consent Lesson 3: Families and People who Help Us Lesson 4: Staying Safe and Getting Help Online	Year 4: Growing up with Respect Lesson 1: Changes Lesson 2: What is Puberty Lesson 3: Healthy Friendships Lesson 4: Valuing Difference	Year 5: Puberty and personal boundaries Lesson 1: Talking about Puberty Lesson 2: The Reproductive System Lesson 3: Puberty Help and Support Lesson 4: Respect Boundaries and Being an Upstander
Year 6: Puberty, relationships and reproduction Lesson 1: Puberty and Reproduction Lesson 2: Communication and Consent in Relationships Lesson 3: Families, Conception and Pregnancy Lesson 4: Communication and Respect in Relationships and Online		

Delivery of RSE

RSE is delivered through lessons which are:

- structured and progressive
- inclusive and accessible
- discussion-based and interactive

Who Teaches RSE at Hernhill

- class teachers
- supported by specialised appropriate resources

To create a safe environment:

- no child is forced to share personal experiences
- respectful language is used
- correct vocabulary is taught
- questions are handled sensitively

Inclusion and SEND

We ensure RSE is accessible to all pupils by:

- adapting teaching to meet individual needs
- using clear and appropriate language
- providing additional support where needed

We recognise:

- pupils have different starting points
- some pupils may need more structured or simplified learning

This aligns with DfE expectations for inclusive delivery.

Equality and Diversity

We promote:

- respect for all individuals
- understanding of different families and backgrounds
- equality of opportunity

Teaching:

- avoids stereotypes
- reflects diverse experiences
- supports pupils to challenge discrimination

We recognise that:

- some content may be sensitive
- families may hold different beliefs

We approach this with respect while fulfilling statutory duties.

Working with Parents and Carers

We recognise parents as **children's first educators**.

We support this partnership by:

- sharing curriculum content in advance
- providing opportunities to view materials
- offering information sessions

Parents:

- cannot withdraw children from Relationships or Health Education lessons
- can request withdrawal from Sex Education lessons

Requests should be made to the headteacher.

If a child is withdrawn:

- alternative learning will be provided

Safeguarding

RSE plays a key role in safeguarding by helping children:

- recognise unsafe situations
- understand boundaries
- identify trusted adults
- report concerns

Staff are trained to:

- respond appropriately to disclosures
- follow safeguarding procedures

Monitoring and Review

RSE is monitored through:

- lesson observations
- pupil voice
- staff feedback
- curriculum review

This policy has been developed:

- in consultation with staff and governors
- with consideration of parental views
- in line with DfE statutory guidance.

Next review date: May 2029