



Summerswood Primary School

Relationship Health Sex Education Policy

Written: January 2026

To be reviewed: January 2027

Introduction

This is the policy of Summerswood Primary School on the approach taken to Relationships, Sex and Health Education (RHE), approved by the school Governors.

Legal context

The law was changed with effect from September 2020 so that primary schools in England must teach relationships education and health education (*The Children and Social Work Act 2017*).

- The relationships education part of the new curriculum teaches what children need to learn to build positive and safe relationships with family and friends and online.
- The health education part of the new curriculum covers both physical health and mental wellbeing and teaches children how to make good decisions about their own health and wellbeing; how to recognise issues in themselves and in others; and how to seek support as early as possible when issues arise.

Sex education is not compulsory in primary schools, but:

- The new curriculum for relationships education and health education does include content on puberty.
- The national curriculum for science includes subject content in related areas, such as the main external body parts; the human body as it grows from birth to old age (including puberty); and reproduction in some plants and animals.

The DfE Relationships and Sex Education (RSE) and Health Education, July 2025 statutory guidance indicates that by the end of primary school pupils' will be taught about:

- Their general wellbeing
- Wellbeing Online
- Physical health and fitness
- Healthy Eating
- Drugs, alcohol, tobacco and vaping
- Health protection and prevention
- Personal safety
- Basic First Aid

- Developing bodies including: the human life cycle and puberty, facts about the menstrual cycle, naming correct body parts including the penis, vulva, vagina, testicles, scrotum, nipples. Pupils should understand that all of these parts of the body are private and be taught to understand and express their own boundaries around these body parts.

The Department for Education 'Relationships and Sex Education (RSE) and Health Education, July 2025 statutory guidance' requires primary schools in England to have a written relationships education policy to cover the following:

- How relationships education is delivered
- What sex education (if any) a school chooses to cover that goes beyond the national curriculum for science and relationships education.

There is no equivalent requirement for a health education policy but, in line with best practice, this RHE policy also covers health education.

This RHE policy also supports legal requirements relating to the following:

- *The Equality Act 2010.*
- *The Education Act 1996.*
- *Statutory guidance, Keeping Children Safe in Education 2020.*

The following policies are also relevant to this Relationships and Health Education policy:

- Behaviour Policy (including anti-bullying)
- Child Protection Policy

Definition

RHE supports children and young people's personal development including their spiritual, moral, social and cultural development. Its aims are to help children and young people to deal with the real-life issues they face as they grow up and that they will encounter as adults. Their learning will support them both online and offline, to make informed choices about their safety, physical and mental health, enabling them to live positive and fulfilled lives.

RHE is enhanced through supportive school ethos where everyone is valued, positive relationships are promoted and there is a safe learning environment.

Our school vision:

A caring school that inspires respectful and self-confident learners. An ambitious and inclusive curriculum brings the wider world to Summerswood.

Aims

The aims of our RHE programme are to:

- Provide accurate and age-appropriate information.
- Include all children.
- Help children make informed choices.
- Develop knowledge, skills and attitudes.
- Build confidence and self-esteem.

- Develop personal attributes.
- Prepare children for the next stage of education and adulthood.
- Develop positive and inclusive attitudes to everyone, particularly to those with protected characteristics under the *Equality Act 2010*.

Roles and responsibilities

An effective programme of RHE requires support from the whole school community and the following people have specific roles and responsibilities:

Governors

A Governor from the Summerswood Primary School Governing body will be asked to have a strategic role in overseeing the RHE curriculum.

Headteacher

The Headteachers role is to:

- Oversee the development and delivery of RHE.
- Provide training for the subject leader and staff, as required.
- Support the subject leader to liaise with parents and carers.
- Communicate with parents and carers who wish to withdraw a child from sex education. The Headteacher will look to understand the request and to clarify the nature and purpose of the RHSE curriculum.

Subject leader

The subject leaders role is to:

- Lead the development and delivery of effective RHE.
- Keep up-to-date with the development of RHE.
- Support colleagues as required.
- Monitor and evaluate RHE and provide necessary reports.
- Liaise with parents and carers.
- Keep subject information up-to-date, including on the school website.
- Oversee external visitors and resources used in RHE.
- Provide pupils, staff and parents/carers with the opportunity to contribute to the development of RHE.
- Provide information to the governors.

All staff

Teaching staff:

- Follow the expectations for teaching and professional conduct as set out in the [Teachers' Standards](#)
- To understand and implement the policy of RHE.
- To teach RHE in line with the agreed curriculum.
- To assess and monitor the progress of children.
- To respond to the needs of individual children.

Curriculum organisation

The school adopts the following approaches to organise the curriculum to ensure high quality delivery of RHE:

- Summerswood Primary School cover RHE as part of a wider programme of PSHE education.
- RHE/PSHE lessons are delivered weekly.
- At Summerswood Primary School our guidance is that lessons should be of a length that allow children to explore topics and reflect on their learning, with the suggestion that:
 - for KS1 – 40 minutes per session approximately per week
 - for KS2 – 45 minutes per session approximately per week
- How cross-curricular learning will contribute. Links should be recognised in planning. Who will teach the lessons. Guidance provides that confident and skilled staff are most effective, particularly for sensitive and controversial topics and a school may want to use specialist staff for some topics.

Teaching and learning

RHE is delivered in line with the Summerswood Primary School Teaching and Learning policy.

However, as the subject deals with real-life experiences, it is important to establish a safe and positive learning environment using the following approaches:

- Establishing clear ground rules in consultation with children. Ground rules should include confidentiality, respect for others, privacy and boundaries.
- Using distancing techniques including de-personalised discussions and role play.
- Using clear language to avoid misunderstandings.
- Avoiding prejudice and assumptions about children's abilities, desires, background and experiences.
- Dealing sensitively with unexpected questions and comments.
- Assessing and building on existing knowledge and experiences.
- Ensuring that learning is engaging, using a range of activities, including structured discussion and problem-solving.
- Providing a range of opportunities to learn, practise and demonstrate knowledge, skills and attitudes.
- Allowing time for reflection.
- Providing differentiated learning.
- Using a variety of groupings to enhance learning.

Curriculum content

Long term planning

The school has chosen to use the [*Kapow Primary RSE scheme of work*](#), which provides full curriculum coverage, including all the statutory content, for each year group.

Follow this link to view the PSHE and RSE knowledge and skills progression for EYFS to Year 6.
(This needs re-loading onto the webpage)

Kapow are currently updating the PSHE and RSE schemes of work to take into account the new guidance in the DfE Relationships and Sex Education (RSE) and Health Education, July 2025 ready for September 2026 with new resources being released from May 2025 which the subject leader will analyse.

Resources

Teachers are asked to share key vocabulary and content to parents/carers prior to lessons.

In line with the DfE Relationships and Sex Education (RSE) and Health Education, July 2025 guidance parents are able to view RSE material used in class.

The subject leader shares information at the school Parent Forum.

Teachers may select additional resources carefully, and will consult with the subject leader about any changes.

Additional resources will be:

- Up-to-date.
- Relevant to children.
- Consistent with the aims and values of the school.
- Visitors can enhance children's learning. Visitors would be invited in liaison with the subject leader and follow the school policy for RHE.

Equality

Under the *Equality Act 2010*, the school is under a legal duty to eliminate discrimination, advance equality of opportunity and foster good relationships between those with protected characteristics and those without. The protected characteristics are:

- Age.
- Marriage and Civil partnership.
- Disability.
- Race.
- Religion and belief.
- Sexual orientation.
- Sex.
- Pregnancy and maternity.
- Gender reassignment.

In addition, the school must consider the needs of those with Special Educational Needs and Disabilities (SEND).

The RHE programme will meet the needs of all children. Lessons will include content that will tackle discrimination and foster good relationships.

We will ensure RHSE is sensitive to the different needs of individual pupils in respect to pupils' different abilities, levels of maturity and personal circumstances.

Right to withdraw from sex education

A parent or carer cannot legally withdraw their child from any aspect of the statutory relationships education or health education.

A parent or carer does have the right to withdraw their child from sex education unless what is being taught is part of the science national curriculum.

Following a consultation with the whole school community, the following content is deemed to be sex education:

The suggested Kapow Primary lessons that we deem to be sex education are:

- *Year 6: Safety and the changing body, Lesson 5: Conception*
- *Year 6: Safety and the changing body, Lesson 6: Pregnancy and birth*

The following process must be followed if a parent or carer wishes to withdraw their child from sex education:

- Parents can be directed to the Long term planning on the school webpage
- A letter will be sent to parents prior to the delivery of these RHSE lessons outlining the content. Should parents/carers have concern they will firstly be directed to the class teacher/s and phase leader. The letter will also state that they must put in writing to the Headteacher should they wish to withdraw their child from the lesson.

Safeguarding

RHE includes sensitive topics. It is, therefore, possible that discussions will prompt safeguarding disclosures. Reference should be made to safeguarding policies and procedures to deal with these appropriately.

The subject leader/teacher should discuss with the designated safeguarding lead any potentially sensitive topics. Appropriate steps must be taken to provide additional support for children if required.

Summerswood Primary School DSLs:

Miss Kneller – Headteacher – Senior DSL for Child Protection

Miss Kathryn Mitchell – Acting Headteacher - Deputy DSL for Child Protection

Mrs Joanne Folkes-Jones – HIVE Leader, DSPL 6 Primary Behaviour Provision – Deputy DSL for Child Protection

Miss Lesley Dowdall – Attendance Champion – Deputy DSL for Child Protection

Staff should consider the timing of lessons to ensure that children have the opportunity to report any concerns they may have either that day or the following day.

Support

RHE should not be a time for children to make disclosures. It is important, however, to inform children of the support that is available to them if they are worried about anything raised during lessons. The following support will be highlighted to children as appropriate:

- Speaking to a Summerswood Primary School DSL
- The Summerswood Network (displayed in each class and around school)
- Reminders of children's personal network hands.
- Childline or 999

Pupils across school are also taught the NSPCC – Speak Out Stay Safe programme through school assemblies and follow up lessons. Parents and carers are sent links to the materials and additional support around the programme.

Monitoring and evaluating

The Headteacher and subject leader will be responsible for monitoring and evaluating RHE in line with other subjects.

The Insight assessment platform will be used by teachers to assess pupils against the skills and knowledge outcomes from the Early Years to Year 6 KAPOW long-term plan.

Monitoring and evaluating happens through:

- Scrutiny of planning.
- Learning walks.
- Evidence of learning.
- Feedback from staff.
- Feedback from parents/carers.
- Feedback from children.

Professional development

The Headteacher and subject leader will assess the professional development needs of staff regularly. Appropriate development will be provided using internal or external expertise.

Communication of policy

This RHE policy will be available to read on and downloaded from the school website and copies can be requested free of charge from the school office.

Review

This policy will be reviewed each year.