



Kenn C of E Primary

Policy for Relationship, Sex and Health Education

Relationships Education and Health Education are statutory subjects in all primary schools.

Sex Education is not statutory in primary schools beyond the National Curriculum for Science, although schools may choose to teach additional age-appropriate Sex Education

School Vision

"Sowing the Seeds of Kindness, Courage and Faith in God's Good Ground."

Kenn Church of England Primary School is a welcoming, nurturing and inclusive Christian community where all children are encouraged to flourish academically, socially, emotionally, physically and spiritually.

Our core values underpin all aspects of school life and are central to our Relationships, Sex and Health Education curriculum.

- Kindness
- Courage
- Faith

At Kenn Church of England Primary School, Relationships, Sex and Health Education (RSHE) is rooted in the Christian belief that every person is uniquely created in the image of God and should be treated with dignity, respect and compassion.

Our approach reflects the Church of England's vision for education and supports children to live life in all its fullness.

Our work is informed by the biblical principles:

"So God created humankind in his own image."
(Genesis 1:27)

"I have come that they may have life, and have it to the full."

(John 10:10)

RSHE is an essential part of preparing pupils for life in modern Britain. It enables children to develop healthy relationships, understand themselves and others, manage risks, make informed choices and become responsible citizens.

The aims of RSHE at Kenn Church of England Primary School are to enable pupils to:

- develop positive values and attitudes;
- understand and maintain healthy relationships;
- build self-esteem, confidence and resilience;
- understand and respect diversity;
- develop emotional literacy and self-awareness;
- understand physical and mental wellbeing;
- stay safe both online and offline;
- recognise unhealthy or unsafe relationships;
- understand personal boundaries and bodily autonomy;
- recognise and respond to safeguarding concerns;
- prepare for the opportunities, responsibilities and experiences of later life.

Legal Framework

This policy reflects:

- Current Department for Education RSHE statutory guidance.
- The Relationships Education, Relationships and Sex Education and Health Education Regulations.
- The Equality Act 2010.
- Human Rights Act 1998.
- Children Act 1989 and 2004.
- Keeping Children Safe in Education (current edition).
- Working Together to Safeguard Children (current edition).
- Prevent Duty Guidance.
- Church of England RSHE Guidance.
- Church of England publication *Valuing All God's Children*

Intent

At Kenn Church of England Primary School, our RSHE curriculum is designed to nurture children who embody our values of Kindness, Courage and Faith.

We intend that all pupils will:

Kindness

- develop empathy and compassion;
- value healthy relationships;
- respect others regardless of difference;
- recognise the importance of inclusion.

Courage

- speak up when something feels wrong;
- seek support when needed;
- challenge bullying and discrimination;
- make informed and responsible choices.

Faith

- understand Christian values and beliefs;
- appreciate the dignity and worth of every individual;
- recognise their role within the school, local and global community.

Children will leave our school equipped with the knowledge, skills and understanding needed to flourish in the next stage of education and throughout life.

Implementation

RSHE is delivered through:

- Dedicated PSHE and RSHE lessons.
- The SCARF programme.
- Collective Worship.
- Safeguarding curriculum.
- Online Safety curriculum.
- Cross-curricular learning opportunities.
- Assemblies and themed events.
- Visitors and specialist providers where appropriate.

Learning follows a progressive spiral curriculum where knowledge and skills are revisited and developed over time.

Teaching is:

- age-appropriate;

- evidence-informed;
- inclusive;
- sensitive;
- responsive to pupils' needs;
- adapted for SEND pupils.

Teachers create a safe learning environment where pupils can ask questions and discuss sensitive issues appropriately.

Ground rules are established to promote respectful discussion and emotional safety.

Impact

The impact of our RSHE curriculum will be seen through pupils who:

- demonstrate kindness, courage and faith;
- show respect towards themselves and others;
- understand healthy relationships;
- make informed decisions about wellbeing;
- know how to keep themselves safe;
- demonstrate resilience and emotional literacy;
- value diversity and inclusion;
- understand their rights and responsibilities;
- know how to seek help when needed.

Success will be monitored through:

- pupil voice;
- learning walks;
- work scrutiny;
- lesson observations;
- behaviour records;
- safeguarding awareness;
- attendance data;
- curriculum reviews.

Relationships Education

Relationships Education forms the foundation of RSHE.

Children learn about:

Families and Caring Relationships

Pupils learn:

- families are important;
- families can look different from one another;
- love, care and commitment are central to healthy family life;
- families provide support, security and belonging.

Friendships

Pupils learn:

- how friendships develop;
- characteristics of healthy friendships;
- trust, honesty and loyalty;
- resolving conflict positively;
- recognising unhealthy friendships.

Respectful Relationships

Pupils learn:

- respect for self and others;
- inclusion and equality;
- understanding differences;
- anti-bullying strategies;
- stereotypes and prejudice;
- fairness and responsibility.

Health Education

Health Education supports pupils' physical and mental wellbeing.

Children learn about:

Physical Health

- healthy eating;
- exercise and physical activity;
- sleep;
- hygiene;
- dental health;
- illness prevention.

Mental Wellbeing

Pupils will learn to recognise a range of emotions and understand that mental wellbeing is a normal part of daily life. They will learn strategies for seeking support when experiencing emotional difficulties. This includes:

- emotions and feelings;
- resilience;
- coping strategies;
- self-esteem;
- positive relationships;
- seeking help and support.

Growing and Changing

Pupils learn:

- human development;
- puberty;
- personal hygiene;
- emotional changes associated with growing up.

Teaching is delivered sensitively and appropriately for pupils' age and stage of development.

Sex Education

Sex Education complements statutory Relationships and Health Education.

Sex Education includes age-appropriate learning about:

- human reproduction;
- conception;
- pregnancy;
- birth.

This content builds upon National Curriculum Science.

Teaching is delivered within the context of loving, healthy and respectful relationships.

Online Safety and Digital Citizenship

Online safety is embedded throughout the curriculum.

Pupils are taught:

- safe online behaviour;
- privacy and personal information;
- digital footprints;
- social media awareness;
- misinformation and disinformation;
- cyberbullying;
- online relationships;
- reporting concerns;
- responsible technology use;
- emerging technologies, including age-appropriate awareness of artificial intelligence.

Children learn that the same expectations of kindness, respect and responsibility apply online as they do offline.

Inclusion and Equality

RSHE is inclusive of all pupils.

Teaching reflects:

- Equality Act 2010 protected characteristics;
- diverse family structures;
- different cultures and backgrounds;
- varying faith perspectives;
- SEND needs.

The curriculum promotes:

- dignity;
- respect;
- inclusion;
- equality;
- belonging.

Discrimination, prejudice and bullying are actively challenged.

Safeguarding

Safeguarding is central to RSHE. Teachers cannot offer unconditional confidentiality to pupils. Where a safeguarding concern is identified, staff will follow the school's safeguarding procedures and share information with appropriate professionals as necessary.

Children are taught:

- personal safety;
- healthy boundaries;
- bodily autonomy;
- permission-seeking and consent;
- recognising unsafe situations;
- recognising abuse;
- trusted adults and support networks;
- reporting concerns.

Any disclosures arising during RSHE lessons will be managed in line with the school's Safeguarding and Child Protection Policy.

SEND

All pupils are entitled to access a broad and balanced RSHE curriculum.

Staff will:

- adapt resources;
- scaffold learning;
- use appropriate communication methods;
- ensure accessibility;
- provide additional support where required.

Teaching will be tailored to meet individual needs while maintaining high expectations.

Assessment, Monitoring and Evaluation

Assessment will be formative and ongoing. The Governing Board will monitor the implementation of this policy and ensure that statutory requirements are met.

Monitoring activities within school will include:

- lesson observations;
- planning scrutiny;
- work scrutiny;
- pupil voice;
- staff feedback;

Findings will inform curriculum development and staff training.

Working with Parents and Carers

Parents and carers are children's first educators.

The school will:

- communicate curriculum content;
- share information and resources;
- consult on policy reviews;
- respond to questions and concerns;
- promote positive home-school partnerships.

Curriculum information will be made available annually.

Right to Withdraw

Parents have the right to request withdrawal from those aspects of Sex Education that fall outside the statutory National Curriculum for Science.

Requests should be made in writing to the Headteacher.

The Headteacher will:

- discuss the request with parents;
- explain the curriculum;
- provide opportunities to view resources;
- clarify statutory requirements.

There is no right to withdraw from:

- Relationships Education;
- Health Education;
- National Curriculum Science.

Alternative educational provision will be made during periods of withdrawal.

Linked Policies

This policy should be read alongside:

- Safeguarding and Child Protection Policy
- Behaviour Policy
- Online Safety Policy

- SEND Policy
- Equality Information and Objectives
- Anti-Bullying Policy
- Attendance Policy
- Mental Health and Wellbeing Policy

Conclusion

Through our Christian vision of:

"Sowing the Seeds of Kindness, Courage and Faith in God's Good Ground,"

We aim to provide a high-quality Relationships, Sex and Health Education curriculum that enables every child to flourish, build positive relationships, stay safe and live life in all its fullness.

POLICY AMENDMENT RECORD

Date	Reviewed By	Nature of Change	Next review Due
17 January 2026	RG and HT	New Policy	As required and no later than February 2027
4 June 2026	RG and HT	Update to policy	February 2027