

Relationships, Sex Education Policy

Date: September 2025

Intent

At St Thomas' Church of England Primary School, the definition of Relationship, Sex Education is understood as:

“Lifelong learning about physical, moral and emotional development and the understanding of the importance of marriage for family life, stable and loving relationships, respect, love and care.”

Relationships and Relationships sex education is part of the personal, social, health and economic education curriculum in our school. We teach within a framework of Christian principles and values, emphasising respect, compassion, loving care and healthy, stable relationships with our core school values embedded throughout: Respect, Peace, Thankfulness, Responsibility, Friendship and Compassion. We teach that Central to Christian theology is the truth that every single one of us is made in the image of God. Every one of us is loved unconditionally by God with the intent to live ‘Life in all its fullness’. (John 10:10)

In relation to the Church of England’s vision, our aim is that all may flourish and have an abundant life. We have a duty to try to remove any factor that might represent a hindrance to a child’s fulfilment. We want all pupils to willingly engage in learning in a safe and welcoming environment -all staff and pupils without exception or exclusion supporting diversity. (Valuing All God’s children- The Church of England document)

We deliver a RSE Curriculum that focuses on teaching the fundamental building blocks and characteristics to develop positive, healthy, respectful relationships, focusing on family and friendship, in all contexts including online. Building this foundation enables pupils to form a strong early understanding of the features of relationships that are likely to lead to happiness and security, recognising any less positive relationships when/ if they encounter.

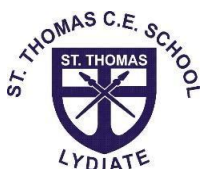
Today’s children and young people are growing up in an increasingly complex world that presents many positive opportunities but also challenges and risks. Our Curriculum enables children to understand the importance of equality, tolerance and respect whilst living in modern day Britain and offering “a safe and welcoming place for all God’s children”.

The aims of the Sex and Relationship Education programme will be delivered at St Thomas’ Church of England School in the context of the school’s Christian ethos and values through The Church of England updated document of ‘Valuing All God’s children’(2019). The Governors seek to provide a well-balanced programme of sex education that reflects the age and maturity of both girls and boys whilst complying with relevant requirements of the Equality Act 2010 and new Relationship, Sex Education National Curriculum objectives and guidance from September 2020. Sex is not only a given fact of human existence but, in Christian belief, a gift of God as part of creation. It is important that as children grow up, they understand their own bodies, instincts and feelings with a strong focus on mental health and are equipped to adapt to changes.

As the pupils mature our school aims to teach sex education within a Christian context of love, faithfulness and forgiveness. We teach RSE not only by the statutory requirements of the curriculum, but with the Christian faith at the heart of everything we do, ensuring every individual is welcomed by Jesus and can flourish.

Sex and Relationship education in this school will contribute to the new National Curriculum as from September 2020. This requires all maintained schools to develop a programme of RSE that “will help young people learn to respect themselves and others and move with confidence from childhood through adolescence into adulthood.”

This Relationship Sex and health Education programme is an entitlement and is accessible for all pupils. Teaching will be planned, differentiated and personalised to ensure accessibility for pupils with SEND. Nobody will be excluded by the school because of race, gender, religion or sexual orientation in line with The Equality Act. (2010)



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Implementation

Sex and Relationship education will be taught by the class teacher. Responses to questions will receive careful responses. It will be taught:

- As a topic in the SMSC curriculum from the Foundation Stage through to Year 6.
- Through statutory planned aspects of the science curriculum.
- Through story/ circle time and class worships where appropriate.
- Through PSHE and RSE lessons using PSHE Association Quality mark approved Christopher Winter Project Scheme of work; 'Teaching RSE with confidence in Primary schools' (2020) and Heartsmart which are age appropriate schemes of work.
- Through planned visits from external visitors, such as members of the community.

The relationship and equality act (2010) aspect of the programme may also be occasionally delivered through collective worship.

Teaching & learning will be sensitive to individual needs and will focus on, and support the children's self-esteem. The work will always start with the children's understanding and then will be planned/adapted appropriately. The Christopher Winter Project scheme is delivered from Reception through to Year 6 in a spiral Curriculum (meaning knowledge is built upon and is progressive from year to year) for RSE, schemes of work and lesson plans that combine a range of teaching styles and active learning techniques. The Christopher Winter Project scheme lessons have increased focus on families, relationships, safeguarding/keeping children safe and added additional units on Respect and Equality. We encourage children to develop the skills of listening, empathy, talking about feelings and relationships with families and friends.

In Reception, we focus on families and friendships. From Year 1 children will learn the names of the body parts, the differences between males and females and the ways in which they will develop and grow. Importantly, they will also learn to recognise unsafe and risky situations and to ask for help.

The curriculum continues to develop their knowledge and skills as they learn about the physical and emotional changes of puberty and about reproduction. In Year 6, we have a focus on internet safety and communication in relationships.

Expectations

Withdrawing pupils: Under new government statutory guidance for RSE 2019 and Under Section 403-405 of the Education Act 1996 parents/carers have the right to withdraw pupils from some or all of sex education delivered as part of statutory RSE that are not part of the Science curriculum but do not have the right to withdraw their child from Relationships or health education. Before granting any such request, the head teacher will discuss the request with parents and, as appropriate, with the child to ensure that their wishes are understood and to clarify the nature and purpose of the curriculum. The head teacher will discuss with parents the benefits of receiving this important education and any detrimental effects that withdrawal might have on the child.

Working with Parents: The school is widely committed to working in partnership with parents and will endeavour to consult parents as widely as possible on the development and review of the Relationships and Sex Education policy.

Structure of lesson:

- Each RSE/ Relationships lesson starts with ground rules to ensure pupils are comfortable and will only ask questions they feel are appropriate and relevant to the lesson. Each lesson usually follows a similar structure but may be different depending on the unit being covered.



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- **Retrieval:**

Children will take part in a short, independent or group/ class task where they will be required to retrieve previously gained knowledge or any knowledge if starting a new unit. The children may have acquired this knowledge in a previous lesson, unit of work or even a previous year group. This task is designed to strengthen our pupils' memories of key knowledge, enabling them to permanently remember and make progress across the curriculum. Vocabulary:

Children will be introduced to key vocabulary/specific terminology at the beginning and throughout the lesson. Children will be asked to apply them correctly during the lesson. Teachers will provide age appropriate definitions for words outlined in each lesson plan and key stage.

Teach:

The teacher will share the core knowledge for the lesson with the children. This is an opportunity for children to listen to and understand the new information. Partner Talk:

Children will work with a partner to complete a short task or discuss new information. Children will be expected to apply their understanding of the new information taught. They may be given a scenario, flash cards, pictures, statements, quizzes, games or problems when discussing relationships (or puberty problem page activities in KS2) Independent Task:

The children will now work independently on a task. This may be a written task/ labelling task or generating a response to a scenario or problem that will require the children to apply everything they have learned.

Read! In some lessons (when relevant) our children are expected to read or listen to a text being read and be exposed to appropriate texts. Reading can be incorporated into any aspect of the lesson. This may be a story referred to in the lesson or reading of an information text, word flash cards, story books/ bags and problems and scenarios.

Books/ Scrapbooks –Pupils will have individual RSE/PSHE exercise books for individual work to be completed in. If a lesson includes group activities or practical work evidence these are recorded in class Scrapbooks.

Assessment – Assessment of RSE should continuously be used to inform teaching. Retrieval tasks should be used to address gaps in pupils' knowledge. Teachers should assess children on knowledge goals on a termly basis and informally throughout units.

Use of resources –

The range of books, lesson presentations, worksheets and videos used will be available to view at parent workshops or by specific request to the PSHE lead teacher or Y6 teacher. RSE lead and class teachers are to ensure that they have all of the required resources to teach lessons. Supplementary books, fiction and non-fiction will be available to the children in classrooms. The school nurse, on occasions, provides advice for teachers in their planning. All Christopher Winter P resources and lesson plans are government approved in line with the new RSE guidance. There is also the opportunity for teachers to attend training on Sex and Relationship Education where necessary through Liverpool Diocese or Sefton LA.

Impact

By the end of KS1, our pupils will:

- know that friendships can make us feel happy.
- know some ways that we can make new friends feel welcome.
- know that arguing with friends and then making up can make friendships stronger.
- To understand that resorting to violence is never right.
- Recognise that all families are different. Identify different members of the family.
- Understand how members of a family can help each other.
- To know that we can be friends with people who are different to us.
- To know which people we can ask for help.
- To understand that babies need care and support. To know that older children can do more by themselves.
- To understand that some people have fixed ideas about what boys and girls can do.
- Describe the difference between male and female babies.



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- Describe some differences between male and female animals.
- Understand that making a new life needs a male and a female.
- Describe the physical differences between males and females. □ Name the different body parts.

By the end of KS2, our pupils will:

- Know and respect the body differences between ourselves and others.
- Name male and female body parts using agreed words.
- Understand that each person's body belongs to them. □ Understand personal space and unwanted touch.
- Understand that all families are different and have different family members.
- Identify who to go to for help and support.
- Understand that puberty is an important stage in the human lifecycle.
- Know some changes that happen during puberty.
- Know about the physical and emotional changes that happen in puberty.
- Understand that children change into adults to be able to reproduce if they choose to.
- Know that respect is important in all relationships including online.
- Explain how friendships can make people feel unhappy or uncomfortable.
- Explain the main physical and emotional changes that happen during puberty.
- Ask questions about puberty with confidence.
- Understand how puberty affects the reproductive organs.
- Describe what happens during menstruation and sperm production.
- Explain how to keep clean during puberty.
- Explain how emotions/relationships change during puberty.
- Know how to get help and support during puberty.
- Describe how and why the body changes during puberty in preparation for reproduction.
- Talk about puberty and reproduction with confidence.
- Explain differences between healthy and unhealthy relationships.
- Know that communication and permission seeking are important.
- Describe the decisions that have to be made before having children.
- Know some basic facts about conception and pregnancy.
- To have considered when it is appropriate to share personal/private information in a relationship. □ To know how and where to get support if an online relationship goes wrong.