



Relationships, Sex and Health Education Policy

Reviewed September 2025

Abbey Primary School

Introduction

This policy complies with the updated guidance to the Relationships Education, Relationships and Sex Education and Health Education (England) Statutory Guidance 2019, made under sections 34 and 35 of the Pupils and Social Work Act 2017.

From September 2020, relationships and health education became compulsory for all pupils in primary education.

Relationships- As a school, Abbey Primary also supports the DfE's recommendation that all primary schools should have a sex education programme and that it is tailored to the age and maturity of its pupils.

As a school, we wholeheartedly support the philosophy of RSHE and believe it is best taught as part of our PSHE and citizenship curriculum. Our curriculum seeks to promote the spiritual, moral, cultural, mental and physical development of our pupils as well as preparing them for the opportunities, responsibilities and experiences of adult life in a digital age.

The aim of RSHE is to help children build healthy friendships and positive relationships in an age-appropriate way. The overall objectives of the RSHE curriculum are concerned about raising awareness of attitudes and values, developing personal and social skills and promoting knowledge and understanding. RSHE covers more than biological facts and information. It endeavours to help children develop self-esteem, self-responsibility as well as the acquisition of understanding and attitudes which prepare children to develop caring, stable and healthy relationships. Appreciation of the value of self-respect, dignity, marriage, civil partnership, parental duty, loyalty and acceptance of responsibility should be encouraged in all pupils together with the need for sensitivity to the needs of others. RSHE looks at aspects of diversity in an inclusive and non-judgemental way. This sits alongside the essential understanding of how to be healthy.

The **implementation** of this policy is the responsibility of all teaching staff and is firmly rooted within Abbey Primary's framework for PSHE and is clearly evident across the entire curriculum.

Abbey Primary School is aware of the need to be mindful and respectful of a wide range of religious and cultural beliefs as well as the family backgrounds of pupils, including those with SEND. We make every effort to be appropriately sensitive; however, we believe that it is essential for our pupils to have access to learning that enables them to stay safe, healthy and understand their rights as individuals.

Intent

Abbey Primary School enables its pupils to develop happily and successfully into their adult lives, experiencing fulfilling and rewarding relationships with others. The curriculum is designed to ensure that they build upon the core knowledge and have experiences to make effective decisions about their wellbeing, health and relationships and to develop their resilience, putting this into practice and making sound decisions when facing risks, challenges and difficult circumstances. Effective personal development education enables pupils at Abbey Primary school to develop resilience whilst knowing how and when to ask for help and where to independently access support.

This policy was formulated in consultation with the whole school community with input from:

- Staff members; through regular agenda items at staff and phase meetings.
- Governors; through discussion at meetings and during specific training.
- Parents/carers; parents were encouraged to contribute by taking part in parents' meetings that included the sharing of teaching materials.
- Pupils; pupils were encouraged contribute to the development of the policy through the School Council and pupil discussions
- Other partners; visiting external providers in school (health, police, wider community).

This policy is available online via the school website.

Implementation

Roles and Responsibilities

The Headteacher has overall responsibility for the policy and its implementation and liaising with the governing body, parents/carers, LA and outside agencies. The Headteacher also has a responsibility to identify subject lead (Mrs Lovatt) who will work closely with colleagues in related curriculum areas in order to complement and not duplicate content.

The RSE and PSHE Lead is responsible for:

- Policy development and review involving pupils, staff, governors, parents/carers and relevant partners.
- Implementation and monitoring of the policy, assessing its effectiveness in practice and using this information to inform policy review.
- Monitoring and quality assurance of content to ensure continuity and progression within the spiral curriculum.
- Coordinating training and support for all staff.

Staff Training

RSE can be a sensitive issue and teachers may welcome support and training. Provision will be made available for teaching staff to clarify legislation, curriculum requirements and to consider appropriate teaching approaches and materials via the Tackling Emerging Threats to Children (TETC) pages available on the Nottinghamshire County Council Portal (<https://www.nottinghamshire.gov.uk/schoolsportal>).

Curriculum Design

At Abbey Primary, RSHE is organised in a spiral curriculum that runs seamlessly alongside the PSHE and Science schemes of work. The following elements form the basis of our Relationships, Health and Sex Education taught:

- **Attitudes and Values**
 - Learning the importance of values, individual conscience and moral considerations.
 - Learning the value of family life, marriage and stable and loving relationships for the nurture of pupils.
 - Learning the value of respect, love and care.
 - Exploring, considering and understanding moral dilemmas.
 - Developing critical thinking as part of decision-making.
- **Personal and Social Skills**
 - Learning to manage emotions and relationships confidently and sensitively.
 - Developing self-respect and empathy for others.
 - Learning to make choices based on an understanding of difference and with an absence of prejudice.
 - Developing an appreciation of the consequences of choices made.
 - Managing conflict.
 - Learning how to recognise and avoid exploitation and abuse.
- **Knowledge and Understanding**
 - Learning and understanding physical development at appropriate stages.
 - Understanding human sexuality, reproduction, sexual health, emotions and relationships.

A range of teaching resources are used to support the learning in RSHE including The Family Planning Association (FPA) Scheme of Work from Years 1 to 6 (<https://www.fpa.org.uk/relationships-and-sex-education/growing-up-with-yasmine-and-tom>) and through our school values. It is inevitable that in learning about the above elements, controversial issues may occur and Abbey Primary School adopts the following approach to support the learning of pupils in these situations.

Managing Difficult Questions

Issues will be addressed with sensitivity and at a level appropriate to the age group and developmental stage and will take into account any additional SEND needs, in an objective manner, free from personal bias. Consideration will be given to the potential for small group or 1:1 discussion for specific questions to be discussed. Account must be taken of different viewpoints such as different religious beliefs. Discussion is set within the legal framework and pupils should be made aware of the law as it relates to these issues. Pupils are made aware that some information cannot be held as confidential, and understand that if certain disclosures are made, certain actions will ensue. At the same time, pupils will be offered sensitive and appropriate support.

Parental Right to Withdraw

Abbey Primary School are committed to ensuring that Relationships and Sex Education is appropriate to the age of pupils and compliant with the requirements of the Equality Act 2010.

In line with statutory guidance, we recognise that parents have the right to request for their child to be withdrawn from some or all of the sex education delivered as part of the statutory RSE (other than sex education in the National Curriculum as part of science), but not from Relationships Education. Parents wishing to exercise this right must do so in writing to the Headteacher, and we will make reasonable adjustments and provide suitable work for the pupil at this time.

Impact

Pupils at Abbey Primary School are supported in their personal development through the purposeful, sensitive and effective teaching of essential skills and understanding which enable them to develop qualities and strategies that will equip them in readiness for a happy and rewarding transition into adulthood.

This policy will be reviewed annually by the Governing Body who will monitor the application and outcomes of this policy to ensure it is working effectively.

Abbey Primary School

Links with other policies

The policies below all relate to our expectations with regard to behaviour in school and should be read in conjunction with the Relationships, Sex and Health Education Policy

Policy	Why
SEND Policy	Recognition of existing, and identification of, emerging need and support
Inclusion Policy	Diversity and inclusion
Behaviour Policy/Anti-Bullying Policy	Monitoring of behaviour incidents and exploration of causes
Safeguarding Policy	Child Protection
Child on Child Abuse Policy	Child Protection
E Safety and Acceptable Use Policy	Cyberbullying and e-safety
Equality Policy	Prejudice related crime/homophobia, race, religion and culture and SEN/disability
PSHE	Developing positive relationships with self and others
Complaints Policy	Guidelines to make a complaint if families are not happy with the school's response
Prevent Duty Plan	A plan to protect children from the risk of radicalisation.