



## Relationships & Sex Education (RSE) Policy

| Signed                                                         | Date      | Review Date |
|----------------------------------------------------------------|-----------|-------------|
| Charlotte Whittle, Headteacher                                 | July 2026 | July 2028   |
| Eileen Barnes-Vachell and Iliffe Kenyon,<br>Chair of Governors | July 2026 | July 2028   |

## 1. Aims

At Trinity Church of England Primary School, our PSHE curriculum supports pupils to develop the knowledge, skills and attributes they need to stay healthy, safe and prepared for life in modern Britain. It is delivered in line with statutory Relationships Education and Health Education guidance and underpinned by the school's Christian vision and values.

PSHE is an essential part of our curriculum. It contributes to pupils' personal development, including their spiritual, moral, social and cultural development, and supports them in building positive relationships, managing their wellbeing and developing as responsible citizens.

We use the 3D PSHE and Citizenship programme to support delivery of a structured, progressive curriculum covering health and wellbeing, relationships and citizenship in an age-appropriate way.

The curriculum is designed to enable pupils to:

- Develop healthy lifestyles, including physical health, mental wellbeing and personal hygiene
- Understand and manage emotions, change and growing up
- Build and maintain positive, respectful relationships
- Recognise and respond to bullying and unsafe situations
- Stay safe, including online safety and use of technology
- Develop resilience, self-awareness and self-worth
- Understand responsibilities within school and wider society
- Respect diversity and inclusion, including protected characteristics
- Develop financial awareness and basic life skills
- Identify trusted adults and seek help when needed

## 2. Statutory Relationships Education

Relationships Education is statutory for all pupils in primary school and is delivered in line with the Department for Education's Relationships Education, Relationships and Sex Education (RSE) and Health Education Statutory Guidance (2026).

Relationships Education focuses on developing pupils' understanding of positive, healthy and respectful relationships. This includes friendships, family relationships, and relationships with peers and adults.

Pupils are taught:

- What constitutes a healthy and respectful relationship
- How to form and maintain friendships
- The importance of respect, kindness, honesty and trust
- Personal boundaries and the concept of privacy
- The importance of consent and permission in age-appropriate contexts
- How to recognise and respond to unsafe relationships or situations
- That all families are different and all are respected
- How to stay safe online and understand online behaviour and relationships

Relationships Education is delivered in a fully inclusive way and reflects the Equality Act 2010, including all protected characteristics. Teaching ensures respect for diversity and does not promote discrimination.

**No parental right of withdrawal applies to Relationships Education or Health Education.**

### 3. Health Education

Health Education is statutory and includes:

- Physical health and fitness
- Mental wellbeing
- Healthy eating
- Drugs, alcohol and tobacco awareness
- Puberty and human development
- Basic first aid
- Online safety

Puberty and bodily changes are taught in an age-appropriate way, usually in upper Key Stage 2, and are fully aligned with Science curriculum content.

### 4. Sex Education (Non-Statutory in Primary)

Sex Education, beyond the statutory Science curriculum, is not compulsory in primary schools.

At Trinity Church of England Primary School, we choose to provide additional Sex Education within our PSHE curriculum to support pupils' understanding of growing up, relationships and human development.

This is delivered in Year 6 as a structured programme, appropriate to pupils' age and developmental stage, and builds on prior Science learning.

It includes:

- Puberty and adolescent physical and emotional change
- Human life cycle, including conception and birth
- Respectful relationships and boundaries
- Privacy, consent and personal safety
- Recognising safe and unsafe situations in relationships

All Sex Education is delivered sensitively, inclusively and in line with the school's Christian ethos, safeguarding responsibilities and statutory guidance.

### Parental Rights

Parents are informed in advance of Sex Education content and may:

- View curriculum materials
- Discuss content with staff
- Request withdrawal from non-statutory Sex Education only

Withdrawal requests must be made in writing and will be discussed with the Headteacher or SLT. Where appropriate, the school will explain curriculum content and the implications of withdrawal. Pupils withdrawn will receive supervised alternative provision.

## 5. Safeguarding

PSHE, Relationships Education and Sex Education make a key contribution to safeguarding.

Pupils are taught how to:

- Build safe and healthy relationships
- Recognise abuse, bullying, exploitation and grooming (including online risks)
- Understand personal boundaries and privacy
- Seek help from trusted adults
- Understand that abuse is never their fault

Staff are aware that PSHE/RSE may lead to disclosures. Teachers cannot offer confidentiality and will follow safeguarding procedures in line with the Designated Safeguarding Lead (DSL) and **Keeping Children Safe in Education (current edition)**.

## 6. SEND and Inclusion

All pupils, including those with SEND, have full access to RSHE and PSHE.

Teaching is adapted appropriately through:

- Simplified language
- Visual supports
- Repetition and scaffolding
- Pre-teaching of vocabulary
- Additional adult support where appropriate

The school ensures that learning is appropriate to pupils' developmental stage. Pupils with SEND are supported to understand relationships, boundaries, safety and wellbeing in a way that is accessible and meaningful.

## 7. Equality and Inclusion (Equality Act 2010)

The school complies fully with the Equality Act 2010. PSHE and RSHE promote respect for all individuals and communities and include teaching about protected characteristics:

- Age
- Disability
- Race
- Religion or belief
- Sex
- Sexual orientation

- Gender reassignment

Teaching is balanced, factual and non-judgemental. The curriculum supports respect for diversity, including different family structures, and does not promote discrimination.

Statutory content is delivered fully and objectively, in line with DfE guidance and the school's Christian ethos.

## 8. Parental Engagement

We value parents as partners in education.

- Curriculum overviews are available on request
- Sex Education materials are available for review
- Parents are informed in advance of Sex Education delivery
- Staff are available to discuss curriculum content

The school does not formally consult on statutory curriculum content but welcomes dialogue with parents.

The school's PSHE curriculum is delivered through the 3D PSHE and Citizenship programme. This ensures full coverage of the statutory requirements for Relationships Education and Health Education, alongside wider PSHE learning.

The curriculum is organised into the following key strands:

- Health and Wellbeing
- Relationships
- Citizenship

These strands are taught in an age-appropriate and progressive way from Reception to Year 6, ensuring knowledge, skills and understanding are revisited and developed over time.

Full details of curriculum coverage, including long-term planning and unit sequencing for each year group, are available on the school's PSHE curriculum page on the school website.

## 9. Optional and Contextual Units

The school may use additional PSHE units where needed, including:

- Extremism and radicalisation
- Substance misuse education
- Online safety and exploitation topics
- Other safeguarding-related "tough topics"

These are used flexibly in response to cohort need, safeguarding concerns or local/national context. They are delivered sensitively and age-appropriately.

## 10. Monitoring and Evaluation

The PSHE curriculum is led by the PSHE Lead and SLT link and monitored through:

- Learning walks
- Pupil voice
- Staff feedback
- Planning scrutiny

No formal grading is used. Progress is assessed through teacher professional judgement.

Governors oversee PSHE and RSE through the Curriculum Committee.

## 11. Policy Review

This policy is reviewed every two years or sooner if statutory guidance changes.