



St Helens Primary School

Relationships, Sex and Health Education Policy

Reviewed by: FGB

On: July 2025

Next review due: July 2026

Chair of Governors: Matthew Searle

Signature: Chair of Governors: Matthew Searle

Signature:

A handwritten signature in black ink, appearing to be 'Matthew Searle', written over a horizontal line.



Relationships, Sex and Health Education Policy

This document is a statement of the aims, principles and strategies for the use of Sexual Relationship Education at St Helens Primary School.

It was accepted by the Governing Body in July 2018 a schedule for the review of this, and all other policy documents is set out in the School Development Plan.

This policy includes:

- a definition of sex and relationship education;
- describes how sex and relationship education is provided and who is responsible for providing it;
- says how sex and relationship education is monitored and evaluated;
- includes information about parents' right to withdrawal;

Our school's sex education policy is based on the DfE guidance document 'Sex and Relationship Education Guidance' and reflects the principles and values that we uphold as a school. See [https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1090195/Relationships Education RSE and Health Education.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1090195/Relationships_Education_RSE_and_Health_Education.pdf)

We believe the objective of sex and relationship education is to help and support young people through their physical, emotional and moral development. A successful programme, firmly embedded in PSHE, will help young people learn to respect themselves and others and move with confidence from childhood through adolescence into adulthood.

At St Helens Primary School, sex and relationship education is delivered through the PSHE lessons using the online SCARF programme (Safety, Caring, Achieve, Resilience and Friendship). <https://www.coramlifeeducation.org.uk/scarf>

What is sex and relationship education?

Sex education is defined as 'learning about physical, moral and emotional development. It is about understanding the importance of stable and loving relationships, respect, love and care. It is also about the teaching of sex, sexuality, and sexual health'. Sex education, in terms of reproduction, forms part of the science education curriculum in our school. Sex education within our school gives due regard to matters of morality and individual responsibility and allows children to ask and explore moral questions.

How is sex and relationship education provided and who is responsible for providing it?

Aims and Objectives

We teach children about:

- the physical development of their bodies as they grow into adults;

- the way humans reproduce;
- the importance of family life;
- moral questions;
- relationship issues.

Context

We teach sex education in the context of the school's aims and values. While sex education in our school means that we give children information about sexual behaviour; we do this with an awareness of the moral code and values which underpin all our work in school. In particular, we teach sex education in the belief that:

- sex education should be taught in the context of a stable and loving relationship;
- sex education is part of a wider social, personal, spiritual and moral education process;
- children should learn about their responsibilities to others in the context of sex education.

Organisation

We teach some sex education through other subject areas (for example, PSHE, Science and PE), where we feel that they contribute significantly to a child's knowledge and understanding of his or her own body, how it is changing and developing and the effect of these changes on their thoughts and feelings.

We teach about the parts of the body and how these work, and we explain to them what will happen to their bodies during puberty. For example, we tell the children that boy's voices will change during puberty and we explain about menstruation for girls. We teach the children about relationships and encourage them to discuss issues that may occur as their hormones change during puberty. We ensure the children are aware of the adults available for them to talk to and encourage them to ask for help if they need it.

In Key Stage 1, we teach children that animals, including humans, move, feed, grow and reproduce, and we also teach them about the main parts of the body. Children learn to appreciate the differences between people and how to show respect for each other. In Key Stage 2 we teach about life processes and the main stages of the human life cycle in greater depth.

In Years 5 and 6 we place a particular emphasis on sex education, as many children experience puberty at this age. We use the external support of the school nursing team annually as the basis for our sex education. Teachers do their best to answer all questions with sensitivity and care. By the end of Year 5, we strive to ensure that both boys and girls know how their bodies change during puberty, what menstruation is, and how it affects women. We always teach this with due regard for the emotional development of the children. By the end of Year 6 children will know how babies are conceived and born.

Children are taught about puberty in same sex groups to allow greater freedom of discussion. Children will experience this aspect of the RSE curriculum in Year 5 and again in Year 6.

We offer a meeting for all parents and carers of children in Years 5 and 6 to discuss this particular programme of lessons, to explain what the issues are and how they are taught, and to see the materials the school uses in its teaching. All parents of children in KS2 are periodically invited to discuss the teaching and learning of RSE. This policy is updated as necessary in the light of these meetings.

The role of parents

We wish to build a positive and supporting relationship with the parents of children at our school through mutual understanding, trust and cooperation.

In promoting this objective we:

- inform parents about the school's sex education policy and practice;
- answer any questions that parents may have about the sex education of their child;
- take seriously any issue that parents raise with teachers or governors about this policy or the arrangements for sex education in the school;
- make school resources available to parents to support their discussions at home should they feel the need to address issues sooner or later than in school.

Parents have the right to withdraw their child from all or part of the sex education programme that we teach in our school. The school always complies with the wishes of parents in this regard.

Confidentiality

Teachers conduct sex education lessons in a sensitive manner. However, if a child makes a reference to being involved, or likely to be involved in sexual activity, then the teacher will take the matter seriously and deal with it as a matter of child protection. Teachers will respond in a similar way if a child indicates that they may have been a victim of abuse. All disclosures will be brought to the attention of one of the Child Protection Liaison Officers within school and the matter will be dealt with in line with the school's Child Protection procedures. (See Child Protection Policy.)

The role of the head teacher

It is the responsibility of the head teacher to ensure that both staff and parents are informed about our sex education policy, and that the policy is implemented effectively. The head teacher liaises with external agencies regarding the school sex education programme, and ensures that all adults who work with children on these issues are aware of the school policy, and that they work within this framework.