



Relationships and Sex Education Policy

Sourced from PPAT

Aligned to HEPS

Approved by SLT

Reviewed April 2026

Next review due September 2026

RSE Policy

Context

All schools must provide a curriculum that is broadly based, balanced and meets the needs of all pupils. Under section 78 of the Education Act 2002 and the Academies Act 2010, a PSHE curriculum: promotes the spiritual, moral, cultural, mental and physical development of pupils at the school and of society, and prepares pupils at the school for the opportunities, responsibilities and experiences of later life.

This policy meets the requirements that schools publish a Relationships and Sex Education policy and does this within the wider context of Personal, Social and Health Education.

PSHE

At Huish Episcopi Primary School, we teach Personal, Social, Health Education as a whole-school approach to underpin children's development as people and because we believe that this also supports their learning capacity.

Statutory Relationships and Health Education

'The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019, made under sections 34 and 35 of the Children and Social Work Act 2017, make Relationships Education compulsory for all pupils receiving primary education...They also make Health Education compulsory in all schools except independent schools.' (Relationships Education, Relationships and Sex Education (RSE) and Health Education, DfE Guidance 2019, p. 8)

"Today's children and young people are growing up in an increasingly complex world and living their lives seamlessly on and offline. This presents many positive and exciting opportunities, but also challenges and risks. In this environment, children and young people need to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way."

"This is why we have made Relationships Education compulsory in all primary schools in England...as well as making Health Education compulsory in all state-funded schools."

"In primary schools, we want the subjects to put in place the key building blocks of healthy, respectful relationships, focusing on family and friendships, in all contexts, including online. This will sit alongside the essential understanding of how to be healthy."

"These subjects represent a huge opportunity to help our children and young people develop. The knowledge and attributes gained will support their own, and others' wellbeing and attainment and help young people to become successful and happy adults who make a meaningful contribution to society." (Relationships Education, Relationships and Sex Education (RSE) and Health Education, DfE Guidance 2019, p.4-5)

“Schools are free to determine how to deliver the content set out in the DfE guidance 2019 in the context of a broad and balanced curriculum. Effective teaching in these subjects will ensure that core knowledge is broken down into units of manageable size and communicated clearly to pupils, in a carefully sequenced way, within a planned programme of lessons.” (Relationships Education, Relationships and Sex Education (RSE) and Health Education, DfE Guidance 2019, p.8)

“All schools must have in place a written policy for Relationships Education and RSE.” (Relationships Education, Relationships and Sex Education (RSE) and Health Education, DfE Guidance 2019, p.11)

Here, at Huish Episcopi Primary School, we value PSHE as one way to support children’s development as human beings, to enable them to understand and respect who they are, to empower them with a voice and to equip them for life and learning.

We include the statutory Relationships and Health Education within our whole-school PSHE Programme.

What do we teach when and who teaches it?

We allocate between 30-120 minutes to PSHE each week dependent upon age and topic. Teachers deliver the weekly lessons to their own classes whenever possible.

Term	Content
Autumn 1:	Starting in a new class, rules and responsibilities as well as setting goals for the year ahead.
Autumn 2:	Celebrating and respecting differences as well as work on recognising different types of bullying.
Spring 1:	Thinking about your future self and understanding different careers and how to work towards them.
Spring 2:	Health education – keeping physically and mentally healthy. As well as a focus on drugs and alcohol education.
Summer 1:	Relationships - friendships, family and other relationships. There is a focus on conflict resolution and communication skills.
Summer 2:	Relationships and sex education (RSE). There is a focus on naming body parts and how our bodies change as we get older. Puberty and sex education are introduced in specific year groups.

Throughout the year the children also take part in additional learning focused on safety at different times of the year and around our local area. They learn about fire safety, road safety, rail safety, keeping safe around water and sun safety.

Relationships Education

What does the DfE statutory guidance on Relationships Education expect children to know by the time they leave primary school?

Relationships Education in primary schools will cover ‘families and people who care for me’, ‘caring friendships’, ‘respectful relationships’, ‘online relationships’, and ‘being safe’.

Health Education

What does the DfE statutory guidance on Health Education expect children to know by the time they leave primary school?

Health Education in primary schools will cover ‘mental wellbeing’, ‘internet safety and harms’, ‘physical health and fitness’, ‘healthy eating’, ‘drugs, alcohol and tobacco’, ‘health and prevention’, ‘basic first aid’ and the ‘changing adolescent body’.

Also, teaching children about puberty is now a statutory requirement which sits within the Health Education part of the DfE guidance within the ‘changing adolescent body’ strand.

Sex Education

The DfE Guidance recommends that all primary schools ‘have a sex education programme tailored to the age and the physical and emotional maturity of the pupils’. However, ‘sex education is not compulsory in primary schools’. (Relationships Education, Relationships and Sex Education (RSE) and Health Education, DfE Guidance 2019, p.23).

Schools are to determine the content of sex education at primary school. Sex education ‘should ensure that both boys and girls are prepared for the changes that adolescence brings and – drawing on knowledge of the human life cycle set out in the national curriculum for science - how a baby is conceived and born’. (Relationships Education, Relationships and Sex Education (RSE) and Health Education, DfE Guidance 2019, p.23)

At Huish Episcopi Primary School, we believe children should understand the facts about human reproduction before they leave primary school. Sex education will be taught in Year 5 and Year 6 - during the second half of the summer term.

Parents’ right to request their child be withdrawn from Sex Education

“Parents have the right to request that their child be withdrawn from some or all of sex education delivered as part of statutory Relationships and Sex Education” (Relationships Education, Relationships and Sex Education (RSE) and Health Education, DfE Guidance 2019, p.17).

At Huish Episcopi Primary School, puberty is taught as a statutory requirement of health education. Sex education refers to human reproduction, and we therefore inform parents of their right to request their child be withdrawn from the PSHE lessons that explicitly teach this (the conception lessons in Year 5 and Year 6).

The school will inform parents of this right to withdraw their child from some or all of sex education lessons by a letter sent home in the spring term explaining what will be taught in the summer term. If parents wish to exercise this right, they will be invited to discuss the request with the Headteacher/PSHE subject leader to ensure that their wishes are understood and to clarify the nature and purpose of the curriculum.

It should be noted that parents are not able to withdraw their child from the statutory national curriculum science lessons which require children to know the main external body parts, the human body as it grows from birth to old age (including puberty) and reproduction in some plants and animals.

Monitoring and review

This policy will be reviewed annually. We will give serious consideration to any comments from parents about the PSHE (RSHE) programme and make a record of all such comments.

30/04/26