

# **LITTLEBOURNE CE PRIMARY SCHOOL**



## **Sex and Relationship Education Policy**

### **Key Contact Personnel in School**

**Headteacher: Simon Hillier**

**Chair of Governors: Simon Rudland**

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**Date Agreed and ratified by Governing body:  
December 2025**

**Date of next review: December 2027**

## Introduction

This is the policy of Littlebourne CEP School on the approach taken to Relationships, Sex and Health Education (RSHE), approved by the Governing Body on 4/12/25 pending parent consultation.

## Legal context

The law was changed with effect from September 2020 so that primary schools in England must teach relationships education and health education (*The Children and Social Work Act 2017*).

- The relationships education part of the new curriculum teaches what children need to learn to build positive and safe relationships with family and friends and online.
- The health education part of the new curriculum covers both physical health and mental wellbeing and teaches children how to make good decisions about their own health and wellbeing; how to recognise issues in themselves and in others; and how to seek support as early as possible when issues arise.

Sex education is not compulsory in primary schools, but:

- The new curriculum for relationships education and health education does include content on puberty.
- The national curriculum for science includes subject content in related areas, such as 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.

Following this change in the law, the Department for Education published *Statutory Guidance for Relationships Education, Relationships and Sex Education (RSE) and Health Education (2019)*. This guidance requires primary schools in England to have a written relationships education policy to cover the following:

- How relationships education is delivered
- What sex education (if any) a school chooses to cover that goes beyond the national curriculum for science and relationships education.

There is no equivalent requirement for a health education policy but, in line with best practice, this RSHE policy also covers health education.

This RSHE policy also supports legal requirements relating to the following:

- *The Equality Act 2010*.
- *The Education Act 1996*.

- Statutory guidance, *Keeping Children Safe in Education 2020*.

## Definition\*

RSHE supports children and young people's personal development including their spiritual, moral, social and cultural development. Its aims are to help children and young people to deal with the real-life issues they face as they grow up and that they will encounter as adults. Their learning will support them both online and offline, to make informed choices about their safety, physical and mental health, enabling them to live positive and fulfilled lives.

RSHE is enhanced by a supportive school ethos where everyone is valued, positive relationships are promoted and there is a safe learning environment.

## Aims

The aims of our RSHE programme are:

- To provide accurate and age-appropriate information.
- To include all children.
- To help children make informed choices.
- To develop knowledge, skills and attitudes.
- To build confidence and self-esteem.
- To develop personal attributes.
- To prepare children for the next stage of education and adulthood.
- To develop positive and inclusive attitudes to everyone, particularly to those with protected characteristics under the *Equality Act 2010*.

## Roles and responsibilities

An effective programme of RSHE requires support from the whole school community and the following people have specific roles and responsibilities:

### Governors

Our governors maintain strategic oversight across our school. They ensure compliance as well as lead on policy development and review. Governors will also monitor the impact of the RSE curriculum while holding leaders accountable for outcomes. Governors at Littlebourne are also acutely aware of ensuring that our policy reflects our Christian school ethos.

### Headteacher/principal

- To oversee the development and delivery of RSHE.

- To provide staff with the opportunity to contribute to the development of RSHE.
- To provide information to the trustees/governors.
- To provide training for the subject leader and staff, as required.
- To support the subject leader to liaise with parents and carers.
- To deal with parents and carers who wish to withdraw a child from sex education.

### Subject leader

- To lead the development and delivery of effective RSHE.
- To keep up-to-date with the development of RSHE.
- To support colleagues as required.
- To monitor and evaluating RSHE and providing necessary reports.
- To liaise with parents and carers.
- To keep subject information up-to-date, including on the school website.
- To oversee external visitors and resources used in RSHE.

### All staff

- To understand and implement the policy of RSHE.
- To teach RSHE in line with the agreed curriculum.
- To assess and monitor the progress of children.
- To respond to the needs of individual children.

### Teaching and learning

RSHE is delivered in line with the teaching and learning policy. However, as the subject deals with real-life experiences, it is important to establish a safe and positive learning environment using the following approaches:

- Establishing clear ground rules in consultation with children. Ground rules should include confidentiality, respect for others, privacy and boundaries.
- Using distancing techniques including de-personalised discussions and role play.
- Using clear language to avoid misunderstandings.
- Avoiding prejudice and assumptions about children's abilities, desires, background and experiences.
- Dealing sensitively with unexpected questions and comments.
- Assessing and building on existing knowledge and experiences.
- Ensuring that learning is engaging, using a range of activities, including structured discussion and problem-solving.

- Providing a range of opportunities to learn, practise and demonstrate knowledge, skills and attitudes.
- Allowing time for reflection.
- Providing differentiated learning.
- Using a variety of groupings to enhance learning.

## Curriculum content

### Long term planning

The school has chosen to use the [Kapow Primary RSE scheme of work](#), which provides full curriculum coverage, including all the statutory content, for each year group.

Follow this link to view the [Kapow Primary RSE curriculum overview](#).

### Resources

Teachers will select any additional resources carefully, and the subject leader will oversee the selection.

Additional resources will be:

- Up-to-date.
- Relevant to children.
- Consistent with the aims and values of the school.

## Equality

Under the *Equality Act 2010*, the school is under a legal duty to eliminate discrimination, advance equality of opportunity and foster good relationships between those with protected characteristics and those without. The protected characteristics are:

- Age.
- Marriage and Civil partnership.
- Disability.
- Race.
- Religion and belief.
- Sexual orientation.
- Sex.
- Pregnancy and maternity.
- Gender reassignment.

In addition, the school must consider the needs of those with Special Educational Needs and Disabilities (SEND).

The RSHE programme will meet the needs of all children. Lessons will include content that will tackle discrimination and foster good relationships.

## Right to withdraw from sex education\*

A parent or carer cannot legally withdraw their child from any aspect of the statutory relationships education or health education.

A parent or carer does have the right to withdraw their child from sex education unless what is being taught is part of the science national curriculum.

Following a consultation with the whole school community, the following content is deemed to be sex education:

- [Year 6: Safety and the changing body, Lesson 5: Conception](#)
- [Year 6: Safety and the changing body, Lesson 6: Pregnancy and birth](#)

The following process must be followed if a parent or carer wishes to withdraw their child from sex education:

Outline the process in your school, covering the following:

- Parents will be informed about upcoming lessons that link to sex education
- Parents should place their wish to withdraw from these particular lessons in writing – addressed to the Headteacher
- Parents will be invited to a meeting with the class teacher and Headteacher to discuss their concerns.
- Parents will be informed that their withdrawal request will be
- Whether parents/carers will be invited in for a meeting. Meetings give an opportunity for the school and the parent/carers to discuss concerns and to outline the impact on the children of missing sex education lessons.
- How the decision on the withdrawal request will be recorded.
- What alternative arrangement will be made for the child during the sex education lesson that the child will not attend.

## Safeguarding

RSHE includes sensitive topics. It is, therefore, possible that discussions will prompt safeguarding disclosures. Reference should be made to safeguarding policies and procedures to deal with these appropriately.

The subject leader/teacher should discuss with the designated safeguarding lead any potentially sensitive topics. Appropriate steps must be taken to provide additional support for children if required.

Staff should consider the timing of lessons to ensure that children have the opportunity to report any concerns they may have either that day or the following day.

## Support

RSHE should not be a time for children to make disclosures. It is important, however, to inform children of the support that is available to them if they are worried about anything raised in a lesson. The following support will be highlighted to children as appropriate:

Outline the support available for children.

In school:

- Class teacher.
- Specific staff members.

External:

- Local agencies.
- National agencies such as Childline.

## Monitoring and evaluating\*

The headteacher and subject leader will be responsible for monitoring and evaluating RSHE in line with other subjects.

Outline how monitoring and evaluating will take place. For example:

- Scrutiny of planning.
- Lesson observations.
- Learning walks.
- Evidence of learning.
- Feedback from staff.
- Feedback from parents/carers.
- Feedback from children.

## Professional development

The headteacher and subject leader will assess the professional development needs of staff regularly. Appropriate development will be provided using internal or external expertise.

## Communication of policy

This RSHE policy will be available to read on and downloaded from the school website and copies can be requested free of charge from the school office.

## Review\*

This policy will be reviewed every two years, with the next review due in December 2027.