



HOLY TRINITY C of E PRIMARY SCHOOL

Benner Lane, West End, Woking, Surrey, GU24 9JQ

Executive Head: Mrs E Ambrose

RELATIONSHIPS AND SEX EDUCATION POLICY

Policy Type:	Statutory Policies required by Education Legislation
Policy Origin:	DfE – Relationships and sex education (RSE) and health education statutory guidance
Approved by:	
Last Reviewed:	October 2025
LAB Accepted:	December 2025
Next Review:	July 2026 (in line with KAPOW Primary's new RSE and PSHE curriculum updates)
Summary of changes:	The updated DfE statutory guidance for RSHE (July 2025) mandates increased focus on online safety, misogyny and AI literacy, along with greater emphasis on mental health support, including grief and bereavement, and personal safety. Key changes include teaching the correct terminology for body parts, including genitalia, at the primary level.

HOLY TRINITY C OF E PRIMARY SCHOOL
Relationships, Relationships and Sex Education, and Health Education Policy

Our School Aims

Nurturing, Inspiring, Empowering Children within a Caring Christian Community – Working Together to Embrace Tomorrow' Opportunities

The school's approach to RSE will reflect the school's context, ethos and values, but will ensure all required topics are covered in a method and manner in keeping with our church school status. Teaching is carried out within a clear Christian moral framework in which pupils are encouraged to consider the importance of dignity, respect and responsibility for themselves and others. Our teaching is seen as complementary and supportive to the roles of parents.

The Diocesan Board of Education (DBE) fully supports and endorses the new RSE statutory guidance for schools and encourages its school leaders, governors and clergy to embrace the teaching of RSE in line with the new requirements.

We undertake to follow the principles in the Church of England Charter for faith sensitive and inclusive relationships education, relationships and sex education (RSE) and health education (RSHE). See Appendix A.

Personal, Social, Health and Economic (PSHE) education is a school subject through which pupils develop the knowledge, skills and attributes they need to manage their lives, now and in the future. It helps children and young people to stay healthy and safe, while preparing them to make the most of life and work. When taught well, PSHE education also helps pupils to achieve their academic potential. From September 2020, all schools have a statutory duty to deliver Relationships and Health Education at key stages 1 and 2 as part of their broader PSHE curriculum, in line with the Equalities Act 2010.

Definition of RSE

The Relationships Education, RSE, and Health Education (England) Regulations 2019 have made Relationships Education compulsory in all primary schools. Sex education is not compulsory in primary schools; however, the Department for Education continues to recommend that all primary schools should have a sex education programme tailored to the age and physical maturity of the pupils. The focus in primary school should be on teaching the fundamental building blocks and characteristics of positive relationships.

Learning will include:

- Friendships, family relationships, relationships with other children and with adults.
- How to take turns, how to treat each other with kindness, consideration and respect.
- The importance of honesty and truthfulness, permission seeking and giving, and the concept of personal privacy.
- Establishing personal space and boundaries, unsafe physical, and other, contact.
- Positive relationships, including online relationships.
- Online safety and appropriate behaviour.
- Respect of families of many forms (families can include for example, single parent families, LGBT parents, families headed by grandparents, adoptive parents, foster parents/carers amongst other structures)
- Positive emotional and mental wellbeing, including how friendships can support mental well-being.
- How to recognise and report abuse, using the correct terminology for body parts. This includes emotional, physical and sexual abuse.
- Facts and risks associated with drugs, alcohol and tobacco.
- Basic first aid and personal safety, recognising and reducing risk around fire, travel, water, road and railways.
- Changes to the body.

Content of Holy Trinity School's RSE Programme

At Holy Trinity, our PSHE and RSE curriculum is delivered through an on-line teacher resource called KAPOW which provides engaging schemes of work for KS1 and KS2 through a developmental whole-school approach. It is a carefully structured, spiral curriculum where children revisit the same themes in an age-appropriate way for an effective progression of skills and knowledge. The lessons are designed to cover the key skills, attitudes and values children need to explore in order to grow into kind, caring adults who have respect for others and know how to keep themselves and others safe. The school's values will also underpin and reinforce the skills of understanding, care and relationships.

KAPOW are currently updating and aligning their RSE and PSHE curriculum to fully cover the requirements of the new framework (DfE July 2025). The new statutory guidance states that schools are required to teach this new framework from September 2026, with KAPOW launching updates from Spring 2026 ready for us to implement in the new school year.

The current KAPOW Primary's RSE and PSHE scheme of work has been designed as a spiral curriculum, whereby pupils revisit five key areas throughout KS1 and KS2. Each time a key area is revisited, it is covered with greater depth and increasing maturity. Upon returning to each key area, prior knowledge is utilised so pupils can build on previous foundations, rather than starting again. Year 6 also have a further key area: Identity.

The five key areas taught throughout KS1 and KS2 are:

- Family and relationships
- Health and wellbeing
- Safety and the changing body
- Citizenship
- Economic wellbeing

Sex education in Year 6

Sex education is not compulsory in primary schools, but the DfE recommend that primaries teach sex education in years 5 and/or 6, in line with content about conception and birth, which forms part of the national curriculum for science.

As a school, we have agreed to offer an additional sex education programme in Year 6. We have made this decision as we believe in today's society our children need to be 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.

We also see the inclusion of non-statutory sex education to be a safeguarding issue; by providing sex education in Year 6, we are laying the foundations to further sex education in secondary school, as well as helping children to identify what sexual intercourse is and its potential consequences (pregnancy) should anyone be trying to coerce them into engaging in sexual activity. The Kapow Primary scheme of work includes **two** Year 6 lessons within *Safety and the changing body*: Lesson 5: Conception and Lesson 6: Pregnancy and birth. Teachers may also use videos from Operation Ouch where they see appropriate for their class.

The topic of Female Genital Mutilation (FGM) is also included in the Kapow Primary PSHE curriculum, as it is a key component within their "Health and Wellbeing" units to address safeguarding, legal frameworks, and reporting concerns about FGM in an age-appropriate manner. It is not a statutory topic for primary schools however, the Keeping Children Safe in Education statutory guidance does expect staff to be vigilant in reporting FGM. Therefore, in order to safeguard children from FGM, bearing in mind that the majority of cases happen to girls of primary school age, we have decided to include it where we feel children may be at risk. Conversations about our bodies and emphasising with all children that they are the best person to decide what happens to their own body provides a natural opportunity to talk briefly about FGM and help raise awareness. In turn, this helps to safeguard those children both in school and any female members of their family.

Parental rights to withdraw their children

Parents have no right to withdraw their children from Relationships and Health Education which includes puberty, reproduction and birth. All of these areas are included in the Health Education or Science National Curriculums so are statutory. **However**, parents do have the right to withdraw their children from the **two** Year 6 lessons within *Safety and the changing body*: Lesson 5: Conception and Lesson 6: Pregnancy and birth.

Sex education includes puberty, conception, reproduction and birth. Puberty is already statutory under Health Education and National Curriculum Science (and so there is no right to withdraw). Birth and reproduction are also included in Science (again, no right to withdraw) and so this leaves conception. We interpret 'how a baby is conceived' to refer to what happens during sexual intercourse before an egg and sperm meet (reproduction). Therefore, the small amount of non-statutory sex education that is included by KAPOW in those two lessons we feel is shared in an age appropriate way. The content that parents can request to withdraw their child from is as follows:

Lesson 5: Conception

- Children are going to learn how a baby is conceived. This will be put into context by saying that for most couples, this is a big decision and something they will have thought about for a long time. Our school policy and ethos reiterates the importance of love, commitment and marriage.
- Children will be shown a video about conception. There are three versions of the video; two with the same video content, but one voiced by a man and once voiced by a woman and a third option which does not include visual or details of intercourse. The teacher will select the most appropriate for their class.
- Children have the opportunity to ask questions pertaining to the video.
- Discussion of the legal age for intercourse (16) and how this law is designed to protect us. Discussion about consent and what that means.

Lesson 6: Pregnancy and Birth

- Children learn how a baby develops in the womb and is born.
- Features a bespoke animated pupil video
- Discussions about adoption, surrogacy, which is when someone else has the baby for the couple, and IVF, which is where the sperm and egg are put together by a scientist and once the egg is fertilised, it is placed into the uterus to grow.
- Learning that pregnancy and birth are only the start of being a parent and that being a parent is a long-term commitment.

Requests for withdrawal should be put in writing using the 'Right to withdrawal' form found on the school website or from the office and addressed to the headteacher. Alternative work will be given to any child withdrawn from sex education.

How is Relationships and Sex Education taught?

RSE is not delivered in isolation, but firmly embedded in all curriculum areas including Personal, Social, Health and Economic (PSHE) education, Citizenship, Science and Computing.

RSE will be delivered by the class teacher or a teacher familiar with the class, in mixed gender groups. The only exception to this is in Years 4 to 6, where some sessions on puberty may be taught in same sex groups. We have strategies in place to ensure that pupils are able to ask anonymous questions if they need to. Resources used are flexible in order to meet the needs of the pupils and curriculum. We aim to use picture story books and many resources endorsed by the PSHE Association. When the materials are of a more explicit nature parents will be informed and will have the opportunity to watch any video material prior to it being shared with the children. Correct scientific and medical vocabulary will be used throughout the RSE curriculum, in accordance with the new DfE statutory guidance (July 2025). External agencies or visitors (e.g. Heartstart, NSPCC, Police Officers, School Nurse) may be invited in to school to help deliver aspects of the curriculum if appropriate. This will be done alongside the class teacher in line with the school's RSE and safeguarding policies.

Some sex education will take place as a response to questions from children. This can happen at any time and teachers will answer in a way which is both accurate and appropriate to the children concerned. If it is inappropriate to give the child an answer, they will be directed to talk to their parent at home about it. Children tend to absorb that which they need and information they may not be ready for tends to be ignored. The spiralling KAPOW curriculum is perfect for meeting the needs of all individuals as topics are repeated and pupils absorb information when they are ready.

Parental Involvement

Holy Trinity Primary is committed to working with parents and believes that it is important to have the support of parents and the wider community for the PSHE, RSE and Health Education programme. Parents will be informed by class teachers when more sensitive matters are being taught for example the Pants Programme in Year 1. See Appendix B. Parents are and will be provided with the opportunity to find out about and discuss our programme through parent awareness sessions, parents' evenings, involvement in policy development, involvement in curriculum development, the school website and an open-door policy.

To promote effective communication and discussion between parents and their children we notify parents through Parentmails, information meetings, termly curriculum maps and the school website about when particular aspects of RSE will be taught. We also encourage an open-door policy to help ensure that parents can discuss issues with the school staff in a positive, sensitive and proactive manner.

How the school responds to specific issues related to relationships and sex education

If we have any reason to believe a pupil is at-risk we are required to follow our safeguarding and child protection procedures as set out in our policy which is available on the school website.

How the relationships and sex education programme is monitored, evaluated, and assessed

We ensure that all pupils have equal access to the RSE programme through a thorough process of monitoring, evaluation and assessment, which takes into consideration pupils' needs, maturity, age, ability and personal circumstances. The planning and delivery of the RSE programme is monitored by the PSHE leaders through scrutiny of lesson plans (provided by KAPOW), lesson observations and pupil voice on a yearly cycle.

Professional development for staff

As a school we utilise the PSHE Association website where we have access to up-to-date research, guidance and recommended resources. The PSHE leader will keep abreast of any changes to the delivery of a successful curriculum by monitoring changes to the statutory guidance, advice from the Surrey PSHE advisor, attending appropriate training and disseminating information to staff. Teaching staff will have opportunities to identify any training needs they have in delivering a successful RSE curriculum. All staff receive annual Safeguarding training.

LINKS TO OTHER POLICIES AND ADVICE

This RSE Policy is supported by, but not limited to:

- Behaviour Policy
- SMSC Policy
- Safeguarding/Child Protection Policy
- Confidentiality Policy
- Equality Policy
- Anti-bullying Policy
- Intimate Care Policy
- E-safety Policy
- Sex and Relationship Education Guidance – DfE
- Statement of British Values
- Worship Policy

Appendix A.

A CHARTER FOR FAITH SENSITIVE AND INCLUSIVE RELATIONSHIPS EDUCATION, RELATIONSHIPS AND SEX EDUCATION (RSE) AND HEALTH EDUCATION (RSHE)¹

In Holy Trinity CE Primary we seek to provide Relationships Education, Relationships and Sex Education (RSE) and Health Education (RSHE), which will enable all pupils to flourish.

We commit:

- 1. To work in partnership with parents and carers.** This will involve dialogue with parents and carers through all stages of policy development as well as discussing the resources used to teach their children and how they can contribute at home. It must, however, be recognised that the law specifies that what is taught and how it is taught is ultimately a decision for the school.
- 2. That RSHE will be delivered professionally and as an identifiable part of PSHE.** It will be led, resourced and reported to parents in the same way as any other subject. There will be a planned programme delivered in a carefully sequenced way. Staff will receive regular training in RSHE and PSHE. Any expert visitors or trainers invited into the school to enhance and supplement the programme will be expected to respect the schools published policy for RSHE.
- 3. That RSHE will be delivered in a way that affords dignity and shows respect to all who make up our diverse community.** It will not discriminate against any of the protected characteristics in the Equality Act² and will be sensitive to the faith and beliefs of those in the wider school community. RSHE will seek to explain fairly the tenets and varying interpretations of religious communities on matters of sex and relationships and teach these viewpoints with respect. It will value the importance of faithfulness as the underpinning and backdrop for relationships. It will encourage pupils to develop the skills needed to disagree without being disagreeable, to appreciate the lived experience of other people and to live well together.
- 4. That RSHE will seek to build resilience in our pupils to help them form healthy relationships, to keep themselves safe and resist the harmful influence of pornography in all its forms.** It will give pupils opportunities to reflect on values and influences including their peers, the media, the internet, faith and culture that may have shaped their attitudes to gender, relationships and sex. It will promote the development of the wisdom and skills our pupils need to make their own informed decisions.
- 5. That RSHE will promote healthy resilient relationships set in the context of character and virtue development.** It will reflect the vision and associated values of the school, promote reverence for the gift of human sexuality and encourage relationships that are hopeful and aspirational. Based on the school's values it will seek to develop character within a moral framework based on virtues such as honesty, integrity, self-control, courage, humility, kindness, forgiveness, generosity and a sense of justice but does not seek to teach only one moral position.
- 6. That RSHE will be based on honest and medically accurate information from reliable sources of information, including about the law and legal rights.** It will distinguish between different types of knowledge and opinions so that pupils can learn about their bodies and sexual and reproductive health as appropriate to their age and maturity.
- 7. To take a particular care to meet the individual needs of all pupils including those with special needs and disabilities.** It will ensure that lessons and any resources used will be accessible and sensitive to the learning needs

¹ RSHE is used to indicate either Relationships Education, Relationships and Sex Education and Health Education as determined by the school context since, after consultation with parents and carers primary schools may decide to include elements of sex education in their curriculum.

² The protected characteristics are age, disability, gender reassignment, race, religion or belief, sex, sexual orientation, marriage and civil partnership and pregnancy and maternity.

of the individual child. We acknowledge the potential vulnerability of pupils who have special needs and disabilities (SEND) and recognise the possibilities and rights of SEND pupils to high quality relationships and sex education.

8. **To seek pupils' views about RSHE so that the teaching can be made relevant to their lives.** It will discuss real life issues relating to the age and stage of pupils, including friendships, families, faith, consent, relationship abuse, exploitation and safe relationships online. This will be carefully targeted and age appropriate based on a teacher judgment about pupil readiness for this information in consultation with parents and carers.