

ST. LUKE'S C.E. PRIMARY SCHOOL

RELATIONSHIP & SEX EDUCATION POLICY

Policy for Relationship & Sex Education
Full Governing Body
Reviewed Spring 2026
For Review: Spring 2027

The policy will be reviewed in line with the Governing Body's Strategic Planner.

We have based our school's sex education policy on the DfE guidance, making RSE mandatory in 2020. We refer to RSE (Relationship and Sex Education) as placing emphasis upon relationships, supporting pupils understanding and skill in developing positive and healthy relationships.

The aim of the relationship & sex education policy is to clarify the content and the manner in which sex education is delivered in this school.

Intent:

At St Luke's C.E. Primary School we want to provide pupils with the knowledge, understanding, values and skills they need in order to lead confident, healthy and independent lives with the emphasis on helping to develop positive relationships.

- To be able to recognise unsafe situations and to protect themselves by asking for help and support as required.
- To have the confidence and self-esteem to value themselves and others.
- To understand about the range of relationships, including the importance of family for the care and support of children.
- Provide sex education as a part of a wider curriculum on Health and Preparation for adult life.
- Promote the spiritual, moral, cultural, mental and physical development of pupils.
- To develop confidence in talking, listening and thinking about feelings and relationships.
- To understand the consequences of their actions and behave responsibly within relationships.
- Provide a framework in which sensitive discussions can take place.
- Help pupils develop feelings of self-respect, confidence and empathy.

Moral and values

The sex education programme will reflect the school ethos and demonstrate and encourage the following values:

- Respect for self.
- Respect for others.
- Responsibility for their own action.
- Responsibility for their family, friends, school and wider community.

Implementation

Relationships and sex education will be taught in the context of Christian values and relationships. Topics and themes will be repeated from year to year in greater depth taking account of the pupils' development.

RSE is taught weekly in all classes, within the personal, social, health and economic (PSHE) education curriculum. Biological aspects of RSE are taught within the science curriculum, and other aspects are included in religious education (RE).

Pupils also receive stand-alone sex education sessions delivered by a trained health professional in year 5 and 6, girls and boys may separate at this time to discuss subjects of menstruation, physical development and hygiene. Parents will be consulted prior to a course of formal sex education and will have the

opportunity to discuss teaching content. Parents wishing to withdraw children e.g. on religious grounds may do so only after consultation with the Headteacher.

At St Luke's C.E. Primary School, we have introduced a whole school PSHE scheme called Jigsaw. Jigsaw combines PSHE, emotional literacy, mindfulness, social skills and spiritual development.

Jigsaw is designed as a whole school approach, with all year groups working on the same theme (Puzzle) at the same time.

The different puzzle pieces are:



1. Being Me in My World

Includes understanding my place in the class, school and global community as well as devising Learning Charters.



2. Celebrating Difference

Includes anti-bullying and diversity work.



3. Dreams and Goals

Includes goal-setting, aspirations for yourself and the world and working together.



4. Healthy Me

Includes drugs and alcohol education, self-esteem and confidence as well as healthy lifestyle choices.



5. Relationships

Includes understanding friendship, family and other relationships, conflict resolution and communication skills.



6. Changing Me (year 5 & 6 only)

This puzzle includes sex and relationships education in the context of coping positively with change. (includes age-appropriate sex education)

Impact

A variety of information evaluation activities have been built into the Jigsaw programme, including classroom discussions and self-assessment. Many of the elements of sex education are assessed through other areas of the curriculum e.g. science.

Working with parents

The school is committed to working with parents. Pupils can be withdrawn by their parents from part of our sex education that is outside the compulsory elements of sex education contained in the science National Curriculum. Parents wanting to exercise this right are invited to see the Headteacher. The Headteacher will explore the concerns of parents and the possibilities of adjusting the programme or approach and will discuss any impact that withdrawal may have on the child. The Headteacher will also talk with the parents about the child's possible negative experiences or feelings that may result from exclusion and the ways in which these can be minimised. Once a child has been withdrawn, they cannot take part in sex education until the request for withdrawal has been removed.

Child sexual abuse

The school has a safeguarding and child protection policy which is available on request.

Confidentiality

As a general rule, a child's confidentiality will be maintained by the teacher or member of staff concerned. If this person believes that a child is at risk or in danger, she/he is to talk to the Headteacher who will take the appropriate action, if necessary. The child concerned will be informed that confidentiality cannot be kept and the reasons why. The child will be supported by the school throughout the process.

Answering difficult questions

Sometimes an individual child will ask an explicit or difficult question in the classroom. Questions do not have to be answered directly and can be addressed individually later. This school believes that individual teachers must use their skill and discretion in those situations and refer to the Headteacher if they are concerned.

Co-ordination

Sex education will be co-ordinated by the Headteacher in co-operation with the PSHE leader.

Spring 2026