



St Martin's CE  
Primary School

# Relationships, Sex and Health Education

**DRAFT** - September 2026

*Let your light shine*



## A Place to Thrive

St. Martin's Multi Academy Trust exists to advance a just cause, its vision: to create a place to thrive. A just cause is a future state that does not yet exist. It is vital that people that work in the schools in our Trust understand our vision and 'sign up' to achieving it. Our vision must encapsulate our 'why'. It has to inspire staff and our communities. It must persuade people to stay for and have a deep understanding of our cause. Our people need to be willing to be service orientated, resilient, and idealistic. Our cause has to form the foundation of everything we do.



Trust

Let your light shine



Respect



Compassion

St Martin's CE Primary School is a place to thrive. A warm, friendly, and ambitious school where we encourage children, staff, and our wider community to '*let their light shine*' and in doing so, shine the light of Jesus through our behaviour and actions. We believe that achievement is for all, both personal and academic, and our mission is to equip our children with the knowledge, skills, wisdom, confidence, and self-belief they need to accomplish both.

## Our Christian Values

Respect, Resilience and Compassion



Respect



Resilience



Compassion

We aim to develop the whole child: spiritually, physically, socially, emotionally, morally and academically, to give them the best possible start in life and value themselves as unique and worthy individuals. We encourage children to have respect and compassion for themselves and others and support them to show resilience when times are difficult. Our approach is distinctly Christian, yet open and welcoming to all, with the promise by Jesus of '*life in all its fullness*' close to our hearts.

## Policy Statement

This policy provides guidance on the delivery of Relationships, Sex and Health Education (RSHE) at Saint Martin's CE Primary School. It ensures compliance with the Department for Education's Statutory Guidance (2026), including updated expectations relating to online safety, safeguarding, and age-appropriate delivery.

RSHE is a compulsory element of the primary curriculum. It equips pupils with the knowledge, skills, and values to develop healthy, respectful relationships, maintain good physical and mental health, and stay safe both offline and online.

## Aims

- Support pupils to build positive, safe and respectful relationships
- Develop emotional literacy, resilience and self-respect
- Teach pupils how to keep themselves and others safe, including online
- Provide accurate information about growing and changing bodies
- Promote respect and understanding of diverse families and communities
- Prepare pupils for the transition to secondary school

## Curriculum Content

Content will be delivered in a way that is appropriate to pupils' age, development and context, in line with statutory guidance.

### Relationships Education (statutory)

By the end of primary, pupils will be taught:

- Families and people who care for me – understanding different family structures, respect for diversity, and how to seek help if relationships cause harm.
- Caring friendships – qualities of healthy friendships, managing conflict, recognising unhealthy behaviours
- Respectful relationships – respect, boundaries, equality, challenging stereotypes and harmful attitudes (including sexism and misogyny)
- Online relationships – safe use of technology, age restrictions, permanence of online content, recognising misinformation, and risks including harmful content, coercion, and manipulation
- Being safe – personal boundaries, privacy, correct naming of body parts, understanding consent in an age-appropriate way, recognising unsafe situations, and knowing how to report concerns or seek help

### Health Education (statutory)

By the end of primary, pupils will be taught:

- Mental wellbeing – recognising emotions, resilience, managing change and loss, and how to seek help
- Online wellbeing – managing screen time, understanding risks including gaming, gambling and online scams, and promoting respectful behaviour online
- Physical health and fitness – importance of regular exercise and active lifestyles
- Healthy eating – balanced diet and a healthy relationship with food
- Drugs, alcohol, tobacco and vaping – understanding risks and impact on health

- Health protection – sleep, hygiene, sun safety and vaccinations
- Basic first aid – emergency procedures and basic care
- Changing adolescent body – puberty, menstruation, and physical and emotional changes

### **Non-statutory Sex Education**

We support the teaching of age-appropriate sex education in Year 6, including:

- How a baby is conceived and born

Parents have the right to request withdrawal from this non-statutory element.

### **Teaching and Learning**

RSHE is delivered through the PSHE curriculum using interactive and age-appropriate approaches such as discussion, role play, and scenario-based learning. At Saint Martin's we use JIGSAW PSHE as a scheme of work.

Teaching will:

- Be inclusive, accessible and appropriately differentiated, including for pupils with SEND
- Promote kindness, respect and responsibility
- Challenge stereotypes and support pupils to think critically
- Be factual, balanced and age-appropriate

Where topics are sensitive or contested, staff will present information in line with the law and safeguarding guidance, without promoting any particular viewpoint as fact.

In some cases, pupils may be taught in single-gender groups (e.g. puberty) where appropriate.

### **Safeguarding**

RSHE is a key part of the school's preventative safeguarding curriculum.

It supports pupils to:

- Recognise unsafe or harmful situations, including abuse, coercion and exploitation
- Understand how to seek help and report concerns

Staff will:

- Not promise confidentiality
- Follow the schools safeguarding policy if a disclosure is made
- Be aware of statutory duties regarding reporting concerns

External visitors will follow safeguarding procedures, and a member of school staff will always be present.

### **Parental Engagement and Rights**

We value the role of parents and carers in supporting RSHE.

The policy and curriculum overview will be published on our school's website, and parents may view teaching materials on request.

We will consult with parents and carers when developing or significantly updating this policy. This will include:

- Sharing draft policies

- Providing opportunities for feedback (e.g. surveys, meetings)
- Considering responses before finalising the policy

Parents cannot withdraw their child from statutory Relationships or Health Education, or from statutory Science content.

Parents may request withdrawal from the non-statutory sex education element. A meeting will be offered with the Headteacher to discuss this.

### **Equality and Inclusion**

- Teaching will comply with the Equality Act 2010 and reflect the diverse nature of society.
- All families will be represented positively, including single parent, same-sex, adoptive, foster and kinship families.
- All pupils will have access to appropriately adapted learning to ensure full inclusion.

### **Roles and Responsibilities**

- PSHE Lead – oversees curriculum planning, delivery and staff training
- Teaching staff – deliver RSHE in line with this policy
- Designated Safeguarding Lead (DSL) – supports safeguarding and disclosures
- Governors/Directors – approve the policy, monitor implementation and ensure compliance

### **Monitoring and Review**

- The PSHE Lead will monitor provision through planning scrutiny, pupil voice, and staff feedback.
- Governors will receive updates on RSHE provision, including curriculum coverage, parental feedback and safeguarding links.
- This policy will be reviewed annually to ensure it reflects current statutory guidance and best practice.