



Park Hill Junior School

Relationships and Sex

Education Policy

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Park Hill Junior School

Relationships and Sex Education Policy

March 2026

This Policy applies to Park Hill Junior School and all governors and staff of the school must abide by this policy which has been adopted in accordance with and pursuant to the Curriculum Policy of the Greenshaw Learning Trust.

It is the responsibility of the governing body and Headteacher of the school to ensure that their school and its staff adhere to this policy. In implementing this policy school staff must take account of any advice given to them by the GLT Chief Executive Officer and/or Board of Trustees.

This policy is subject to the GLT Curriculum Policy and the Scheme of Delegation approved for the school. If there is any ambiguity or conflict then the GLT Curriculum Policy and the Scheme of Delegation and any specific Scheme or alteration or restriction to the Scheme approved by the Board of Trustees takes precedence. If there is any question or doubt about the interpretation of this, the GLT Chief Executive Officer should be consulted.

Approval and review:

This policy is the responsibility of: RSE Leader

This policy was approved by the Governing Body on: 12th March 2026

Park Hill Junior School

Relationship and Sex Education Policy

1. Statutory requirements

Park Hill Junior School is required to provide a curriculum that is broad and balanced in accordance with Section 78 of the Education Act 2002.

Park Hill Junior School must provide relationships education to all pupils as per section 34 of the [Children and Social Work Act 2017](#). In teaching relationships education the school is required to have regard to [guidance](#) issued by the secretary of state as outlined in section 403 of the Education Act 1996, Published 25 June 2019. We are expected to offer all pupils a curriculum that is similar to the National Curriculum including requirements to teach science. This would include the elements of sex education contained in the science curriculum.

2. Policy aims

By providing comprehensive relationships education Park Hill Junior School is not encouraging pupils to become sexually active at a young age.

The aim of this policy is to ensure that the right provision is in place so that pupils may have all the background knowledge they need to make informed decisions and responsible choices as they grow up.

Through the provision outlined in this policy we also aim to raise pupils' self-esteem and confidence, trying to develop communication and assertiveness skills that can help them stay true to their values if challenged by others, their peers or what they see in the media.

We seek to teach pupils to be accepting of the different beliefs, cultures, religions, sexual orientations, physical and mental abilities, backgrounds and values of those around them.

We want our pupils to lead a healthy and safe lifestyle, teach them to care for and respect their bodies and provide them with all the right tools that will enable them to seek information or support, should they need it, both during their school years and after.

3. Roles and responsibilities School staff

The school provides regular professional development training in how to deliver relationships education so that all school staff feel comfortable to take PSHE classes and answer questions from pupils. If a teacher does not feel confident leading such discussions then that is likely to be reflected by the pupils, and their learning will be compromised.

This includes sessions on confidentiality, setting ground rules, handling controversial issues, responding to awkward questions and an introduction to the rationale of why teaching relationships education is so important.

There are certain members of the school leadership team, such as the **RSE Leader**, who will hold more responsibility for ensuring that the school's relationships education provision is relevant to our pupils and is effective, but this is generally a responsibility for all staff members and the school expects staff to voice opinions and share expertise in this area.

Senior leaders/ RSE Leader will:

- o Develop this school policy and review it *every 2 years*. This policy is developed in consultation with school parents/carers, pupils and staff to ensure that it meets the needs of the whole school community.
- o Parents, pupils and staff are consulted on relationships education provision, and their involvement in developing/reviewing the policy, for example:
 - Staff consultation – all school staff were given the opportunity to look at the policy and make recommendations
 - Parent/stakeholder consultation – parents and any interested parties were invited to attend a meeting about the policy. Materials used to teach RHSE at Park Hill Junior School may be given to parents and carers who wish to withdraw their child from the lesson and teach their children at home. 'Parents should have the right to teach [Sex and Relationship Education] themselves in a way which is consistent with their values'

Once amendments were made, the policy was shared with governors and approved.

What we do for staff:

- o Ensure that all staff are given regular and ongoing training on issues relating to relationships education and how to deliver lessons on such issues.
- o Ensure that all staff are up to date with policy changes, and familiar with school policy and guidance relating to relationships education.
- o Provide support to staff members who feel uncomfortable or ill-equipped to deal with the delivery of [relationships education / relationships and sex education] to pupils. This may be because they do not feel that their training has been adequate or that aspects of the curriculum are in conflict with their religious beliefs.
- o Ensure that relationships education is age- relevant and appropriate across all year groups; this means ensuring that the curriculum develops as our pupils do and meets their needs.
- o Ensure that the knowledge and information regarding relationships education to which all pupils are entitled is provided in a comprehensive way.
- o Support parental involvement in the development of the relationships education curriculum.
- o Ensure that their personal beliefs and attitudes will not prevent them from providing a balanced relationships education in school.
- o Communicate freely with staff, parents/carers and the governing body to ensure that everyone is in understanding of the school policy and curriculum for relationships education, and that any concerns or opinions regarding the provision at the school are listened to, taken into account and acted on as is appropriate. We want the provision of relationships education at home to be complementary to the provision the school provides, and this should be clearly communicated to parents/carers and additional support given where necessary or requested.
- o ensure that SRE is taught consistently across the school, and for managing requests to withdraw pupils from non-statutory/non-science components of relationships education.

All staff will:

- o Ensure that they are up to date with school policy and curriculum requirements regarding relationships education. If a member of staff feels that any areas are not covered or inadequately provided for they should report that to *the RSE Leader*.
- o Attend and engage in professional development training around relationships education provision.
- o Encourage pupils to communicate concerns regarding their social, personal and emotional development in confidence, listen to their needs and support them seriously. Any potential safeguarding concerns must be referred to the DSL through the online reporting mechanism (CPOMS)
- o Provide regular feedback to their managers on their experience of teaching relationships education and student response.
- o Ensure that their personal beliefs and attitudes will not prevent them from providing balanced relationships education in school.
- o Tailor their lessons to suit all pupils in their class, across the whole range of abilities, including those pupils with special educational needs. If a member of staff needs support in this area they should speak to the *RSE Leader*.

Pupils

Pupils are expected to attend relationships education classes as per their timetable and take them seriously. Although they are not assessed through examination, these classes are still a very important part of the curriculum and a tool to aid personal development and the school expects pupils to recognise this.

Pupils should support one another with issues that arise through relationships education. Listening in class, being considerate of other people's feelings and beliefs, and complying with confidentiality rules that are set in class are key to effective provision. Pupils who regularly fail to follow these standards of behaviour will be dealt with under the school behaviour policy.

Pupils should feel comfortable to talk to a trusted adult, in confidence, regarding any concerns they have in school related to relationships, education or otherwise.

Conversations of this nature between staff and pupils will be held in confidence; however staff must take concerns to the DSL using the online referral system (CPOMS) if there is a child protection concern or they feel ill-equipped to deal with the issue at hand.

Pupils will be asked for feedback on the school's relationships education provision **every year, using the pupil survey**. Opinions on provision and comments will be reviewed by senior managers and taken into

consideration when the curriculum is prepared for the following year's pupils. In this way, the school seeks to provide pupils with the education they need on topics they want to learn about.

Parents/carers

The school expects parents/carers to share the responsibility relationships education and support their children's personal, social and emotional development.

We encourage parents/carers to create an open home environment where their children can engage, discuss and continue to learn about matters that have been raised through the school's relationships education. Parents/carers are also encouraged to seek additional support in this from the school where they feel it is needed. For information on accessing school support, *see section 5*.

4. Implementation, delivery and curriculum

It is important that the school's relationships education policy is implemented consistently and effectively throughout the school. Teachers are encouraged to provide classes that are specific to the needs of the pupils in that class, and responsive to their behaviour and development.

Overview of Sex and Relationships Education

The Christopher Winter Project scheme

Scheme of work, learning intentions and learning outcomes

Year Three: Valuing difference and keeping safe

Lesson 1: Differences: Male and Female

Learning intention: To explore the differences between males and females and to name the body parts.

Learning outcomes: Know some differences and similarities between males and females. Name male and female body parts using agreed words.

Lesson 2: Personal Space

Learning intention: To consider touch and to know that a person has the right to say what they like and dislike.

Learning outcomes: Identify different types of touch that people like and do not like. Understand personal space. Talk about ways of dealing with unwanted touch.

Lesson 3: Family Differences

Learning intention: To explore different types of families and who to go to for help and support.

Learning outcomes: Understand that all families are different and have different family members. Identify who to go to for help and support.

Year Four: Growing Up

Lesson 1: Growing and Changing

Learning intention: To explore the human lifecycle.

Learning outcomes: Describe the main stages of the human lifecycle. Describe the body changes that happen when a child grows up.

Lesson 2: What is puberty?

Learning intention: To identify some basic facts about puberty.

Learning outcomes: Discuss male and female body parts using agreed words. Know some of the changes which happen to the body during puberty.

Lesson 3: Puberty Changes and Reproduction

Learning intention: To explore how puberty is linked to reproduction.

Learning outcomes: Know about the physical and emotional changes that happen in puberty. Understand that children change into adults so that they are able to reproduce.

Year Five: Puberty

Lesson 1: Talking about puberty

Learning intention: To explore the emotional and physical changes occurring in puberty.

Learning outcomes: Explain the main physical and emotional changes that happen during puberty. Ask questions about puberty with confidence.

Lesson 2: Male and Female Changes

Learning intention: To understand male and female puberty changes in more detail.

Learning outcomes: Understand how puberty affects the reproductive organs. Describe how to manage physical and emotional changes.

Lesson 3: Puberty and hygiene

Learning intention: To explore the impact of puberty on the body and the importance of hygiene.

Learning outcomes: Explain how to keep clean during puberty. Explain how emotions change during puberty. Know how to get support and help during puberty.

Year Six: Puberty, Relationships and Reproduction

Lesson 1: Puberty and Reproduction

Learning intention: To consider puberty and reproduction.

Learning outcomes: Describe how and how the body changes during puberty in preparation for reproduction. Talk about puberty and reproduction with confidence.

Lesson 2: Understanding Relationships

Learning intention: Consider physical and emotional behaviour in relationships.

Learning outcomes: Discuss different types of adult relationships with confidence. Know what form of touching is appropriate.

Lesson 3: Conception and Pregnancy

Learning intention: Recognise that living things produce offspring of the same kind, but normally offspring vary and are not identical to parents.

Learning outcomes: Know some basic facts about pregnancy and conception.

Lesson 4: Communication in relationships

Learning intention: To explore positive and negative ways of communicating in a relationship.

Learning outcomes: To have considered when it is appropriate to share personal/private information in a relationship.

To know how to and where to get support if an online relationship goes wrong.

Through this aspect of our curriculum we aim to explore different attitudes, values and social labels, and develop skills that will enable our pupils to make informed decisions regarding relationships. It is important that pupils know the difference between fact, opinion and belief.

These areas of learning are taught within the context of family life taking care to ensure that there is no stigmatisation of children based on their home circumstances (families can include single parent families, LGBT parents, families headed by grandparents, adoptive parents, foster parents/carers amongst other structures) along with reflecting sensitively that some children may have a different structure of support around them (for example: looked after children or young carers).

Guest speakers

Guest speakers may be invited into school to talk on issues related to relationships. It may be the case that the subject under discussion is better coming from an expert or experienced health professional who can challenge a pupil's perceptions. A teacher will be present throughout these lessons. Visitors will be given a copy of this policy and required to comply with the guidelines outlined within it.

Terminology

Pupils will be taught the anatomically correct names for body parts, but slang or everyday terms used in

certain social circles will be discussed; this will surround discussion about what is and isn't acceptable language to use.

Dealing with difficult questions

Staff training will include sessions on how to deal with difficult questions. There may still be times when staff are faced with a difficult question in class that they feel uncomfortable or ill equipped to answer. In this case, they may wish to put the question to one side and seek advice from the **RSE Leader**.

Ground rules in class are essential when discussing sensitive subject matter. Below are some strategies that will be used in sex education lessons:

When we are discussing things during sex education lessons we all agree that:

- no-one (child or teacher) will have to answer a personal question;
- no-one will be forced to take part in a discussion;
- only the scientific names will be used for body parts;
- meanings of words will be explained in a sensible and factual way;
- any matters discussed in class will be confidential and are not to be discussed in the playground afterwards;
- as a class we agree not to ask personal questions.
- children will be given opportunities to ask questions in private, but need to know that teachers cannot keep disclosures secret.

Pupils with special educational needs

The school works hard to ensure that all aspects of the school curriculum are inclusive and support the needs of pupils of all ranges of abilities. Staff differentiate lessons to ensure that all members of the class can access the information fully, and this is no different when it comes to relationships education.

The school will use a variety of different strategies to ensure that all pupils have access to the same information. Some of these include:

- interactive teaching methods e.g. contraceptive card game.
- use of expert guest speakers.
- practical activities.
- videos.
- group and paired activities.

5. Withdrawal from relationships education

The school aims to keep parents/carers informed about all aspects of relationships education curriculum and urges parents/carers to read this policy. Parents/carers can request access to resources and information being used in class, and the school will do everything it can to ensure that parents/carers are comfortable with the education provided to their children in school.

Parents do not have the right to withdraw their children from relationships education.

At Park Hill Junior School, RSE aligns with the National Curriculum for science and Health Education and is therefore statutory.

At Park Hill Junior School, we hope to work in partnership with the parents and carers of our pupils. Parents and carers have the opportunity to view the resources/materials and to discuss the implementation of the Relationships Health and Sex Education Policy and any areas of concern through parental focus groups and workshops.

Parents and carers will be informed of the half term when RSE sessions will be taught across the school, and they should raise their concerns with the class teacher or year group leader. It is hoped that parents and carers will not feel it necessary to withdraw their child from these sessions as effective RHSE can make a significant contribution to the development of the personal skills needed by pupils, if they are to establish and maintain appropriate and healthy relationships. RHSE also enables young people to make responsible and informed discussions about their health and well-being.

6. Complaints

Parents/carers who have complaints or concerns regarding the relationships education curriculum should contact the school and follow the school's complaints procedure.

7. Equal opportunities

Relationships education lessons provide a good background for talking openly and freely about the diversity of personal, social and sexual preferences. Prejudiced views will be challenged and equality promoted. Any bullying that relates to sexual behaviour or perceived sexual orientation will be dealt with swiftly and

seriously, in the same way as bullying of any kind - the procedures regarding this are outlined in the school's behaviour policy.

8. Safeguarding and confidentiality

The school seeks to provide a safe and supportive school community where pupils feel comfortable seeking help and guidance on anything that may be concerning them about life either at school or at home. Training around confidentiality will be provided to all teachers.

It may be the case that discussion around what is acceptable and not acceptable in relationships may lead to a reference in accordance with the school's child protection and safeguarding procedure.

Personal information about pupils who have approached a teacher for discussion-should only be shared where there is a concern through the online referral system with the DSL. -If there is a child protection concern, the information must be handled as outlined in the school child protection and safeguarding procedure. Staff members that breach the right to a child's privacy by disclosing or sharing confidential information with no reason to do so will be dealt with under the school's staff discipline, conduct and grievance procedures.

If a member of staff is informed that a pupil is having, or is contemplating having sexual intercourse, this will be dealt with under child protection procedures and must be referred to the DSL immediately as outlined in the School Safeguarding Policy.

Pupils with special educational needs may be more vulnerable to exploitation and less able to protect themselves from harmful influences. If staff are concerned that this is the case, they should seek support from the **RSE Leader** to decide what is in the best interest of the child.

9. Monitoring, review and evaluation

The educational and personal needs of our pupils develop in line with varying societal pressures and economic change. Our aim is to provide relationship education that is relevant and tailored to meet the needs of our pupils, depending on their age and stage of personal development. For this reason we review the relationships education curriculum **every 2 years**, and will inform parents/carers of any revisions to this policy or [relationships education / relationships and sex education] curriculum.

We will monitor the effectiveness of our relationships education provision through:

- yearly feedback from pupils
- yearly feedback from parents/carers
- feedback from staff
- classroom observations.

The school will review this policy **every 2 years**, evaluating its effectiveness by taking into account feedback from pupils, staff and parents/carers, as well as what has come to light through classroom observations and information we receive from national reports and curriculum reviews.

10. Support

Pupils should feel safe in the school environment to talk to any member of staff in confidence about any areas of concern regarding their personal, social and emotional development, including matters raised by or relating to relationships education. We promote the school ethos as one of inclusion and acceptance throughout all areas of school activity and hope that pupils respond to this by feeling comfortable to ask questions and continue their learning both in and outside of the classroom.