Health, Sex and Relationships Education Policy

MONKSTON PRIMARY SCHOOL
HEALTH, SEX AND RELATIONSHIPS EDUCATION POLICY

Adoptions and Amendment to Health, Relationships and Sex Education policy

Section	Governors' Meeting or Committee
Whole document	LGB, March 2020
Whole document	LGB,15th June 2021
Whole document	LGB, 21st June 2022
Whole Document	LGB, October 2023
Whole Document	LGB, March 2025
Whole Document	LGB, February 2026
Whole Document	LGB, July 2026
Next review 2026/2027	

MONKSTON PRIMARY SCHOOL
HEALTH, SEX AND RELATIONSHIPS EDUCATION POLICY

Contents

Relationships Education 3
Purpose and Principles 3
Statutory Regulations 4
Roles and Responsibilities 4
Our Relationships and Health Education Curriculum [Statutory Requirement] 5
Sex and Relationship Education [Non-Statutory Requirement] 5
Year 2 5
Year 4 6
Year 6 6
Delivering the Curriculum 7
Assessment, Monitoring and Reporting 7
Safeguarding 8
Engaging Stakeholders 8
Reviewing the Policy 8

Relationships Education

This policy covers our approach to Relationships Education; a statutory component of the Personal, Social and Health Education [PSHE] and Citizenship curriculum from September 2020. It aims to set out the purpose of Relationships Education and the intended outcomes for pupils, what is covered in our curriculum and how it is delivered.

We define Relationships Education as learning about the many strands of relationships and growing up. This includes family relationships, friendships and relationships with peers and adults, healthy and unhealthy relationships, the characteristics of positive relationships, relationships online and the emotional, social and physical aspects of growing up.

Purpose and Principles

At Monkston Primary School, we believe in providing every pupil with open, honest, accurate and age-appropriate lessons all about relationships. Through the school's ethos and values, we aim to develop children's knowledge, skills, opinions, strategies and confidence - enabling them to cope with life and live safely and happily in the modern world.

We highly value the partnership between school and home and will promote open and informative two-way communication. We aim to provide parents and carers with accurate information about what their child is learning in school and to provide the best learning environment and opportunities for our children.

Our Relationships Education curriculum is inclusive and meets the needs of all children, including those with special educational needs or disabilities (SEND). We also aim to promote gender equality and represent the LGBT+ community through our Relationships curriculum in an age appropriate way.

Through our comprehensive Relationships Education provision, we aim to provide all pupils with:

- the knowledge and understanding of a variety of relationships;
- the ability to identify any concerns they have about a relationship;
- coping strategies and an awareness of how and where to seek support;
- an understanding of their rights and responsibilities within a range of relationships;
- an awareness of the process of growing up and the changes they and others will experience;
- an understanding of the characteristics of positive relationships.

Statutory Regulations

From September 2020, all primary schools must deliver Relationships Education. Under the Education Act 2002/Academies Act 2010, all schools must provide a balanced and broadly-based curriculum which:

- promotes the spiritual, moral, cultural, mental and physical development of pupils at the school and of society, and
- prepares pupils at the school for the opportunities, responsibilities and experiences of later life. Documents that inform the school's Relationships Education Policy include:
    - Education Act (1996); ○ Learning and Skills Act (2000); ○ Education and Inspections Act (2006); ○ Equality Act (2010);
    - Supplementary Guidance SRE for the 21st century (2014); ○ Keeping children safe in education – statutory safeguarding guidance (2026); and ○ Children and Social Work Act (2017).

The DfE's statutory Relationships, Sex and Health Education (RSHE) objectives were updated in July 2026, becoming statutory in September 2026. The objectives reflect a greater emphasis on children developing the skills needed to build and maintain healthy friendships and relationships, identify when something doesn't feel right and critically examine risks they may encounter helping them to make informed choices and stay safe. The updated objectives also support children to develop resilience, respect, honesty and self-worth.

Roles and Responsibilities

The Relationships Education programme in our school will be led by the PSHE lead. A school governor representative will also be responsible for the Relationships Education programme.

All staff members involved in teaching and supporting the Relationships Education curriculum will be trained and supported by Annette Webster

Our Relationships and Health Education Curriculum [Statutory Requirement]
Our inclusive Relationships curriculum supports the objectives set out by the PSHE Association which meet the statutory requirements for Key Stage 1 and 2. It forms a core part of our comprehensive PSHE curriculum.

Our Relationships Scheme of Work can be viewed on our school website. Paper copies are available from the school office on request.

Learning in Relationships Education lessons will link to learning in PSHE and science. Our lessons will be differentiated where appropriate, ensuring all children are able to participate fully. Children will be given the opportunity throughout the units of work to reflect on and evaluate their learning - assessment opportunities are built in to every lesson.

The **RSHE 2026 Objectives: Twinkl PSHE Curriculum Overview** includes all updated RSHE objectives and maps where they are covered within the **Twinkl Life PSHE scheme of work.**

Sex and Relationship Education [Non-Statutory Requirement]
The purpose of Sex and Relationship Education (SRE) is to provide knowledge and understanding of how the human body changes during puberty and the processes of human reproduction, within the context of relationships based on love and respect. It should develop understanding and attitudes which will help pupils to form relationships in a responsible and healthy manner and to appreciate the value of stable family life, including the responsibilities of parenthood and marriage.

If young people can start their transition into adulthood with good information and the confidence and knowledge to understand what is happening to them, they will grow into confident and healthy adults able to make positive choices. This can start with learning the basics about growing up and the sessions in school may reinforce what you are already doing at home.

At Monkston Primary School we follow the *Twinkl Life* Sex and Relationship Education units in Years 2, 4 and 6. The following lessons outline the SRE curriculum that will be taught in the summer term at Monkston.

Year 2

Unit and Lesson Title	Objectives Covered	Big Questions
Growing Up – Our Bodies [Lesson 1]	To know the names for the main parts of the body [including external genitalia] and the body similarities and differences between boys and girls. To know about the process of growing from young to old and how people's needs change.	What are the main parts of the body called? What are the differences between girls and boys?

Year 4

Unit and Lesson Title	Objectives Covered	Big Questions
Growing Up – Human Reproduction [Lesson 1]	H33. about the processes of reproduction and birth as part of the human life cycle; how babies are conceived and born (and that there are ways to prevent a baby being made); how babies need to be cared for	What are the differences between the male and female bodies? What are the male and female body parts for?
Growing Up – Where Do I Come From? [lesson 6]	H33. about the processes of reproduction and birth as part of the human life cycle; how babies are conceived and born (and that there are ways to prevent a baby being made); how babies need to be cared for	How are babies made? How are babies born?

Year 6

Unit and Lesson Title	Objectives Covered	Big Questions
Growing Up – Let's Talk about Sex [Lesson 5]	H9. that bacteria and viruses can affect health; how everyday hygiene routines can limit the spread of infection; the wider importance of personal hygiene and how to maintain it H30. to identify the external genitalia and internal reproductive organs in males and females and how the process of puberty relates to human reproduction H33. about the processes of reproduction and birth as part of the human life cycle; how babies are conceived and born (and that there are ways to prevent a baby being made); how babies need to be cared for R25. recognise different types of physical contact; what is acceptable and unacceptable; strategies to respond to unwanted physical contact	What is a sexual relationship? Who can have a sexual relationship? What is an STI? How can these be prevented?
Growing Up – Human Reproduction [Lesson 6]	H33. about the processes of reproduction and birth as part of the human life cycle; how babies are conceived and born (and that there are ways to prevent a baby being made); how babies need to be cared for	How is a baby conceived? What is contraception? How does a baby grow? How is it born?

Parents have the right to withdraw their child from all or part of the sex education programme that is not included in the lessons that schools are legally required to teach (the statutory National Curriculum).

Requests to withdraw a child from any of these non-statutory sex education lessons (those listed above) should be made in writing to the Headteacher before the programme begins in the summer term.

Delivering the Curriculum

Our PSHE lessons are taught by staff who are trained in delivering the specific content of the lessons. Ground rules will be established in class and children reminded of these. Special consideration will be given when teaching particularly sensitive content and staff will be fully aware of the children in their class and how they might relate to the lesson content.

We aim to create and maintain a safe environment within which all children feel able to ask questions and discuss issues openly. For any child wishing to discuss something confidential, relating to the lesson content, an opportunity will be provided.

Each class also has a question box, which gives children the option to write down their questions and receive an answer on a one-to-one basis, rather than in front of the whole class. Distancing techniques will be employed in our Relationships Education, as with other areas of the PSHE curriculum, meaning that children are able to discuss fictional characters and scenarios, rather than discuss their own lives and experiences.

In order to meet the needs of all children and to make our lessons engaging, we aim to deliver our Relationships Education curriculum through a variety of teaching methods and interactive activities.

Assessment, Monitoring and Reporting

Self-assessment is an important part of learning in Relationships Education and PSHE. Children will reflect on their learning throughout the units. We highly value pupil voice and will take into account the opinions and comments of our children about what they would like to learn.

Staff delivering the Relationships curriculum will critically reflect on their teaching and best practice will be shared through lesson observations, monitoring of planning and children's work and training opportunities.

Children's learning and progress in Relationships Education, as part of their learning in PSHE, will be reported to parents and carers in the end of year report and can be discussed at parent consultation evenings.

Safeguarding

Teachers are aware that effective SRE, which brings an understanding of what is and what is not appropriate in a relationship, can lead to a disclosure of a child protection issue. In this instance, teachers will consult with the designated safeguarding lead and in his/her absence, their deputy.

Safeguarding lead Hannah Williams
Safeguarding deputy Aimee Mills

Visitors and external agencies which support the delivery of Relationships Education will be required to adhere to the school's safeguarding policy and policies relating to the subjects they are teaching or contributing towards.

Engaging Stakeholders

This policy will be available to view on the school website by all stakeholders. Parents will be informed of this policy once it has been approved by the board of governors.

Parents and carers have the legal right to withdraw their child from all or part of sex education taught as part of statutory Relationships Education, with the exception of the objectives included in National Curriculum science. Those considering this option will be asked to speak with Mrs Webster, our PSHE lead, in order to find out more about this.

Reviewing the Policy

This policy will be reviewed on an annual basis.
This will ensure that information is accurate and follows up-to-date statutory requirements and that the views of all stakeholders are heard and considered regularly.

Monkston Primary School
Adopted by the Local Governing Body
July 2026

Monkston Primary School is part of Kingsbridge Educational Trust, a charitable company limited by guarantee and registered in England and Wales with company number 09144847. The registered office is at Oakgrove School, Venturer Gate, Middleton, Milton Keynes, MK10 9JQ