



Relationships, Sex and Health Education Policy

This policy is prescribed by The Good Shepherd Trust and all reference to 'the Trust' includes all Trust schools, the central team and subsidiary organisations.

Date adopted:	01/01/2025	Last reviewed:	24/11/2025
Review cycle:	Annually	Is this policy statutory?	Yes
Approval:	Chair / Cttee	Author:	Jacky Fyson
Local approval*:	David Draper	Local author*:	Headteacher
Next Review Date of Template Policy:	01/12/2026		

*Local approval will either be the local committee, the head teacher, or the CEO (refer to policy schedule)

Revision record

Minor revisions should be recorded here when the policy is amended in light of changes to legislation or to correct errors. Significant changes or at the point of review should be recorded below and approved at the level indicated above.

Revision No.	Date	Revised by	Approved date	Comments
1	23/01/2025	H Burnett D Draper	23/01/2025	
2	24/11/25	K Saunderson		General updates

Our Vision: In Harmony we Nurture, Inspire and Flourish

Our school's approach to Relationship, Sex and Health Education (RSHE) follows that of the Church of England Education Office in that it seeks to be faith-sensitive and inclusive. It is underpinned by two key Biblical passages:

"So God created humankind in his image, in the image of God he created them"
(Genesis 2:7)

"I have come in order that you might have life - life in all its fullness"
(John 10:10)

Our Aims:

At St John's Church of England School, everyone will be treated with dignity as all people who are made in the image of God and are loved equally by God.

We acknowledge the Equalities Act 2010 www.legislation.gov.uk/ukpga/2010/15/content

All pupils have a right to an education which enables them to flourish and is set in a learning community where differences of lifestyle and opinion (within that which is permissible under UK law) are treated with dignity and respect; where bullying of all kinds is eliminated; and where they are free to be themselves and fulfil their potential without fear.

St John's Safeguarding policies and practice can be found on the school website. St John's C of E Primary School - Policies (stjohnsdorking.uk)

St John's is a school within the Good Shepherd Trust (GST). The GST has published its Statement of Intent for RSHE (Annex). It aligns with Statutory Guidance that the school's RSHE Policy should be relevant and appropriate for the pupils, developed in consultation with staff and parents within the context of the local community. Its review and approval of the policy has been delegated to the Local Committee via its Scheme of Delegation defined in the Governance Handbook.

Statutory Guidance:

This policy is structured around the Statutory Guidance for Relationships and Sex Education (ref 1 in Annex) and covers:

Mandatory Subjects

- defines relationships education
- sets out the subject content, how it is taught, how parents can view curriculum materials and who is responsible for teaching it
- describes how the subject is monitored and evaluated
- includes information to clarify why parents do not have a right to withdraw their child
- confirms how the policy has been produced, who approves the policy and the date by which the policy will be reviewed

Non-mandatory subjects

St John's chooses to teach sex education. This policy therefore:

- defines any sex education we choose to teach other than that covered in the science curriculum
- sets out the subject content, how it is taught and who is responsible for teaching it
- describes how the subject is monitored and evaluated
- includes information about a parent's right to request that their child be excused

- confirms the date by which the policy will be reviewed

This policy also covers:

- details of content and scheme of work and when each topic is taught, taking account of the age of pupils
- who delivers either Relationships Education or RSE how the policy has been produced, and
- how it will be kept under review, in both cases working with parents
- how delivery of the content will be made accessible to all pupils, including those with SEND
- explanation of the right to withdraw
- requirements on schools in law, such as The Equality Act 2010: advice for schools
- how often the policy is updated
- who approves the policy

RSHE Curriculum Principles

Our school seeks to ensure that the RSHE curriculum protects, informs and nurtures all pupils. It clearly differentiates between factual teaching (biology, medicine, the law, marriage, different types of families and the composition of society) and moral teaching about relationships and values, recognising that the distinction can be easily blurred and that there needs to be discernment about the manner in which this is taught. We teach RSHE within a moral (but not moralistic) framework.

RSHE in St John's Church of England School is about what constitutes wellbeing and loving care for ourselves (physical and mental health education), how we show loving care for others (relationships education) and, when at an appropriate age and stage in life, how we show loving care to those we choose to be intimate with, including within marriage (sex education).

It is also about the spiritual and moral aspects of healthy, loving and nurturing relationships within a context of a Christian vision for the purpose of life.

Pupils will consider how to ensure that they treat themselves and others, at all times and in all contexts, with dignity and respect.

These aims are reflected in the whole of the school curriculum. They are interdependent and cannot be achieved without the provision of the PSHEE curriculum.

All RSHE Curriculum aspects will be presented in an age-appropriate way and primarily delivered by teaching staff. Professional specialists and pre-prepared material will be used where appropriate.

Relationships Education

Definition: Relationships Education is learning about how to:

- be appreciative of existing relationships;
- form new healthy friendships; and
- enjoy strong positive, caring, relationships with good boundaries, online and in person.

This will particularly refer to family relationships (including marriage), friendships and relationships with peers and adults.

The right to withdrawal from sex education

Parents do have the right to excuse their children from this aspect of RSHE and can do so by making concerns known and applying in writing to the Headteacher. The school will invite any enquiring parents or legal guardians to talk through concerns. An explanation of the rationale for RSHE will be given; an opportunity will be offered to review the intended materials and to consider the impact of not receiving sex education with peers.

Withdrawing a child from sex education remains a statutory right as a parent or legal guardian. If a pupil is excused from sex education, it is the school's responsibility to ensure that the pupil receives appropriate, purposeful education during the period of withdrawal. There is no right to withdraw from relationships education or health education.

Defining health education

Health education is learning about physical health and mental wellbeing so that pupils can make wise choices to ensure their own flourishing and the flourishing of others.¹

The RSHE and Wellbeing Curriculum

At St John's Church of England School, we teach: Mental wellbeing, Internet safety and harms, physical health and fitness, healthy eating, drugs, alcohol and tobacco, health and prevention and basic first aid.

Subject content and talking about RSHE is set out in the Kapow Parent Guide [click [here](#)]

These are the requirements for RSHE from the Department for Education [click [here](#)]

Sex Education

¹ See *Mental Health and Wellbeing: Towards a Whole School Approach* (March 2018)

This is not mandatory at a Primary School level but St John's chooses to include Sex Education as part of its RSHE Curriculum

Parents do have the right to excuse their children from the Sex Education aspect of RSHE. They can do so by making concerns known and applying in writing to the Headteacher. The school will invite any enquiring parents or legal guardians to talk through concerns. An explanation of the rationale for RSHE will be given; an opportunity will be offered to review the intended materials and to consider the impact of not receiving sex education with peers.

Withdrawing a child from sex education remains a statutory right as a parent or legal guardian. If a pupil is excused from sex education, it is the school's responsibility to ensure that the pupil receives appropriate, purposeful education during the period of withdrawal. There is no right to withdraw from relationships education or health education.

Health Education

Definition: Health education is learning about physical health and mental wellbeing so that pupils can make wise choices to ensure their own flourishing and the flourishing of others.¹ These are the requirements for RSHE from the Department for Education [[click here](#)]

How will RSHE be taught in our school?

RSHE will be delivered professionally and as an identifiable part of our PSHE and Wellbeing Curriculum. 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.

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 Act 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.

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 the excesses of media in all its forms.

RSHE will promote healthy resilient relationships set in the context of character and virtue development that sits within the schools Christian Vision and Values.

Values such as such as honesty, integrity, self-control, courage, humility, kindness, forgiveness, generosity and a sense of justice

All staff teaching this sensitive and important subject will have received training. This training will be regularly reviewed and revisited.

Pupils with SEND will have had the content made accessible to them in a sensitive and differentiated manner.

At St John's Church of England School RSHE is taught by confident trained staff. It is important that pupils have confidence in the teacher and that a 'safe space' is created where pupils feel confident and can ask age-appropriate questions.²

RSHE will be monitored and evaluated

This will follow the same monitoring and evaluation processes used throughout the school for other subjects i.e. pupil conferencing, work reviews, learning walks etc.

Policy Review

²

This policy has been produced by consultation with the Diocese of Guildford and our Local Committee

It has been produced in consultation with parents and will be reviewed in consultation with parents. 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.