St. Wilfrid's Church of England Primary School

Relationships and Sex Education Policy

Our Christian Vision:

Our distinctive Christian vision is to follow Jesus' example, enabling all members of the school family to live and love fully. We believe God loves us all and we develop understanding of the Christian faith and the teachings of Jesus, helping all to flourish in daily life. Rooted in our core Christian values of Wisdom, Perseverance, Trust, Creativity, Respect and Kindness, we provide a safe and supportive environment where children are encouraged to aim high in their academic, personal and spiritual development. We strive to be a school community where everyone belongs, contributes and is equipped to impact the world beyond, demonstrating kindness and love through their behaviour and attitudes.

Let all that you do be done in love (1 Cor 16:14)

Date: May 2026

Ratified by Governing Body July 2026

Vision

The greatest commandment Jesus taught was to love God and to love your neighbour.
Within this commandment is the foundation of the Christian view of relationships. Each child is a unique being, a child of God, loved and accepted. As such, our school seeks to enable children to develop through an inclusive programme of teaching that is based on Christian principles, which both respects the human body and seeks to ensure health and well-being. The aim of this policy is to support the health and well-being of all pupils through age appropriate education, in the context of our school's Christian ethos and mission statement: Love God, Love Each Other, Love Learning.
Our delivery of the RSE programme will reflect our whole school values, kindness, creativity, respect, trust, perseverance and wisdom.

Rational

At St-Wilfrid's CE Primary School, we believe it is important to address relationships and sex education as it lays the foundations for supporting children and young people through their physical, personal and spiritual development. We are committed to helping keep our children safe and equipped with the correct information. Some things they learn from other sources may be incorrect, frightening and confusing. We believe this includes supporting our children to confidently and safely filter information and images on social media and to recognise the importance of online safety dangers, particularly in online relationships.

This policy covers our approach to RSE. It was produced by the school's PSHE and RSE Coordinator through consultation with staff, governors, pupils and parents. It has been written in line with the following Government guidance: Relationships Education and Sex Education (RSE) and Health Education; Guidance for governing bodies, proprietors, head teachers, principals, senior leadership teams, teachers July 2026; alongside guidance from Blackburn Diocese.

Aims and Objectives

The aims of relationship and sex education at St. Wilfrid's CE Primary School are:

• To ensure Sex and Relationships Education is part of a child's broad, balanced curriculum, integral to the basic curriculum of the school and part of the child's all-round development.
• To enable pupils to understand the qualities of healthy relationships based on Christian principles, including the principles of respect and kindness.
• To prepare children for healthy relationships in an online world.
• To understand how to stay safe, know the importance of boundaries and how to report abuse or feelings of being unsafe, including staying safe online.
• Help pupils develop a positive and secure personal identity, a sense of their own value and feelings of confidence and empathy.
• Create a positive culture around issues of sexuality and relationships.
• To ensure that all understand the importance of respecting others and accepting those who differ, yet challenging those behaviours and attitudes which exploit others.
• To know how to 'love your neighbour' even when we might disagree.

Statutory requirements

This school complies with the requirements of the Equality Act and the Public Sector Equality Duty in addition to complying with the statutory guidance on Relationships Education, Sex Education (RSE) and Health Education

Policy Development and Review

This policy has been developed in consultation with staff, pupils and parents. The consultation and policy development process involved the following steps:

1. Review – a working group (PSHE Coordinator and Head Teacher with teaching staff consulted when appropriate) gathered all relevant information including relevant national, diocesan and local guidance.
2. Staff and governor consultation – all school staff/ governors were given the opportunity to look at the policy and make recommendations
3. Parent/stakeholder consultation – parents and any interested parties were invited to respond to a questionnaire and if appropriate speak to key members of staff about the policy
4. Pupil consultation – we considered the questions pupils have asked in previous years
5. Ratification – once amendments were made, the policy was shared with governors and ratified

This policy will be reviewed annually (or earlier if new guidance is issued) using the above process, drawing on the views of pupils, parents, staff and the community at the time of review.

Definitions

1. *Relationships Education* is the programme of work that forms part of the basic curriculum. It covers all types of relationships including online, peer to peer, family and carer relationships. It also covers respect for others and staying safe.

2. *Sex Education* is a programme of work that covers how a baby is made in the context of a stable, loving relationship. The children learn about how a baby is conceived, develops in the womb and how a baby is born. The children learn about puberty in both sexes including both physical and emotional changes. The focus is to teach children about the nature and purpose of the changes of puberty, to help them deal with these changes in a practical way and to encourage them to make wise decisions as they develop and mature. This aspect is taught to Years Five and Six and age appropriate resources are used. Parents will be informed in advance in order that they may address any questions from their children.

3. *Health Education* is a programme of teaching about puberty, physical health and fitness, healthy eating, mental wellbeing, drugs, alcohol and tobacco.

4. *The Science curriculum* explores reproduction in the context of life cycles of animals and plants and explores the changes as humans develop from a baby to old age (see National Curriculum for Science).

Right to be excused from sex education

Parents have the right to request that their child be withdrawn from some or all of sex education delivered as part of RSE (see definition 2 above).

Requests for withdrawal should be put in writing and addressed to the headteacher. A copy of the withdrawal request will be placed in the pupil's educational record. The Headteacher will arrange a meeting to discuss the request with parents and, where appropriate the child, and take appropriate action.

Parents cannot withdraw their child from any part of Relationship Education or the Science curriculum (see definitions 1 and 3 above) as this now forms part of the basic curriculum and is a requirement of the government's statutory guidance.

Alternative work will be given to pupils who are withdrawn from Sex Education.

Curriculum Delivery of RSE
Appendix 1 outlines the curriculum overview for the school in relation to RSE showing which topics are taught in which year groups. In addition, the overview indicates where cross curricular work covers RSE content.

All content is adapted to meet the needs of pupils with special educational needs or disabilities and where specific adaptions are needed, they are detailed in the overview.

Difficult questions & sensitive issues in relation to sex education
Our school's Relationship and Sex Education programme will provide opportunities for children to 'talk honestly and openly'. At the same time, we have to respect the pace of children's maturation. We feel that some topics are best postponed until the secondary school years. There are also sensitive or controversial topics (see below) over which some staff, parents and governors may have reasonable concerns.

Our school has decided **not** to teach about or answer questions on: rape, oral sex, exploitative or violent sexual practices, incest, abortion, prostitution, contraception, masturbation, about forms of sexual intercourse including homosexual practices, or foreplay. AIDS/HIV issues will be discussed in an age-appropriate and sensitive manner as and when they are encountered.
If a child asks a question on any topic listed in the first section of the above list, teachers will explain that this is a matter not dealt with in school, that the child should consult his/her parent for an answer. The school will normally seek to inform parents when such a question is asked.

In some cases, a question or request for advice may indicate the pupil to be at risk or in danger, in which case appropriate action will be taken in accordance with the school's written policy and procedure for Child Protection. This also means that if a pupil puts a private question to a teacher or other member of staff and requests secrecy, no promise of secrecy or confidentiality will be given, but with the reassurance that any steps taken will always be in the pupil's best interest.

Roles and responsibilities

The governing board
The governing board will approve the RSE policy and hold the headteacher to account for its implementation.
The headteacher
The headteacher is responsible for ensuring that RSE is taught in a carefully sequenced way within a planned programme, and for managing requests to withdraw pupils from sex education.
Staff
Staff are responsible for:
• Teaching in line with the Church of England foundation of the school.
• Delivering RSE with sensitivity.
• Modelling positive attitudes to RSE.
• Responding to the needs of individual pupils.
• Ensuring parental information letters have been sent out to parents/carers prior for teaching 'Developing Bodies' units, within a reasonable timeframe to allow for parents to review

• Ensuring parental consultation letters have been sent out to parents/carers prior to teaching sex education, within a reasonable timeframe to allow for parents to review
• Responding appropriately to pupils whose parents wish them to be withdrawn from sex education.

Staff do not have the right to opt out of teaching RSE. Staff who have concerns about teaching RSE are encouraged to discuss this with the headteacher.

Pupils
Pupils are expected to engage fully in RSE and, when discussing issues related to RSE, treat others with respect and sensitivity.

Training
Staff are trained on the delivery of RSE (e.g. in use of the Lovewise materials) and collaborate over appropriate groupings during delivery.
The headteacher may invite visitors, such as school nurses or sexual health professionals, to assist with the delivery of RSE or to train staff. Any visitors will follow the school policy and deliver in line with the Church of England ethos of the school.

Monitoring arrangements
The delivery of RSE is monitored through planning scrutiny, discussion with teaching staff involved in delivering RSE and anonymous pupil questionnaires.

Appendix 1-Curriculum Overview

Year Group	**Content**	**How is it taught**	**Member of staff responsible**
Reception- Year 6	Children learn about healthy relationships. Children learn how to keep themselves healthy. (See PSHE Policy) Children learn the correct names of external body parts including the penis, vulva, vagina, testicles etc.	Via the PSHE curriculum using a planned progression of age appropriate materials from KidSafe, Values Education and Corum SCARF materials	class teachers
Year 3	Children learn about the menstrual cycle, including physical and emotional changes	Via the PSHE curriculum – 'My changing body' unit	Year 3 class teacher
Year 2	Children learn that animals, including humans, have offspring which grow into adults	Via the Science curriculum	Year 2 class teacher
Year 5	Children learn to describe the life	Via the Science curriculum	Year 5 class teacher

	process of reproduction in some plants and animals Children learn to describe the changes as humans develop to old age (including puberty).		
Years 5 and 6	The children learn about puberty in both sexes including both physical and emotional changes. The focus is to teach children about the nature and purpose of the changes of puberty, to help them deal with these changes in a practical way and to encourage them to make wise decisions as they develop and mature. Children learn how a baby is made in the context of a stable, loving relationship. The children learn about how a baby is conceived, develops in the womb and how a baby is born.	This will mainly be taught using aspects of the LoveWise "Growing up…Growing wise" teaching resource pack. All resources used will be age appropriate and not overly graphic, for example by using diagrams of the body.	This will usually be taught by the Year 5 and 6 class teachers with support from the PSHE coordinator, school nurse or LoveWise staff if required.