

Relationships, Sex and Health Education

Policy Guidance

The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019 make Relationships Education compulsory for all pupils receiving primary education and Relationships and Sex Education (RSE) compulsory for all pupils receiving secondary education. They also make Health Education compulsory in all schools except independent schools. The regulations also set out the rights of parents/carers to withdraw pupils from Sex Education but not from Relationships or Health Education. The DfE statutory guidance on Relationships Education, Relationships and Sex Education (RSE) and Health Education can be found [here](#).



This Lincoln Diocesan Board of Education guidance document will support you to produce a policy document relating to the delivery of Relationships, Sex and Health Education (RSHE) in your church school setting. For the purposes of this document, we refer to RSHE to cover all elements referred to in the DfE's statutory guidance; where elements (e.g. Sex Education) are not relevant to all primary settings, this will be clearly stated. This guidance document has been produced using guidance and exemplar policy documents produced by The Key, North Lincolnshire Services for Education and Katy Staples (Schools' Adviser, Diocese of Bristol).

Things to Consider:

- All schools must have a written policy in place for RSHE; the process of writing a policy should include consultation with relevant stakeholders, including parents/carers.
- This guidance refers to relevant requirements and examples of good practice, but you will need to ensure your policy reflects your context
- Senior leaders in academies will need to ensure that their RSHE policy meets any relevant conditions of their funding agreement/articles of association

A Definition of Relationships, Sex and Health Education for Church Schools

All Church of England and Methodist schools within the Diocese of Lincoln are statutorily required to teach Relationships Education, Relationships and Sex Education and Health Education. Within the context of Christian beliefs about human dignity (e.g. Genesis 1:26-27) and the need to love your neighbour as you love yourself (e.g. Mark 12:30-31), RSHE enables pupils to flourish and gain every opportunity to live fulfilled lives.

RSHE is about the emotional, social and physical aspects of growing up, healthy relationships, sex, human sexuality and sexual health. It is also about the spiritual and moral aspects of relationships within a context of a Christian vision for the purpose of life. Through RSHE in church schools, pupils will have the chance to learn about how to ensure that they treat themselves and others, at all times and in all contexts, with dignity and respect.

What Should Our Policy Include?

Infant / Primary	
• The statutory context within which RSHE is being delivered	
• A statement that the policy has been developed in consultation with relevant stakeholders	
• A definition of Relationships Education	
• Where relevant, a definition of Sex Education [see here for more guidance]	
• An explanation of the way in which RSHE is set within the context of the broader curriculum, connecting it with the school's curriculum intent and overarching distinctively Christian vision	
• An outline of the subject content, how it is taught and who will be teaching it	
• A description of the way in which the subject is monitored and evaluated	
• An explanation as to why parents/carers <i>do not</i> have a right to withdraw their child from Relationships and Health Education	
• Where relevant, an explanation of the process by which a parent/carer can withdraw their child from some or all of Sex Education	
• A date by which the policy will be reviewed	
Secondary	
• The statutory context within which RSHE is being delivered	
• A statement that the policy has been developed in consultation with relevant stakeholders	
• A definition of Relationships and Sex Education	
• An explanation of the way in which RSHE is set within the context of the broader curriculum, connecting it with the school's curriculum intent and overarching distinctively Christian vision	
• An outline of the subject content, how it is taught and who will be teaching it	
• A description of the way in which the subject is monitored and evaluated	
• An explanation as to why parents/carers <i>do not</i> have a right to withdraw their child from Relationships and Health Education	
• An explanation of the process by which a parent/carer can withdraw their child from some or all of Sex Education	
• A date by which the policy will be reviewed	

An Exemplar Policy for an Infant / Primary / Junior Church School / Academy in the Diocese of Lincoln

[xxx] Church of England/Methodist Infant/Primary School/Academy

[School vision statement]

This policy has been developed in consultation with all stakeholders, including governors, staff, pupils and parents/carers.

I. A Definition of Relationships, Sex and Health Education for Church Schools

All Church of England and Methodist schools within the Diocese of Lincoln are statutorily required to teach Relationships Education, Relationships and Sex Education and Health Education. Within the context of Christian beliefs about human dignity (e.g. Genesis 1:26-27) and the need to love your neighbour as you love yourself (e.g. Mark 12:30-31), RSHE enables pupils to flourish and gain every opportunity to live fulfilled lives.

RSHE is about the emotional, social and physical aspects of growing up, healthy relationships, sex, human sexuality and sexual health. It is also about the spiritual and moral aspects of relationships within a context of a Christian vision for the purpose of life. Through RSHE in church schools, pupils will have the chance to learn about how to ensure that they treat themselves and others, at all times and in all contexts, with dignity and respect.

Relationships Education is learning about how to:

- be appreciative of existing relationships
- to form new healthy relationships
- to enjoy strong positive, non-exploitative, caring relationships online and in person.

This will particularly reference family relationships including marriage, friendships and relationships with peers and adults.

In this school any content that might be regarded as Sex Education: learning about human body parts, growth, puberty and reproduction will be taught through the Science Curriculum. Parents do not have the right the excuse their children from this aspect of the curriculum.

Sex Education in primary schools is not mandatory; however, the National Curriculum for Science in primary schools includes content about human body parts, growth, puberty and reproduction.

Parents/guardians do not have the right to withdraw from this aspect of the curriculum.

[If appropriate, you may wish to insert something here about the school's choice to teach certain elements of Sex Education due to the specific context of the school and its pupils. For more information to see [here](#).

For example:

In [xxx] Church of England Infant / Primary School / Academy we have decided that it is important to include *[insert aspect of sex education curriculum]* to protect and prepare the children in our community. Parents/carers do have the right to excuse their children from this aspect of Sex Education (see below for more information).]

2. Statutory Requirements

[Local authority maintained church infant / primary school]

As a local authority maintained church school, we are statutorily required to provide Relationships Education to all pupils under section 34 of the Children and Social Work Act 2017. We are not required to provide Sex Education, but we are required to teach elements of sex education contained within the Primary Science curriculum.

[If appropriate, you may wish to insert something here about the school's choice to teach certain elements of Sex Education due to the specific context of the school and its pupils. For more information to see [here](#).]

In teaching RSHE, we have regard to the guidance issued by the secretary of state as outlined in in [section 403 of the Education Act 1996](#).

At [xxx] Church of England/Methodist Infant/Primary School, we teach RSHE as set out in this policy.

[Church infant / primary academy]

As a primary church academy, we must provide Relationships Education to all pupils as per section 34 of the Children and Social Work Act 2017. We do not have to follow the National Curriculum, but we are required to offer all pupils a curriculum that is similar in breadth and depth to the National Curriculum, including requirements to teach science, which would include the elements of sex education contained within the Primary Science curriculum.

[If appropriate, you may wish to insert something here about the school's choice to teach certain elements of Sex Education due to the specific context of the school and its pupils. For more information to see [here](#).]

In teaching RSHE, we have regard to the guidance issued by the secretary of state as outlined in in [section 403 of the Education Act 1996](#).

[Where relevant, add anything specific relating to the academy funding agreement or articles of association here.]

At [xxx] Church of England/Methodist Infant/Primary School, we teach RSHE as set out in this policy.

3. RSHE Curriculum

Our RSHE curriculum has been developed in consultation with various stakeholders, including governors, staff, pupils and parents/carers and takes into account the context of the school and its pupils.

[Insert information about topics to be covered. These could include:

- *Families and people who care for me*
- *Caring friendships and respectful relationships*
- *Internet safety, safe online relationships and the risks of online relationships*
- *Mental wellbeing*
- *Basic first aid, physical health and fitness, health and fitness, healthy eating, risks to health, e.g. drugs, alcohol, tobacco]*

This RSHE curriculum has been planned in the context of our broader curriculum intent, and the delivery of this part of the curriculum is one of the ways in which we seek to realise our overarching distinctively Christian vision. It reflects core Christian teachings about human beings and healthy relationships, including the belief that all are made in the image of God, are loved by God and are therefore to be treated with dignity and respect. This enables our pupils to understand that they should value the gift of themselves and recognise and respect this gift of uniqueness in others by seeking out healthy relationships. It will also help them understand a range of Christian views on the importance of long-term relationships as building blocks for family stability.

4. Delivery of RSHE

[Describe the way in which RSHE curriculum is delivered, for example:

RSHE is taught as part of the broader PSHE curriculum. Biological aspects of RSHE are taught within the Primary Science Curriculum and some elements of RSE may be taught within the RE curriculum, particular with relation to a range of views on relationships from religions and worldviews. Teaching is delivered by class teachers; some elements of RSHE education are delivered by a trained health professional. The school uses a range of resources to deliver effective RSHE and all staff involved in delivering RSHE receive appropriate training and support. Pupil progress and attainment in RSHE will be monitored annually.]

All RSHE is delivered with an understanding that pupils and staff may be personally engaged in different structures of support and familial relationships, including single parent families, LGBTQ families, families headed by grandparents, adoptive parents, foster parents/carers, young carers, etc. The RSHE curriculum has been carefully designed to ensure that no person feels stigmatised; this is set within the context of the biblical teaching that all human beings are created in the image of God (Genesis 1:26-7) and that Christians are called to respect and honour everyone (e.g. 1 Peter 2:17).

For more information about the delivery of RSHE, please contact the RSHE curriculum leader, [xxx].

5. Parental Right to Withdraw from Sex Education

Parents/guardians do not have the right to withdraw their children from Relationships Education. Elements of Sex Education are included in the Primary Science Curriculum and parents/guardians do not have the right to withdraw their children from the Science Curriculum.

Parents have the right to withdraw their children from the non-science elements of Sex Education within RSHE. Requests for withdrawal should be put in writing to the head teacher. We will invite you to talk through your concerns, review the materials we use and explain our rationale. Withdrawing your child from Sex Education remains a statutory right as a parent or legal guardian.

This policy will be monitored and reviewed by [xxx]

It was approved by the full governing body on [xxx]

Date of review: [xxx]

An Exemplar Policy for a Secondary Church Academy in the Diocese of Lincoln

[xxx] Church of England Secondary Academy

[School vision statement]

This policy has been developed in consultation with all stakeholders, including governors, staff, pupils and parents/carers.

1. A Definition of Relationships, Sex and Health Education for Church Schools

All Church of England and Methodist schools within the Diocese of Lincoln are statutorily required to teach Relationships Education, Relationships and Sex Education and Health Education. Within the context of Christian beliefs about human dignity (e.g. Genesis 1:26-27) and the need to love your neighbour as you love yourself (e.g. Mark 12:30-31), RSHE enables pupils to flourish and gain every opportunity to live fulfilled lives.

RSHE is about the emotional, social and physical aspects of growing up, healthy relationships, sex, human sexuality and sexual health. It is also about the spiritual and moral aspects of relationships within a context of a Christian vision for the purpose of life. Through RSHE in church schools, pupils will have the chance to learn about how to ensure that they treat themselves and others, at all times and in all contexts, with dignity and respect.

2. Statutory Requirements

As a secondary church academy, we must provide Relationships and Sex Education to all pupils as per section 34 of the Children and Social Work Act 2017. We do not have to follow the National Curriculum, but we are required to offer all pupils a curriculum that is similar in breadth and depth to the National Curriculum.

In teaching RSHE, we have regard to the guidance issued by the secretary of state as outlined in [section 403 of the Education Act 1996](#).

[Where relevant, add anything specific relating to the academy funding agreement or articles of association here.]

At [xxx] Church of England Secondary Academy, we teach RSHE as set out in this policy.

3. RSHE Curriculum

Our RSHE curriculum has been developed in consultation with various stakeholders, including governors, staff, pupils and parents/carers and takes into account the context of the school and its pupils.

[Insert information about topics to be covered. These could include:

Relationships and Sex Education

- *Families*
- *Respectful relationships, including friendships*
- *Internet safety, safe online relationships and the risks of online relationships; media and social media – staying safe*

- *Intimate and sexual relationships including sexual health*

Health Education

- *Mental Wellbeing*
- *Basic first aid, physical health and fitness, health and fitness, healthy eating, risks to health, e.g. drugs, alcohol, tobacco, changing adolescent body]*

This RSHE curriculum has been planned in the context of our broader curriculum intent, and the delivery of this part of the curriculum is one of the ways in which we seek to realise our overarching distinctively Christian vision. It reflects core Christian teachings about human beings and healthy relationships, including the belief that all are made in the image of God, are loved by God and are therefore to be treated with dignity and respect. This enables our pupils to understand that they should value the gift of themselves and recognise and respect this gift of uniqueness in others by seeking out healthy relationships. It will also help them understand a range of Christian views on the importance of long-term relationships as building blocks for family stability.

4. Delivery of RSHE

[Describe the way in which RSHE curriculum is delivered, for example:

RSHE is taught as part of the broader PSHE curriculum. Some elements of RSE may be taught within the RE curriculum, particular with relation to a range of views on relationships from religions and worldviews. Teaching is delivered by class teachers; some elements of RSHE education are delivered by a trained health professional. The school uses a range of resources to deliver effective RSHE and all staff involved in delivering RSHE receive appropriate training and support. Pupil progress and attainment in RSHE will be monitored annually.]

All RSHE is delivered with an understanding that pupils and staff may be personally engaged in different structures of support and familial relationships, including single parent families, LGBTQ families, families headed by grandparents, adoptive parents, foster parents/carers, young carers, etc. The RSHE curriculum has been carefully designed to ensure that no person feels stigmatised; this is set within the context of the biblical teaching that all human beings are created in the image of God (Genesis 1:26-7) and that Christians are called to respect and honour everyone (e.g. 1 Peter 2:17). We are mindful of our duty to care for the whole person and we are committed to ensuring our students are safe and well-supported; we do this within the context of our school vision, which seeks to ensure all members of our school community can live well and flourish.

For more information about the delivery of RSHE, please contact the RSHE curriculum leader, [xxx].

5. Parental Right to Withdraw from Sex Education

Parents/guardians do not have the right to withdraw their children from Relationships Education.

Parents have the right to withdraw their children from the non-statutory or non-science elements of Sex Education within RSHE up to and until three academic terms before their child turns sixteen. After this, if the pupil wishes to receive Sex Education, the school will accommodate this wish.

Requests for withdrawal should be put in writing to the head teacher. We will invite you to talk through your concerns, review the materials we use and explain our rationale. Withdrawing your

child from Sex Education remains a statutory right as a parent or legal guardian up to and until three academic terms before their child turns sixteen.

This policy will be monitored and reviewed by [xxx]

It was approved by the full governing body on [xxx]

Date of review: [xxx]