



HOLY TRINITY CE PRIMARY SCHOOL



Learning together with God's love

We aspire to be a happy, confident and caring community where children are motivated to flourish and achieve their full potential in a supportive learning environment, underpinned by a strong Christian ethos.

Perseverance Aspiration Respect Teamwork

1 John 4: 16 'God is love and those who love live in God, and God lives in them'.

HOLY TRINITY C E PRIMARY SCHOOL

Relationships, Sex and Health Education (RSHE) Policy

Vision

We aspire to be a happy, confident and caring community where children are motivated to achieve their full potential in a supportive learning environment, underpinned by a strong Christian ethos.

1 John 4: 16: 'God is love and those who live in love live in God, and God lives in them'.

POLICY	Relationships, Sex and Health Education (RSHE) Policy
SOURCE	HTS
REVIEWED BY	Reviewed by PSHE Lead; SLT Summer 2026; FGB
APPROVED	14.07.26
REVIEW DUE	Summer 2028

Rationale and Ethos

From 1 September 2026, the Department for Education statutory guidance for Relationships Education, Relationships and Sex Education (RSE), and Health Education applies to all primary schools. Holy Trinity Primary School will ensure full compliance with this guidance.

Children are growing up in an increasingly complex world with both opportunities and risks. RSHE aims to equip pupils with the knowledge and skills to make informed decisions about their wellbeing, health and relationships. It supports the development of resilience, enabling children to recognise when they need help and how to access support.

Teaching will place strong emphasis on safeguarding, including protection from harmful content (such as online pornography), understanding healthy and unhealthy behaviours (including coercion and control), developing critical thinking, and learning about the law in an age-appropriate way.

All teaching will be age-appropriate, inclusive, and sensitive to the pupils' backgrounds and beliefs. Resources will be factual, accurate and evidence-informed, and any external materials or visitors will align with statutory guidance and the school's Christian ethos.

There is a strong focus on digital awareness and online safety, including online relationships, consent, image-sharing, misinformation, exploitation, and reporting concerns.

RSHE promotes positive personal qualities such as respect, integrity, kindness, resilience, honesty, trust and courage. Pupils will learn about consent, personal boundaries, bodily autonomy, and how to seek help if they feel unsafe.

Definition of RSHE

At Holy Trinity, Relationships Education covers the physical, social, emotional and legal aspects of relationships, including friendships, family life, and interactions with others.

Primary schools are not required to teach explicit sexual content beyond the National Curriculum for Science. The school will meet with parents who request withdrawal to explain the curriculum and clarify statutory and non-statutory content.

Statutory Outcomes

By the end of primary school, pupils will learn about:

- Healthy, respectful relationships
- Marriage and civil partnership in UK law
- Online behaviour and safety
- Risks of harmful sexual behaviour and how to seek help
- Mental wellbeing and recognising poor mental health
- Online risks, including pornography, misinformation and exploitation

Science Curriculum Content

Key Stage 1

- Naming and identifying body parts, including private parts (e.g. penis and vagina) as part of safeguarding.

Key Stage 2

- Life processes, including reproduction in plants and animals
- Human development and ageing
- Puberty, including physical and emotional changes (e.g. periods, wet dreams, hygiene)

Puberty education is statutory and taught before changes occur.

Non-Statutory Sex Education (Upper Key Stage 2)

Pupils may learn about:

- Conception (sperm and egg)

- Sexual intercourse
- Pregnancy and birth

This content is non-statutory. Parents will be informed in advance and may request withdrawal.

Curriculum Design

RSHE is taught through the PSHE curriculum across all year groups. The curriculum is based on West Sussex Education for Safeguarding (E4S) resources and adapted to meet pupils' needs.

Teaching will be factual, balanced and non-partisan, particularly when addressing protected characteristics, beliefs, or legal issues.

Safe and Effective Practice

Teachers will establish clear ground rules before teaching RSHE. Pupils will be encouraged to:

- Use correct vocabulary
- Show respect for themselves and others
- Ask questions appropriately (including via a question box)

Questions will be answered honestly and age-appropriately. If a question is beyond the curriculum, pupils may be directed to discuss it with a trusted adult at home.

Concerns about safeguarding will be addressed following school procedures. Staff will reinforce that sexual activity under 16 is unlawful and sharing any sexual images including of children is illegal.

Staff will seek guidance if unsure about responding to sensitive issues.

Resources

Teaching resources will be carefully selected and monitored by the PSHE lead. Where appropriate, materials will be shared with parents before lessons.

Safeguarding

Staff must not promise confidentiality if a pupil discloses sexual information. All concerns must be reported to a Designated Safeguarding Lead (DSL) promptly, with records made as soon as possible. The lead DSL at Holy Trinity is: Ann MacGregor – Headteacher. There are three deputy DSL's - Lynne Howard – Assistant Headteacher/SENDCO, Julie Anne Dell – EYFS and KS1 lead class teacher and Amanda Stenning – KS2 Lead and class teacher

All staff receive annual safeguarding training and understand RSHE content and procedures.

Engaging Parents and Carers

The RSHE policy is available on the school website. Parents are consulted during updates and informed before non-statutory teaching.

Parents may view teaching materials and discuss concerns with staff. Requests to withdraw from sex education must be made in writing to the headteacher. The school will work with parents to support the child's learning if withdrawn.

Monitoring and Review

The PSHE subject leader monitors planning and provides feedback. Whole-school issues are addressed through staff meetings and the PSHE Action Plan.

This policy is reviewed at least every two years.