



# St Mary's Hampton

## Church of England Primary School

# RELATIONSHIPS AND SEX EDUCATION POLICY

Reviewed by Deputy Headteacher: Spring 2026  
Reported to Local Governing Committee: April 2026

Review Frequency: Every three years  
Next Review: Summer 2029

### School Vision and Values

At St Mary's Hampton, our Christian vision is rooted in the values of **faith, hope and love**. These values guide our daily life, relationships and curriculum, enabling every child and adult to flourish as a valued member of God's family.

### How our Christian Vision Shapes RSHE

Our approach to RSHE is shaped by our commitment to faith, hope and love, placing the dignity, worth and wellbeing of every individual at the centre of learning. Grounded in the teachings of Jesus, RSHE at St Mary's Hampton supports pupils to develop respectful relationships, make wise and informed choices, and grow in confidence and compassion. Teaching is age-appropriate, inclusive and sensitive, encouraging pupils to understand themselves and others as uniquely created and deeply loved by God. Through RSHE, pupils are nurtured to develop resilience, empathy and hope for the future, while learning to live well together in a diverse society.

Our close links with our parish church further inform this work, providing a lived faith perspective that emphasises love, service, forgiveness and community. Through shared worship, pastoral support and Christian example, pupils see how faith shapes relationships and everyday life. This partnership ensures RSHE is firmly rooted in Christian values while remaining open, thoughtful and respectful of different beliefs and experiences.

## **Church of England Charter**

We undertake to follow the principles in the Church of England Charter for faith-sensitive and inclusive RSHE. This is underpinned by the biblical teachings that all people are made in the image of God (Genesis 1:27) and that God desires life in all its fullness for everyone (John 10:10). All members of our school community will be treated with dignity and respect.

## **Aims of the Policy**

This policy aims to:

- Reflect the school's Church of England status and Christian distinctiveness
- Follow the teachings of the Church of England on marriage and relationships
- Support pupils and adults to flourish within a safe and nurturing environment
- Provide a clear framework for teaching sensitive and important topics
- Prepare pupils for puberty and promote understanding of physical and emotional development
- Develop self-respect, confidence, empathy and self-worth
- Promote healthy, respectful and loving relationships
- Teach correct vocabulary for body parts and personal development
- Safeguard pupils and staff
- Meet the requirements of the Equality Act 2010, safeguarding guidance and the SEND Code of Practice

## **Statutory Guidance and Links**

This policy has regard to all relevant statutory guidance including DfE RSHE guidance, the National Curriculum, Equality Act 2010, Keeping Children Safe in Education, Working Together to Safeguard Children, and SIAMS inspection requirements. Links are also made to the school's Safeguarding, Behaviour and Anti-Bullying policies.

## **Policy Development**

This policy has been developed in consultation with governors and staff, alongside LDBS guidance. Parents are informed and engaged in the process and the policy is reviewed at least every three years. All stakeholders are informed of RSHE content in advance and teaching materials are shared through school communication channels to promote openness and partnership.

## **Definition of RSHE**

At St Mary's Hampton, RSHE supports the emotional, social, moral, cultural and spiritual development of pupils. It includes learning about families, friendships, respectful relationships, online safety, mental wellbeing, physical health, healthy lifestyles and keeping safe.

RSHE is statutory and is taught in line with the Department for Education's statutory guidance for Relationships Education and Health Education. The school reviews this curriculum regularly to ensure it continues to meet current and emerging statutory expectations.

RSHE is taught using the **Jigsaw PSHE scheme**, which is fully mapped against the statutory DfE Relationships and Health Education requirements. The scheme provides a carefully sequenced, age-appropriate programme that ensures all mandatory content is covered.

Within Jigsaw, the *Relationships*, *Celebrating Difference*, *Healthy Me* and *Changing Me* units together ensure coverage of families, friendships, respect, online safety, physical and mental health, and puberty. The *Changing Me* unit includes teaching about physical and emotional changes during puberty and growing up. Any content beyond the statutory science curriculum is shared with parents in advance.

RSHE involves a combination of sharing information and exploring issues and values. It is not about the promotion of sexual activity and is taught with sensitivity, honesty and care.

### **Curriculum Content and Delivery**

- RSHE is taught through the Jigsaw PSHE scheme
- Content is carefully sequenced and age-appropriate
- Parents are informed of content before it is taught
- Teaching reflects the diverse backgrounds of pupils while sharing a clear Christian perspective
- Balanced discussion is encouraged where appropriate
- Teaching is inclusive and accessible, including for pupils with SEND
- External agencies are only used when content aligns with the school's policy and values

### **Monitoring and Evaluation**

RSHE is monitored by the RSHE lead teacher and senior leaders through planning reviews, lesson observations and pupil voice. Governors oversee the policy through the appointed RSHE link governor. Pupils' progress is monitored by class teachers as part of the school's assessment systems.

### **Roles and Responsibilities**

#### **Governing Board**

The Governing Board approves and oversees this policy, ensuring it reflects the school's Christian distinctiveness and statutory requirements. A lead governor for RSHE is appointed.

#### **Headteacher**

The Headteacher is responsible for the implementation, monitoring and review of RSHE, ensuring staff are trained, resources are current and curriculum time is protected. A lead teacher for RSHE is appointed.

### **Parental Right to Withdraw**

Parents do not have the right to withdraw their children from Relationships Education. Parents may withdraw their child from the non-statutory elements of sex education beyond the science curriculum. Requests must be made in writing to the Headteacher and alternative work will be provided.

### **Policy Review**

This policy will be reviewed every three years.

**Date of next review:** Summer 2029

**Appendix 1**

TO BE COMPLETED BY PARENTS/CARERS			
Name of child		Class	
Name of parent/carer		Date	
Reason for withdrawing from sex education within relationships and sex education			
Any other information you would like the school to consider			
Parent signature			

TO BE COMPLETED BY THE SCHOOL	
Agreed actions from discussion with parents/carers	

## Appendix 2

### How Jigsaw PSHE 3-11 Supports Statutory RSHE Compliance

Jigsaw, the mindful approach to PSHE, provides complete coverage of all statutory Relationships Education and Health Education requirements through six carefully sequenced Puzzles (units) taught across the academic year. Learning is age-appropriate and builds progressively from Reception to Year 6.

Puzzle	When taught	Statutory coverage	Key RSHE Content
<b>Being Me In My World</b>	Autumn 1	Relationships Education, Health Education	Rights and responsibilities, help-seeking, trusted adults, boundaries, conflict resolution, citizenship, the UNCRC
<b>Celebrating Difference</b>	Autumn 2	Relationships Education	Family diversity (including same-sex parents), bullying prevention, protected characteristics, inclusion, challenging stereotypes
<b>Dreams &amp; Goals</b>	Spring 1	Health Education	Self-esteem, resilience, mental wellbeing, healthy lifestyle choices, financial literacy, online safety, water safety
<b>Healthy Me</b>	Spring 2	Health Education	Physical health, substance awareness (smoking, vaping, alcohol), safety education (road, rail, water, fire), first aid, mental health
<b>Relationships</b>	Summer 1	Relationships Education	Families, friendships, personal boundaries, online relationships, recognising unhealthy relationships, support networks
<b>Changing Me</b>	Summer 2	Health Education + optional Sex Education	Life cycles, body parts, puberty, menstruation, body image, conception and birth (optional)

**Complete statutory coverage** Every requirement from the DfE's 2025 RSHE guidance is addressed within the programme. Further detailed mapping documents show exactly where each statutory outcome is covered.

**Age-appropriate progression** Content builds year on year. Children revisit key themes with increasing depth and complexity, ensuring they are prepared for each stage of development.