



Relationship and Sex Education (RSHE)

The Relationships Education, RSE, and Health Education (England) Regulations 2019 have made Relationships Education compulsory in all primary schools. Sex education is not compulsory in primary schools and the content set out in the guidance therefore focuses on Relationships Education.

The content set out in the guidance covers everything that primary schools should teach about relationships and health, including puberty. The national curriculum for science also includes subject content in related areas, such as the main external body parts, the human body as it grows from birth to old age (including puberty) and reproduction in some plants and animals.

It is important that the transition phase before moving to secondary school supports children's ongoing emotional and physical development effectively. The department for education continues to recommend therefore that all primary schools should have a sex education programme tailored to the age and the physical and emotional maturity of the children. It should ensure that both boys and girls are prepared for the changes that adolescence brings. In the overview that you will find on this website, you will see the content of what is taught. You will also find Jigsaw documents that offer support to parents in how to talk to their children about RSHE and how to link this with what is being taught in school.

Relationships Education will put in place the building blocks needed for positive and safe relationships, including with family, friends and online. Your child will be taught what a relationship is, what friendship is, what family means and who can support them. In an age-appropriate way, we will cover how to treat each other with kindness, consideration and respect.

Health Education aims to give your child the information they need to make good decisions about their own health and wellbeing, to recognise issues in themselves and others, and to seek support as early as possible when issues arise.

RSHE at Christ Church School

At Christ Church School, we teach the Relationships, Sex and Health Education (RSHE) curriculum through the Jigsaw scheme of work. Our policy and scheme of work are reviewed annually by our governors and staff. We will teach RSHE to children throughout school using and applying objectives from the new regulations. RSHE includes Relationships Education, Health Education and we will also teach some non-statutory elements of sex education. We follow the advice of the DfE in teaching age-appropriate sex education lessons to children, enabling them to be able to talk confidently, and knowledgeably about their bodies.

RSHE is lifelong learning about relationships, emotions, different families, sex, sexuality, sexual health and looking after ourselves. RSHE has a key part to play in the personal, social, moral and spiritual development of children. We want our children to have the appropriate knowledge in these areas and to become confident individuals who have a positive body awareness and understand how to keep themselves safe and healthy. Through RSHE, our children will have a better understanding of a diverse range of people and families and through this understanding will form positive and respectful relationships and friendships with others.

We believe that the Jigsaw programme is very sensitive and it has been welcomed by parents in previous years.

If you require further information about the content of RSHE then please contact your child's class teacher.

You do have the right to withdraw your child from the non-statutory sex education element of RSHE in writing. This element is taught only in Year 6. All other aspects are part of the science curriculum and Relation Education curriculum which are compulsory.