



Independent and Co-educational School

**Relationship and Sex and Health Education Policy
(SJ410)**

Date of Issue: September 2025

Date of review: August 2026

Owner: Director of Studies / Writer: Head of PSHE

DEAN CLOSE ST JOHNS SCHOOL

Relationship and Sex and Health Education Policy

Aims

- To provide a Christian moral framework as the context for future choices
- To inform and prepare pupils for adult life and relationships
- To provide a safe and secure environment within which personal matters relating to their own bodies, and development into young adults, can be discussed openly and honestly
- To support the work in Science, by presenting clearly the biological facts about reproduction
- To encourage pupils' sensitivity to the needs and situations of others
- To encourage pupils to understand personal responsibility in all matters of relationships – mental and physical

Introduction

This policy sets out Dean Close St John's whole-school approach to Relationships, Sex and Health Education (RSHE). We believe RSHE is vital for pupils' personal, social and emotional development. It equips children with the knowledge, skills and values they need to have safe, respectful and fulfilling relationships, and enables them to take responsibility for their health and wellbeing.

We are committed to delivering age- and developmentally-appropriate RSHE as part of Relationships Education. High-quality teaching upholds the school's ethos, Christian values, and commitment to equality and inclusion.

This policy was produced in consultation with staff, trustees, parents and pupils. It complies with the Children and Social Work Act 2017 and statutory RSHE guidance, and will be reviewed regularly to reflect changes in legislation and pupil needs.

It should be read alongside:

- PSHE Policy
- Anti-Bullying Policy
- Behaviour Management Policy
- Child Protection and Safeguarding Policy
- Online Safety Policy

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Equality, Inclusion and Social Justice

We believe that Relationships Education is a key vehicle for promoting equality, inclusion and social justice. Our Relationships Education is designed to promote gender equality through challenging gender stereotypes, sexism and sexual harassment in schools. We take these issues seriously and ensure that we embed content on gender equality throughout the curriculum.

We are also committed to a Relationships Education that makes every pupil feel valued and included and is relevant to them. This means we are committed to an LGBT+ inclusive and SEND inclusive curriculum and are mindful of the SEND Code of Practice 2014 when planning for this subject. We will also ensure that we take into account the religious and cultural background of all pupils when teaching Relationships Education. An inclusive Relationships Education at Dean Close St. John's will seek to challenge all forms of discrimination and prejudice between pupils and promote understanding and respect as outlined under the Equality Act 2010.

Definition of Relationship Education

We define relationships education as learning about the physical, social, legal and emotional aspects of human relationships including friendships, intimate, sexual and committed relationships and family life.

At Dean Close St. John's, in order to cover the curriculum content in the RSHE Guidance, we will equip our pupils to build positive and respectful relationships on and offline. We seek to ensure that it gives pupils the knowledge, skills, attitudes and values that will help them to:

- realise their health, wellbeing and dignity
- build self-esteem and self-worth
- explore and value their personal identity and the identities of others
- explore a range of family structures, including LGBT+ families and other family structures
- understand and make sense of the real-life issues they are experiencing in the world around them
- manage and explore difficult feelings and emotions
- consider how their choices affect their own wellbeing and that of others
- develop as informed and responsible citizens
- understand and ensure the protection of their rights throughout their lives.

Definition of Sex Education

We define sex education as learning about the physical, social, legal and emotional aspects of human sexuality and behaviour, including human reproduction. This includes conception and contraception, safer sex, sexually transmitted infections and sexual health.

We take the approach that relationships and sex education are best approached in an integrated way. We will take care to highlight lessons that contain what we define as sex education so that

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we can respect the wishes of parents who have withdrawn their children from this content. Simultaneously, we will seek to nurture children's curiosity about the world around them, supporting their development and their respect for themselves and each other.

Many aspects of sex education are complimented by our curriculum for science curriculum where children learn about the main external body parts and changes to the human body as it grows from birth to old age, including puberty. In the statutory Health Education curriculum children learn about puberty and menstruation.

We deliver content on menstruation from year 6 in order that girls can learn about menstruation in advance of them starting their first period.

Our sex education programme builds upon the content already delivered through the Science and Health Education curriculum and is the foundation for helping children to stay safe and understand more about their sexual health and wellbeing. We recognise that some parents may be uncomfortable with their children receiving sex education in prep school. However, in our experience, children will naturally ask questions about sex and their bodies, and be curious about where they come from. We believe that it is safer and better for children to receive age appropriate and medically accurate information from trained teachers rather than learn inaccurate and harmful information through peers or online.

We believe that sex education should allow children a safe space to ask the questions that they may have without shame or judgement. Evidence states that a graduated, age and developmentally appropriate curriculum is the best way of preventing the topic of sex, reproduction and private body parts becoming taboo or embarrassing.

Subject Content

The RSHE curriculum is developed in conjunction with the PSHE Association and covers the following at different times of the year. We will endeavour to let parents/carers know in advance when the more sensitive topics are being covered.

Year 1 Relationship Education

- Families and friendships
- Safe relationships
- Respecting ourselves and others

Year 2 Relationship Education

- Making friends
- Working cooperatively and sharing opinions
- managing secrets
- resisting pressure
- recognizing hurtful behaviour

Year 3 Relationships Education

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- Teamwork
- Understanding emotions
- Showing empathy
- Resolving conflict
- Trusted people and feeling safe

Year 4 Relationship Education

- How to communicate with others
- 'What makes a good friend?'
- Teamwork
- Anti-bullying
- Different types of relationships
- Characteristics of healthy family relationships

Year 5 Relationships Education

- Identifying emotions
- How to make good friends
- Anti-bullying
- Mutual respect
- Stereotypes and discrimination
- Privacy and personal boundaries
- Acceptable and unacceptable contact

Year 6 Relationships Education

- Friendship and making new friends
- Identifying emotions and developing strategies to avoid conflict
- Staying safe online
- Online-only friendships
- Respecting boundaries
- Developing morals
- Loss and bereavement

Year 7 and 8 Relationships and Sex Education

- Important characteristics of a friendship
- Anti-bullying
- Sexting and relationships online
- Prejudice in Society
- Healthy and unhealthy relationships
- Challenging Homophobic language
- Peer pressure
- Puberty
- Online relationships
- Healthy Body Image
- Healthy Relationships
- Challenging Discrimination including LGBTQ+
- Sexualised behaviour

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- Gender identity and gender-based bullying
- Consent

Evaluation of our scheme of work is crucial to ensure that we can continue to improve provision and teaching effectiveness. We will take feedback from teacher and pupils to ensure the content is reviewed and updated regularly.

Responsibility for RSHE

The Head of PSHEE has overall responsibility for the planning and delivery of RSHE at Dean Close St John's, supported by the Science Department and class teachers. The Head of PSHEE reports regularly to the Head and Senior Leadership Team. Trustees are responsible for ensuring that the RSHE policy is implemented and reviewed in line with statutory guidance.

Monitoring and Evaluation

RSHE is monitored through lesson observations, pupil voice, teacher feedback and curriculum review. The Head of PSHEE evaluates provision annually and reports to the Senior Leadership Team and Trustees. Adjustments to content and delivery are made in response to pupil needs, staff training requirements and updates in statutory guidance.

Answering Pupils Questions

Relationships Education explores a range of issues that may provoke questions from pupils. We view questions as a positive sign that pupils are engaged with what is being taught and feel able to explore natural curiosities about themselves, their bodies and relationships with others.

As much as possible, where a question is relevant to the whole class, we will answer it to the whole group. There may occasionally be the need to deal with a question outside of the classroom if it is not suitable for the entire class. We recognise that some pupil questions may go beyond the statutory Relationships Education curriculum and could include questions about sex and sexuality related topics that are covered in our sex education curriculum. In such cases, the teacher may choose to delay answering the question in front of the whole class until the appropriate sex education lesson. Questions will always be answered in an age and developmentally appropriate way and take into account whether a parent/carer has requested their child to be removed from sex education lessons.

We believe that an open approach to answering questions prevents pupils from learning inaccurate or harmful information online or from peers and older students. We believe exploring issues with the whole class helps to reduce the stigma and shame that can surround some of the issues explored in our Relationships Education curriculum. Importantly, we believe that children are better protected from harm and abuse when they can discuss issues openly with trained professionals and in a safe environment.

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Working with Parents and Carers

We believe that the successful teaching of Relationships Education involves parents/carers and schools working together. We also believe that parents/carers can play an important role in the Relationships Education of their children through further discussions at home that have taken place in school. Our Relationships Education policy has been developed through consultation with parents/carers.

We deliver PSHE and RSE education using the Muse Wellbeing curriculum.

In the Muse Wellbeing curriculum, there are only three non-statutory lessons (found in Year 6) across the whole programme. These focus on age appropriate topics such as understanding our bodies, learning about reproduction and life cycles, and exploring the concepts of consent, respect and keeping safe.

All learning content is designed to be informative, respectful and age-sensitive.
Our partnership with Muse Wellbeing

To deliver these important subjects, our school uses the Muse Wellbeing curriculum. Muse Wellbeing provides high quality, carefully sequenced lessons for each year group, supported by teacher resources and guidance. Every lesson is designed to meet statutory requirements, while also nurturing wellbeing, empathy and respect.

Muse Wellbeing helps us:

- Deliver weekly lessons that are age appropriate and inclusive
- Meet the statutory guidance for RSE education 2025
- Equip children with practical skills for life, wellbeing and learning
- Support staff with clear, structured resources that are engaging to use

Find out more about the Muse Wellbeing curriculum and explore their Parents/Carers section at <https://musewellbeing.co.uk/parents-carers>

By working together with parents, carers and the wider community, we can ensure every pupil receives a PSHE and RSE education that prepares them for life, learning and future success.

Parent's Right to Withdraw

As outlined within the Statutory Guidance, parents/carers have the right to request their child be withdrawn from some or all of **sex** education delivered as part of Relationships and Sex Education. All requests for withdrawal should be put in writing and addressed to the Head. The Head and Head of PSHEE will discuss the request with parents and take appropriate action. Alternative work will be given to pupils who are withdrawn from Sex Education.

Safeguarding

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Teachers are aware that effective RSE, which brings an understanding of what is and what is not appropriate in a relationship, can lead to a disclosure of a child protection issue. All staff are trained annually on how to respond to student disclosures. Teachers will consult with the designated safeguarding lead and in his/her absence their deputy. Any external agencies are informed of the school's safeguarding policy prior to interaction with students.

The sex education programme in DCSJS is incorporated within the PSHE programme and is part of the Science Curriculum. The sessions are scheduled to take place during the Trinity term in the Science curriculum. The contents of the sessions are differentiated for different year groups. Discussions about relationships and marriage are set within a Christian framework and perspective. In all cases the staff seek to respond sensitively to the questions and concerns raised, being well aware that home situations may be complicated.

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