



Sex, Relationship and Health Education Statement

Review Date	Reviewer	Approved By	Date Approved	Implementation Date
Summer Term 2022	Mrs S Bell	Trust Board	May 2022	Summer Term 2022
Summer Term 2023	Mrs S Bell	Trust Board	May 2022	Summer Term 2023
Summer Term 2024	Mrs S Bell	Trust Board	July 2024	Summer Term 2024
Summer Term 2025	Mrs S Bell	Trust Board	June 2025	Summer Term 2025
Summer Term 2026				

Issue No:	5
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Changes to Policy		
Issue No	Date	Description
3	July 2023	No changes
4	July 2024	No changes
5	June 2025	<ul style="list-style-type: none"> Added that children may be taught about the risks of online gaming, social media and scams but not before Y3

Contents

1. Rationale	3
2. Aims and Objectives	3
3. Curriculum Coverage	4
4. Inclusion	4
5. Confidentiality	4
6. Resources	4

1. Rationale

In September 2020 the teaching of Relationship Education and Health Education became compulsory in schools. This is in response to the identified risks children and young people may face through their increased online activities and the need to support them to be safe and healthy, and manage their academic, personal and social lives in a positive way. The world children live in is very different to the world 20 years ago when the current guidelines came into place. The changes bring the content into the 21st century and relevant for the future the children in school will need to be prepared for. Unlike the current Sex and Relationship Education Policies parents do not have the right to withdraw their children from Relationship Education.

In primary schools, the aim is that the subject puts in place the key building blocks of healthy, respectful relationships, focusing on family and friendships, in all contexts, including online. This will sit alongside the essential understanding of how to be healthy.

Teaching about mental wellbeing is central to these subjects, especially as a priority for parents is their children's happiness. The wide consultation prior to the guidelines showed that children and young people are increasingly experiencing challenges, and that young people are at particular risk of feeling lonely. The new subject content will give them the knowledge and capability to take care of themselves and receive support if problems arise.

All schools are required have a Relationship Policy and program tailored to the age and the physical and emotional maturity of the children. This includes sex education that is taught outside of the Science curriculum.

2. Aims and Objectives

Our objectives at Balmoral learning Trust are to develop a programme of study that link to the values of the Trust, curriculum principles and wider school policies.

- There is a named lead in each school for Relationship and Health Education who is responsible for ensuring that it is resourced and timetabled to ensure content is taught in an appropriate way in each key stage.
- The Trust and School Equality Policies and procedures identify the protected characteristics and that no adult or child is unlawfully discriminated against because of them; and that the needs of everyone in the school community are met in a culture of mutual understanding and respect.
- There is a clear link in school documentation between the content of Relationship Education, Health education and other subject areas so that it compliments current schemes of work and is part of a whole school approach to well-being and health.
- There is a clear link between Relationship and Health education and the current safeguarding requirements set out in Keeping Children Safe in Education.
- Schools in the Trust teach LGBT content as part of the curriculum but ensures it is fully integrated into the curriculum rather than as a standalone unit or lesson.
- Parents are part of the development and there is transparency of the school policy on Relationship Education and that they receive clear information on the subject content and resources used.
- There is an agreement on teaching sex education outside of the science curriculum and that parents know they have the right to withdraw their child from this part of the curriculum only.

3. Curriculum Coverage

Through a planned curriculum from the EYFS to Y6 children will cover:

Relationship Education

- Families and people who care for me
- Caring relationships
- Respectful relationships
- Online relationships
- Online gaming, social media and scams- not before Y3
- Being safe

Health Education

- Mental wellbeing
- Internet safety and harms
- Physical health and fitness
- Healthy eating
- Health prevention
- Changing adolescent body

4. Inclusion

We understand the importance of ensuring that all children in our school receive their entitlement to Relationship and Health education. We will carefully consider special educational needs or disability, gender, sexual orientation and age, nationality, religion, cultural and linguistic background when planning and delivering the programme of learning.

We understand that the programme of learning is accessible to all children and that there is challenge for more able children.

5. Confidentiality

Balmoral learning Trust has a clear and explicit Confidentiality Policy that is shared with all staff and is available for parents. As part of the programme of work children will gain an understanding of confidentiality. This policy will be shared with all professionals, visitors who work in our school with children. They will be expected to follow it when working in one of our schools.

6. Resources

Schools in the Trust will review their resources and share samples of the resources used in school. This will part of a wider consultation on the policy and scheme of work that will take place on a regular basis when the individual school policies are reviewed.