"I Am Fearfully And Wonderfully Made"
– Psalms 139 v14

Relationships, Sex and Health Education (RSHE)

Intent, Implementation and Impact

Intent

At St Mary's CE Primary School, Relationships, Sex and Health Education is rooted in our Christian vision of "Investing in the Uniqueness of Each Individual" and our values of Love, Trust and Hope. We believe every child is uniquely created and loved by God and deserves to be equipped with the knowledge, understanding and personal qualities needed to develop healthy relationships, maintain positive physical and mental wellbeing, and keep themselves safe throughout their lives.

Our RSHE curriculum aims to support children to develop self-worth, resilience, kindness, respect and responsibility. Through age-appropriate and inclusive learning, children gain the knowledge and skills required to build positive relationships, understand themselves and others, manage change, recognise risk and seek support when needed. We teach RSHE to prepare children for the opportunities, responsibilities and experiences of modern life whilst promoting their spiritual, moral, social and cultural development.

Implementation

RSHE is taught progressively from Early Years to Year 6 through our wider PSHE curriculum using the PSHE Association Programme of Study and 1Decision resources.

Learning is sequenced to build knowledge and understanding over time and is revisited regularly to deepen pupils' understanding and application.

Relationships Education covers:

- Families and people who care for us.
- Caring friendships.
- Respectful relationships.
- Online relationships.
- Being safe.

Health Education covers:

- Mental wellbeing.
- Physical health and fitness.
- Healthy eating.
- Personal hygiene.
- Dental health.
- Health prevention.
- Sleep and healthy lifestyles.
- Internet safety and online harms.
- Basic first aid.
- Growing and changing, including puberty.
- Keeping safe and recognising risk, including the safe use of medicines and harmful substances

Age-Appropriate Sex Education

As part of our wider RSHE curriculum, pupils are also taught age-appropriate Sex Education in accordance with Department for Education guidance.

Children learn about:

- Their body and personal boundaries.
- Naming external body parts correctly.
- Similarities and differences between people.
- Family relationships and the people who care for them.
- Privacy, consent and seeking help from trusted adults.
- Growing, changing and staying healthy.

Lower Key Stage 2 (Ages 7-9)

Children build on prior learning through:

- Understanding changes as they grow.
- Developing awareness of body changes.
- Exploring healthy friendships and respectful relationships.
- Recognising and responding to unsafe situations.
- Understanding personal safety, including online safety.

Upper Key Stage 2 (Ages 9-11)

Children learn about:

- Puberty and the physical and emotional changes associated with growing up.
- Human reproduction in an age-appropriate context.
- Maintaining personal hygiene during puberty.
- Healthy relationships and mutual respect.
- Personal boundaries, consent and seeking support.
- Preparing for the transition to secondary school.

Teaching is carefully sequenced to ensure that learning builds progressively over time and reflects the age, maturity and needs of our pupils. Content is delivered sensitively within the context of our Christian vision and values, ensuring that all children feel safe, respected and supported. Teaching is carefully sequenced, age appropriate and delivered sensitively within the context of our Christian vision and values. Children are encouraged to discuss, question, reflect and explore ideas within a safe, respectful and supportive environment. Learning is enhanced through collective worship, themed events, pastoral support, safeguarding education, online safety learning and wider enrichment opportunities.
Teaching is delivered in an age-appropriate manner that reflects the Christian values and inclusive ethos of St Mary's.

Impact

Through our RSHE curriculum, children will:

- Develop positive, healthy and respectful relationships.
- Recognise their own worth and the worth of others.
- Understand how to keep themselves physically, emotionally and digitally safe.
- Demonstrate age-appropriate understanding of physical and emotional health.
- Show increasing resilience, confidence and independence.
- Understand how to seek help and support when needed.
- Use appropriate vocabulary to discuss relationships, health, wellbeing and change.
- Demonstrate an age-appropriate understanding of human development, puberty and growing up.
- Be well prepared for the next stage of their education and personal development.

As a result, children leave St Mary's as confident, compassionate and responsible individuals who demonstrate our values of Love, Trust and Hope and are equipped to navigate an increasingly complex world safely and successfully.