

THE CANONS CE PRIMARY SCHOOL



Sex and Relationships Education Policy 2026

Signed (Chair of Governors)

Signed Head Teacher

Date February 2026

Review Date February 2027

1 Introduction

We have based our school's Sex and Relationships Education (SRE) policy on the DfE guidance document Sex and Relationship Education Guidance (ref DfE 0116/2000). In this document, sex education is defined as 'learning about physical moral and emotional development. It is about understanding the importance of marriage for family life, stable and loving relationships, respect, love and care. It is also about the teaching of sex, sexuality, and sexual health'.

We have also based our policy on the guidance of the General Synod Board of Education. They state, "Sex is not only a given fact of human existence, but in Christian belief is a gift of God as part of creation (although not a statutory part of the curriculum). It is important that as they grow up children come to an understanding of their own bodies, instincts and feelings".

Sex education is part of the personal, social and health education curriculum in our school. While we use sex education to inform children about sexual issues, we do this with regard to matters of morality and individual responsibility, and in a way that allows children to ask and explore moral questions and further their emotional development. We do not use sex education as a means of promoting any form of sexual orientation.

- 1.1 Equal Opportunities Participation in the SRE programme is for all children regardless of age, ability, gender, race or background. The school aims to adapt delivery for all pupils. Further reference should be made to the school's SEN, Equal Opportunities and Racial Equality Policies.
- Withdrawal of Pupils from SRE In line with the amendment to the Education Bill (1993), parent's have the statutory right to withdraw their child from any or all parts of the school's SRE programme other than the parts which are required in the national curriculum. If a parent wishes their child to be withdrawn, they should discuss this with senior members or staff/Head teacher and make it clear which aspects they do not wish their child to participate in.

2 Aims and Objectives

- 2.1 Our aim is to promote the spiritual, moral, cultural, mental and physical development of our pupils and so prepare them for the opportunities, responsibilities and experiences of adult life.
- 2.2 We teach children about:
- the physical development of their bodies as they grow into adults;
 - the way humans reproduce;
 - respect for their own bodies and the understanding of sexual activity being part of a committed, long-term, and loving relationship;
 - moral questions;
 - relationship issues;
 - respect for the views of other people;
 - sex abuse and what they should do if they are worried about any sexual matters.
 - Identify adults they can trust and talk to
 - Be self-confident in a range of new situations
 - View situations from other people's points of view
 - Form opinions which they can articulate to a variety of audiences
 - Discuss moral questions

3 Context

- 3.1 We teach sex education in a Christian context of love, faithfulness and forgiveness in such a way that, as the pupils mature, they will become aware of their responsibility, not only for themselves, but also for those whom they love and the people with whom they live and work.
- 3.2 While sex education in our school means that we give children information about sexual behaviour, we do this with an awareness of the moral code and values which underpin all our work in school. In particular, we teach sex education in the belief that:
- sex education should be taught in the context of marriage and family life;
 - sex education is part of a wider social, personal, spiritual and moral education process;
 - children should be taught to have respect for their own bodies;
 - children should learn about their responsibilities to others, and be aware of the consequences of sexual activity;
 - it is important to build positive relationships with others, involving trust, equality and respect;
 - children need to learn the importance of self-control.

4 The National Healthy School Standard

- 4.1 We now participate in the National Healthy School Standard scheme, which promotes health education. As participants in this scheme we:
- consult with parents on all matters of health education policy;
 - have a team of trained teachers to teach sex education;
 - listen to the views of the children in our school regarding sex education;
 - look positively at any local initiatives that support us in providing the best sex education teaching programme that we can devise.

5 Planning/organisation

- 5.1 We teach sex education in class groups through different aspects of the curriculum. While we carry out the main sex education teaching in our personal, social and health education (PSHE) curriculum, we also teach some sex education through other subject areas (for example, Science, PE and RE), where we feel that they contribute significantly to a child's knowledge and understanding of his or her own body, and how it is changing and developing.
- 5.2 In PSHE we teach children about relationships, and we encourage children to discuss issues. We teach about the parts of the body and how these work, and we explain to them what will happen to their bodies during puberty. For example, we tell the boys that their voices will change during puberty and we explain to the girls about menstruation. We encourage the children to ask for help if they need it and single gender work can be undertaken as appropriate to the class. Ground rules will be established within the teaching group for hour sessions as necessary.

- 5.3 In Science lessons teachers inform children about puberty and how a baby is born, we teach about life processes and the main stages of the human life cycle. For this aspect of the school's teaching, we follow the guidance material in the national scheme of work for Science.
- 5.4 In RE children will learn about the importance and value of family life. Through lessons and discussions they will develop their understanding of relationships, trust and respect.
- 5.5 In Year 5 and 6, we place a particular emphasis on health education, as many children experience puberty at this age. We liaise with the Local Health Authority about suitable teaching material to use with our children in these lessons. Teachers do their best to answer all questions with sensitivity and care. By the end of Key Stage 2, we ensure that both boys and girls know how babies are born, how their bodies change during puberty, what menstruation is and how it affects women. We always teach this with due regard for the emotional development of the children (as stated earlier in this policy).
- 5.6 We arrange opportunities for all parents and carers of children in Year 5 to discuss this particular programme of lessons, to explain what the issues are and how they are taught, and to see the materials the school uses in its teaching.

6 The Role of Parents

- 6.1 The school is well aware that the primary role in childrens' sex education lies with parents and carers. We wish to build a positive and supporting relationship with the parents of children at our school through mutual understanding, trust and co-operation. In promoting this objective we:
- inform parents about the school's sex education policy and practice;
 - encourage parents to be involved in reviewing the school policy and making modifications to it as necessary;
 - take seriously any issue that parents raise with teachers or governors about this policy or the arrangements for sex education in the school;
 - answer any questions that parents may have about the sex education of their child;
 - inform parents about the best practice known with regard to sex education, so that the teaching in school supports the key messages that parents and carers give to children at home.
- We believe that, through this mutual exchange of knowledge and information, children will benefit from being given consistent messages about their changing body and their increasing responsibilities.
- 6.2 Parents have the right to withdraw their child from all or part of the sex education programme that we teach in our school. If a parent wishes their child to be withdrawn from sex education lessons, they should discuss this with the headteacher, and make it clear which aspects of the programme they do not wish their child to participate in. The school always complies with the wishes of parents in this regard.

7 The Role of Other Members of the Community

- 7.1 We encourage other valued members of the community to work with us to provide advice and support to the children with regard to health education. In particular, members of the Local Health Authority, such as the school nurse and other health professionals, give us valuable support with our sex education programme.

8 Confidentiality

- 8.1 Teachers conduct sex education lessons in a sensitive manner and in confidence. However, if a child makes a reference to being involved, or likely to be involved in sexual activity, then the teacher will take the matter seriously and deal with it as a matter of child protection. Teachers will respond in a similar way if a child indicates that they may have been a victim of abuse. In these circumstances the teacher will talk to the child as a matter of urgency. If the teacher has concerns, they will draw their concerns to the attention of the headteacher. The headteacher will then deal with the matter in consultation with health care professionals. (See also Child Protection Policy.)

9 The Role of the Headteacher

- 9.1 It is the responsibility of the headteacher to ensure that both staff and parents are informed about our sex education policy, and that the policy is implemented effectively. It is also the headteacher's responsibility to ensure that the designated staff team are given sufficient training, so that they can teach effectively, handle any difficult issues with sensitivity and pass their knowledge onto other relevant members of staff.
- 9.2 The headteacher liaises with external agencies regarding the school sex education programme, and ensures that all adults who work with children on these issues are aware of the school policy, and that they work within this framework.
- 9.3 The headteacher monitors this policy on a regular basis and reports to governors, when requested, on the effectiveness of the policy.

10 Monitoring and Review

- 10.1 The FGB monitors our sex education policy on an annual basis. The FGB gives serious consideration to any comments from parents about the sex education programme, and makes a record of all such comments. Governors require the headteacher to keep a written record, giving details of the content and delivery of the sex education programme that we teach in our school.