



SHERBORNE PREP

Relationships, Sex and Health Education Policy

Approving body: SLT

Owner: Pastoral

Author: Deputy Head Pastoral

Executive Summary

This policy outlines how the statutory requirement for the teaching of Relationships Education, Sex Education and Health Education is met at Sherborne Prep. It shares the aims, objectives and intended outcomes of this education and includes information for parents on the right to withdraw their child from certain lessons.

This policy is currently under consultation

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Contents

The development of the RSHE curriculum	2
The importance of RSHE.....	2
Aims, Objectives and Intended Outcomes	3
How RSHE is taught at Sherborne Prep:	4
Assessment of learning and progress	5
How Parents and Carers are involved	5
Appendix 1: Summary of Changes	5
Appendix 2: RSHE Overview.....	6
Year 7	6
Year 8.....	6

The development of the RSHE curriculum

The DfE have introduced new guidance for RSHE in all schools and these updated requirements will be adapted into the curriculum by September 2026. During this academic year there will be more consultation and discussion about the additions to the curriculum.

The importance of RSHE

‘A lifelong learning about physical, moral and emotional development. It is about the understanding of the importance of marriage, family life, stable and loving relationships, respect, love and care. It is also about the teaching of sex, sexuality and sexual health. It is not about the promotion of sexual orientation or sexual activity.’ (DfE 2000)

Children need high quality relationships and sex education, so they can make wise and informed choices. (*The importance of Teaching’ Government White Paper 2010*)

Relationships and sex education is learning about emotional, Social and physical aspects of growing up, relationships, sex, human sexuality and sexual health. Some aspects are taught in science, and others are taught as part of personal, social, health and economic education (PSHE). A comprehensive programme of RSE provides accurate information about the body, reproduction, sex and sexual health. It also gives children and young people essential skills for building positive, enjoyable, respectful and non-exploitative relationships and staying safe both on and offline (*Sex and relationships education (SRE) for the 21st century PSHEE Association and Sex Education Forum 2014*)

The statutory guidance released in September 2020 states that: Relationships Education is compulsory in all primary schools in England and Relationships and Sex Education compulsory in all secondary schools... It must be taught sensitively and inclusively, with respect to the backgrounds and beliefs of pupils and parents while always with the aim of providing pupils with the knowledge they need of the law... Parents and carers are the prime educators for children on many of these matters. Schools complement and reinforce this role and see building on what pupils learn at home as an important part of delivering a good education. (Page 4) (DfE September 2020)

Aims, Objectives and Intended Outcomes

Sherborne Prep's RSHE provision is values driven, aiming to provide children the knowledge, values and skills they need for spiritual, moral, social and emotional and cultural development.

The aim of Relationships, Sex and Health Education is to put in place the key building blocks and characteristics of positive, respectful relationships. It focuses on friendships, family relationships, and relationships with other children and with adults. This sits alongside the essential understanding of how to be healthy both physically and mentally.

Statutory **Relationships Education** covers:

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

Statutory **Health Education** covers:

- Mental wellbeing.
- Internet safety and harm.
- Physical health and fitness.
- Healthy eating.
- Drugs, alcohol and tobacco and vaping.
- Health and prevention.
- Basic first aid.
- Changing bodies – adolescence and puberty.

Statutory **Sex Education** covers:

- Human reproduction: how babies are made.
- The significance of making the decision to start a family.
- How age restrictions for having sex (the age of consent) are there to keep children safe.
- Different types of intimacy – including online and their potential emotional and physical consequences (both positive and negative).
- Overcoming barriers about sexual health.
- Contraception.
- Gender identity and sexual orientation- sexuality diversity.
- The importance of stable, committed relationships.

Sherborne Prep:

- Believes that the best way to achieve this is through RSHE being part of personal, social, health and economic (PSHE) education.
- Believes that RSHE should be age-appropriate, evidence-based and centred on the needs of young people.
- Believes that PD/PSP (PSHE) education (including RSHE) should be considered as important as other subjects and be taught by trained educators able to deliver a comprehensive programme.
- Recognises that young people learn about sex and relationships from a variety of sources, including parents and carers.
- Believes that schools should inform and involve parents and carers in the delivery of their RSHE programme.

- Believes that comprehensive RSHE should provide children and young people with the knowledge and skills they need to recognise, negotiate, and enjoy safe and equal relationships and to enjoy their sexuality.
- Believes in RSE that is open and inclusive. RSE should recognise and meet the needs of young people of different gender identities, sexual orientations, minority ethnic groups and those with physical or learning disabilities and should celebrate diversity.

How RSHE is taught at Sherborne Prep:

The principles of high quality RSHE:

- Is a partnership between home and school.
- Ensures pupil's views are actively sought to influence lesson planning and teaching.
- Is relevant to pupils at each stage in their development and maturity.
- Is taught by staff who are trained and confident in talking about issues such as healthy and unhealthy relationships, equality respect, abuse, sexuality, gender identity, sex, and consent.
- Includes the acquisition of knowledge, the development of life skills and respectful attitudes and values.
- Helps pupils understand on and offline safety, consent, violence and exploitation.
- Is inclusive of difference: gender identity, sexual orientation, disability, ethnicity, culture, age, faith or belief, or other life experience.
- Helps pupils to understand a range of views and beliefs about relationships and sex in society including some of the mixed messages about gender, sex and sexuality from different sources including the media.
- Teaches pupils about the law and their rights.
- Promotes equality in relationships, recognises and challenges gender inequality and reflects girls' and boys' different experiences and needs.

In EYFS children are supported to create healthy friendships, to understand personal space to keep themselves physically healthy.

In Key Stages 1 and 2 children are taught about puberty and how a baby is born in their Science lessons. Healthy relationships, self-esteem, responsibility and changing bodies are also taught through the PD- Personal Development curriculum.

In Key stage 3 RSHE is included in the PSP – personal Skills Programme (PSHE) scheme of work. Sex education is set within the broader base of self-esteem and responsibility for the consequences of one's actions. Respect is always at the forefront of every session. The school works on a year to year basis as cohorts differ and adapt lessons to ensure that what is taught is appropriate for whole years, smaller groups or on an individual basis.

Throughout the school in myriad areas of school life, although predominantly through PD the following is discussed:

- Different types of relations, including friendships, family relationships, dealing with strangers and at KS3 – intimate relationships.
- How relationships may affect health and well-being, including mental health.
- Healthy relationships and safety online.
- Factual knowledge, at KS3 around sex, sexual health and sexuality, set firmly within the context of relationships.
- Cross curricular links are made regularly, particularly through the science and RE programmes of study.

A dedicated team teach the PD throughout the Prep School and lessons are taught on a weekly basis using the Muse Wellbeing Scheme of work in EYFS, KS1, and KS2. In KS3, children are taught in smaller groups in their PSP sessions. The team liaises closely with other teachers in the Prep, Sherborne School, Sherborne Girls and the school matrons as well as consulting with parents. The teachers recognise that primary-age children will often ask adults questions pertaining to sex or sexuality which go beyond what is set out for Relationships Education (DfE RSE Guidance). Questions asked will always be listened to and where appropriate be responded to in a sensitive, factual and objective manner. A question asked that raises a safeguarding concern is shared with the DSL or DDSL and safeguarding protocol will be followed (see safeguarding policy).

Assessment of learning and progress

Children are encouraged to ask questions in all sessions and the teachers will continually assess individuals to ensure that there is understanding of the key concepts. Children mature at different stages so children will meet criteria at different times. Children are monitored closely, and pertinent comments/concerns are logged on CPOMS and appropriate interventions or actions are put in place for individuals or groups of children.

How Parents and Carers are involved

We are committed to working with parents and carers and we are clear that they are the prime educators for children on many of the issues related to Relationships, Relationships and Sex and Health Education. It is our intention that what we teach in school complements, reinforces, and builds on the learning that takes place at home.

This policy is reviewed regularly, and parents are consulted at each review point. Parents are provided with draft reviews/policies during each consultation and we encourage them to read these. These policies can always be accessed via the policy section on the school website.

The Deputy Head Pastoral is available to discuss any queries or concerns and all teachers have an open dialogue with parents on a regular basis.

The school invites parents to seminars which include topics on RSE.

Sherborne Prep teaches Sex education sensitively. The school recognises parents' rights to withdraw their child from Sex Education only, other than the sex education that is in the National Curriculum (such as biological aspects of human growth and reproduction that are essential elements of National Curriculum science). A Form is sent to parents of children in years 7 and 8 prior to any Sex Education sessions requesting that parents return a consent Form giving permission for their child to be present in the sessions taught. Those children whose parents choose to withdraw their child will still receive purposeful education during these sessions.

Appendix 1: Summary of Changes

- This is the first issue of this policy in the updated policy format.

Appendix 2: RSHE Overview

Year 7

In Year 7 RSHE is looked at in the summer term and the scheme of work is below, which is from the PSHE association.

Summer 1	Relationships: Healthy and positive relationships, including intimate relationships; Expectations and stereotypes in relationships; Managing strong feelings; The concept of consent PoS refs: R1, R2, R5, R9, R10, R11, R14, R16, R18, R27, R37, R39, L21, L25	<ul style="list-style-type: none"> about different types of relationships and the qualities and behaviours associated with positive relationships about media stereotypes and their effect on relationship expectations how to manage expectations for romantic relationships how to manage strong feelings in relationships how to identify unhealthy relationships and seek support when necessary about the concept of consent how to seek and give/not give consent in a variety of contexts
Summer 2	Friendships and diversity: Respectful relationships and conflict resolution, including online; Equality, diversity and tackling prejudice-based bullying and discrimination, including online PoS refs: R1, R3, R4, R5, R9, R13, R14, R16, R17, R19, R37, R38, R39, R40, R41, R42, L20, L22, L23, L26, L27	<ul style="list-style-type: none"> how to develop self-worth and confidence to support decision making to manage influences on beliefs and decisions strategies for managing group-think and persuasion about gender identity, transphobia and gender-based discrimination; homophobia and biphobia; racism and religious discrimination; and disability discrimination strategies to challenge prejudice-based bullying and discrimination how to access support services in relation to inclusion or discrimination

Year 8

In Year 8 the teaching of RSHE is taught in the second half of the Michaelmas Term and the first part of the Lent term. There is also the potential to spend more time on this towards the end of the Trinity term and discussions and lessons can be added in if the need arises.

Autumn 2	Friendships and managing influences: Managing social influence, peer pressure and peer approval; Strategies to manage pressure to conform within a group and in relation to substance use PoS refs: H30, H31, R1, R2, R9, R13, R14, R16, R23, R42, R44, R45, R46	<ul style="list-style-type: none"> how to manage group friendships how to manage social influences, peer pressure and the desire for peer approval in a range of contexts, including in relation to substance use and anti-social behaviour how to manage personal safety in social situations how to access support and advice in relation to friendship and peer influence issues about why young people may join gangs and the consequences of gang behaviour how to access support in relation to gangs exit strategies for pressurised situations
Spring 1	Relationships: Relationship norms; Stereotypes and expectations of gender roles, behaviour and intimacy; Gender identity and sexual orientation; Consent in intimate situations; Contraception and sexual health	<ul style="list-style-type: none"> about relationship norms and expectations about forming new partnerships and developing relationships the impact of stereotypes on expectations of gender roles, behaviour and intimacy about gender identity and sexual orientation to recognise levels of intimacy, including readiness for sex about the choice to delay sex and the right to enjoy intimacy without sex

	<p>PoS refs: H19, H22, H35, H36, R1, R2, R3, R4, R5, R6, R7, R8, R9, R10, R11, R12, R13, R14, R16, R23, R28, R29, R31, R33, R39, L24, L25, L27</p>	<ul style="list-style-type: none">• effective communication strategies and consent in intimate situations• the law in relation to relationships, sex, consent (including sharing of sexual images), FGM and forced marriage• about contraception, its role in preventing pregnancy and sexually transmitted infections• how condoms and the pill are used safely• about the HPV vaccination programme• about FGM and forced marriage, and how to access help and support
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