



BERKHAMPSTEAD SCHOOL

The School's motto: "Perseverantia Vincit" meaning perseverance wins through, exemplifies the genuine ethos of striving for success in all aspects of school.

Relationships, Sex and Health Education Policy

Rationale

Berkhampstead School recognises the entitlement of all pupils to receive Relationships, Sex and Health Education (RSHE), that is current, meaningful and relevant, in line with the Department for Education's Statutory Guidance (July 2025)

The school promotes respect for diversity and prepares pupils as responsible global citizens. We encourage compassion, empathy, and a deep respect for human worth and dignity. We recognise and respect every member of the school community's ethnic, cultural and religious values, family structures, gender identity and sexual orientation.

RSHE is embedded within our wider Citizenship and Wellbeing curriculum and contributes to safeguarding by equipping pupils with the knowledge and skills to stay safe, understand their bodies, and develop healthy, respectful relationships.

Aims

The aim of RSHE at Berkhampstead School is to provide pupils with accurate, age-appropriate knowledge about relationships, health and the human body, while supporting the development of self-esteem, resilience and personal responsibility. The programme seeks to enable pupils to form safe and respectful relationships, to understand boundaries and consent, and to recognise situations where they may need to seek help. It also promotes an understanding of diversity and equality, ensuring that all pupils feel included and valued as they prepare for the physical and emotional changes associated with growing up.

Parents and Families

The school acknowledges that parents and carers are the primary educators of their children in matters relating to relationships and values. We are committed to working in partnership with families and maintaining open and transparent communication. This policy is available on the school website, and parents are informed about the content of RSHE and when particular aspects will be taught. Opportunities are provided for parents to view teaching materials and discuss the curriculum where appropriate.

We recognise that families may hold a range of views, and teaching is delivered with sensitivity and respect for these perspectives. Parents are encouraged to engage in open conversations with their children and to approach the school with any questions or concerns.

Relationships, Sex and Health Education Curriculum

The RSHE curriculum is structured as a spiral programme in which key themes are revisited and developed in increasing depth as pupils grow and mature. Teaching is carefully planned to ensure that content is appropriate to the age, developmental stage and needs of the pupils.

In accordance with the 2025 statutory guidance, our curriculum includes:

Relationships Education (statutory)

- Families and people who care for me (including a range of family structures and commitment, including marriage and civil partnerships)
- Caring friendships (including kindness, honesty, trust and managing conflict)
- Respectful relationships (including respect, boundaries and consent)
- Online relationships and digital safety
- Being safe (including recognising abuse, trusted adults, and reporting concerns)

Health Education (statutory)

- Mental wellbeing, including loneliness and emotional literacy
- Physical health and fitness
- Healthy eating and lifestyle choices
- Growing and changing (including puberty and body changes)
- Basic knowledge of the reproductive system

Sex Education (Non-statutory – Primary)

In addition to statutory content, the school teaches age-appropriate sex education which may include:

- Human reproduction (basic biological understanding)
- Conception and birth (in year 6)

This is taught sensitively and builds on knowledge of the human body introduced earlier in the curriculum. Due regard is given to cultural and religious differences and parents are encouraged to discuss concerns.

Teaching Approach

At Berkhamstead School, RSHE is delivered in a safe, inclusive and supportive environment where pupils feel able to ask questions and express their views. Teaching is carried out by trained staff who understand the importance of sensitivity and the need to respond appropriately to pupils' questions. Lessons are structured to promote respectful discussion, with clear ground rules in place to ensure that all contributions are valued.

Care is taken to use language and resources that are appropriate to the age and understanding of the pupils, and teaching is adapted where necessary to meet individual needs.

Equality and Inclusion

Berkhampstead School is committed to ensuring that RSHE is inclusive and accessible to all pupils. The curriculum reflects the diversity of modern society and actively challenges prejudice and discrimination. Pupils are supported to develop an understanding of different families, relationships and identities, and to recognise the importance of mutual respect. The school does not make assumptions about the backgrounds or beliefs of its pupils and seeks to engage constructively with parents and the wider community. Through RSHE, pupils are encouraged to develop a strong sense of self-worth alongside respect for others.

Safeguarding

RSHE plays a vital role in the school's safeguarding provision. Pupils are taught how to recognise safe and unsafe situations, understand personal boundaries and identify trusted adults who can support them. They are encouraged to speak out if they feel worried or uncomfortable and are reassured that their concerns will be taken seriously. All staff follow the school's safeguarding procedures, and any disclosures or concerns arising during RSHE lessons are managed in accordance with these policies.

Withdrawal from Sex Education

In line with current legislation (1993 Education Act), parents have the right to withdraw their child from the non-statutory elements of sex education. However, parents do not have the right to withdraw their child from relationships education or health education, which form part of the statutory curriculum.

If a parent has a concern about sex education, they should direct it to the subject teacher in the first instance. If not satisfied they should then contact the Headteacher. Whilst parents are not required to give reasons for their decision, the school would be grateful if parents would voluntarily indicate their reasons for withdrawal so that any possible misunderstanding about the nature of the sex education provided by the school can be resolved. In view of the context for the teaching programme it is, of course, hoped that no parent will feel the need to withdraw their child.

Monitoring and Review

This policy will be reviewed annually to ensure that it remains compliant with statutory guidance and continues to meet the needs of pupils. Feedback from staff, pupils and parents will be considered as part of this process.