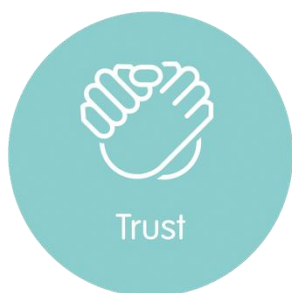




Relationship and Health Education

2025/2026

A place to thrive



Trust



Respect



Compassion

Updated: September 2025

Review date: September 2026

A Place to Thrive

St. Martin's Multi Academy Trust exists to advance a just cause, its vision: to create a place to thrive. A just cause is a future state that does not yet exist. It is vital that people that work in the schools in our Trust understand our vision and 'sign up' to achieving it. Our vision must encapsulate our 'why'. It has to inspire staff and our communities. It must persuade people to stay for and have a deep understanding of our cause. Our people need to be willing to be service orientated, resilient and idealistic. Our cause has to form the foundation of everything we do.

It is essential that St. Martin's MAT ensure it provides people with a great place to work, to enable them to thrive. This is based on the concept having the right culture, climate and leadership in school. In order to provide the best deal we can for our children, we must ensure staff can optimise their performance as much as possible. The values of a Trust or school should be a thread through everything. We should be able to take the lens of, say, 'trust' and see it in the way people interact with one another and how decisions are made. Through the lens of 'compassion', we should see it in aspects such as our leave of absence policy and how we deal with unacceptable pupil behaviour. The chosen values should be in the very fibres, the DNA of the organisation. Our core values are:



Trust

Having respect for others is about being considerate and attentive. It is a desire to learn more from unique qualities and perspectives. It is about admiration for people and schools.



Compassion

Trust is having a firm belief in the morals, reliability or ability of someone or something. With strong levels of trust, people can feel safe and take risks. Trust is built in tiny moments every day.



Respect

Showing compassion is about understanding ourselves and others. Self-compassionate people recognise that being imperfect, failing, and experiencing life difficulties is normal.

Policy Statement

This policy provides guidance on the delivery of Relationships Education and Health Education (RHE) across all St Martin's MAT primary schools. It ensures compliance with the Department for Education's Statutory Guidance (July 2025) and reflects our Trust's vision: *A Place to Thrive*.

RHE is a compulsory element of the primary curriculum. It equips pupils with the knowledge, skills, and values to develop healthy, respectful relationships, maintain good physical and mental health, and stay safe both offline and online.

Aims

- Support pupils to build positive, safe and kind relationships.
- Develop emotional literacy, resilience and self-respect.
- Teach pupils how to keep themselves and others safe, including online.
- Provide accurate information about growing and changing bodies.
- Promote respect and understanding of diverse families and communities.
- Prepare pupils for the transition to secondary school.

Curriculum Content

Relationships Education (statutory)

By the end of primary, pupils will be taught:

- **Families and people who care for me** – different family structures, respect for diversity, how to seek help if family relationships cause harm.

- **Caring friendships** – qualities of healthy friendships, managing conflict, recognising unhealthy behaviours.
- **Respectful relationships** – setting and respecting boundaries, equality, challenging stereotypes and bullying (including online).
- **Online relationships** – online safety, age restrictions (13+ for social media), permanence of shared material, managing online pressures, recognising misinformation and harmful content (including deepfakes).
- **Being safe** – privacy, naming body parts (penis, vulva, vagina, testicles, nipples, etc.), understanding consent in age-appropriate contexts, recognising unsafe situations, how to report abuse or seek help.

Health Education (statutory)

By the end of primary, pupils will be taught:

- **Mental wellbeing** – recognising feelings, resilience, coping with change and loss, when and how to seek help.
- **Online wellbeing** – impact of screen time, gaming and gambling risks, scams, respectful online behaviour, managing online content.
- **Physical health and fitness** – benefits of active lifestyles, risks of inactivity.
- **Healthy eating** – balanced diet, healthy relationship with food, risks of poor diet.
- **Drugs, alcohol, tobacco and vaping** – facts about smoking, vaping, nicotine addiction, alcohol and drug use.
- **Health protection** – vaccinations, sleep hygiene (screen-free bedrooms), sun safety, oral hygiene.
- **Basic first aid** – how to call emergency services, treating simple injuries.
- **Changing adolescent body** – puberty, menstruation, physical and emotional changes.

Non-statutory Sex Education

While not compulsory, the Trust supports the DfE's recommendation that Year 6 pupils learn:

- How a baby is conceived and born.

Parents have the right to request withdrawal from this **non-statutory element only**.

Teaching and Learning

- Delivered as part of the **PSHE curriculum**, using interactive, age-appropriate methods (circle time, stories, role play, discussions).
- Pupils may sometimes be taught in single-gender groups where appropriate (e.g., puberty).
- All teaching will:
 - o Be inclusive, accessible and sensitive to pupils with SEND.
 - o Avoid gendered language that may normalise stereotypes or violence.
 - o Promote kindness, care, respect and responsibility.

Safeguarding

- RHE will support pupils to recognise what is unsafe and to seek help.
- Teachers must not promise confidentiality and will follow the Trust Safeguarding Policy if a disclosure is made.
- Staff are aware of the legal duty to report suspected sexual abuse (2025).
- External visitors must comply with safeguarding procedures, and a teacher will always be present.

Parental Engagement and Rights

- The policy and curriculum overview will be published on each school's website.
- Parents may view all curriculum materials on request (via parent portal, workshops, or presentations).
- Parents cannot withdraw their child from statutory Relationships or Health Education, or from statutory Science content.
- Parents may request withdrawal from the non-statutory Year 6 conception and birth lesson; a meeting will be arranged with the Headteacher to discuss this.

Equality and Inclusion

- Teaching will comply with the Equality Act 2010, covering all protected characteristics.
- Families of all kinds (single parent, same-sex parents, adoptive, foster, kinship, etc.) will be represented positively.
- All pupils will have access to age-appropriate, differentiated provision to ensure inclusivity.

Roles and Responsibilities

- **PSHE Subject Lead** – oversees curriculum planning, delivery, and staff training.
- **Teaching staff** – deliver RHE in line with this policy, creating a safe learning environment.
- **Designated Safeguarding Lead (DSL)** – supports staff with disclosures or concerns.
- **Directors/Local Governing Boards** – approve the policy, monitor delivery, and ensure compliance.

Monitoring and Review

- The PSHE Subject Lead will monitor the quality of provision and gather feedback from staff, pupils and parents.
- The policy will be reviewed annually by Directors.
- Updates will reflect changes in legislation and statutory guidance.