

So, in everything, do to others what you would have them do to you. Matthew 7:12



Relationships Education Policy

Mission Statement

At St Marks, we have based our school's policy on the DfE guidance- Relationships Education, Relationships and Sex Education (RSE) and Health Education (2019). We believe that a comprehensive Relationships Education programme will have a positive impact on pupils' health and wellbeing and enable them to become independent and valuable members of society. We believe that the relationships education that we deliver across the school, empowers our children and provides them with the tools necessary in order to make informed decisions about their wellbeing, health and the relationships that they are able to form.

Intent

We believe that, for our pupils, developing the necessary skills in order to manage and maintain positive relationships, learning to respect themselves and the rights of others as well as to take ownership and care in managing their own mental and physical health is vitally important and a lifelong process of learning. All adults at St Marks Primary School work together in providing a framework in which sensitive discussions are able to take place and a positive culture around issues of sexuality and relationships is encouraged.

Furthermore, we seek to enable our children to:

- develop good interpersonal and communication skills with both adults and peers
- understand the importance of stable and loving relationships
- develop loving, caring relationships based on mutual respect
- respect themselves and others, their views, backgrounds, cultures and life experiences
- be prepared for puberty and the emotional and physical effects of body changes
- be able to name the parts of the body and understand the process of human reproduction
- recognise and avoid exploitative or unhealthy relationships
- value, care for and respect their bodies
- develop feelings of self-respect, confidence and empathy towards those less fortunate than themselves.

Implementation

We understand the importance of ensuring that all children in our school are taught how to form positive and healthy relationships and this is taught as a priority when children enter the EYFS. In relation to nationality, sexual orientation, religion and cultural diversity, we value the different backgrounds of our pupils and, in addressing different views and beliefs, seek to promote tolerance and understanding. In order to ensure the SRE curriculum meets the needs of all, we will not promote one particular lifestyle over another and instead seek to celebrate our individual differences and liberty. We understand the growing influence that social media and the internet has upon children and are proactive in combating this through tailored PSHE lessons and whenever possible, seek to promote and discuss internet safety across the school. Issues relating to health and well-being are incorporated into the topics covered throughout the school year particularly in subjects such as Science, RE, PSHE and PE and are reinforced through theme days and that the children enjoy across school. The '**SCARF**' Scheme of work is utilised and delivered across the school and this addresses issues such as friendships and relationships, mental wellbeing, physical health and fitness as well as helping to develop confidence and self-esteem for all children. We believe proudly that our teaching of Relationships is based on a firm foundation of Christian values and an ethos that encourages openness, respect and love for each other. These values are promoted within daily assemblies and regular visits from our Reverend and other volunteers.

Impact

The impact of our teaching is visible in the positive atmosphere of the school and in the way the pupils and staff interact with one another and work together to achieve their goals. We are developing pupil mindsets so that they are able to leave our school ready and able to accept and respect the views and experiences of others, to be able to forge positive relationships with a broad spectrum of society and be aware of how they can live a healthier and safer life. Most of all, we believe all pupils leave St Marks with faith and confidence in themselves and with a greater pride in their own unique abilities and special talents.

Planning for the Curriculum

Relationships Education is planned for and taught across the school with weekly sessions. We follow a scheme of work that fully incorporates all outcomes set

out by the September 2020 Statutory guidance and use this as a basis for our planning across the year. Outcomes have been organised into half-termly topics that focus upon a particular aspect of the curriculum based on the needs and appropriate age of the pupils. Coverage includes:

- Health Education
- Internet Safety and Harms
- Physical Health and Fitness
- Healthy Eating
- Drugs, alcohol and tobacco
- Health and Prevention
- Changing adolescent body

Additional opportunities for pupils are provided and include a wide range of visits from local external agencies such as the **West Lancashire Sports partnership** who deliver Health and Wellbeing sessions and the **Police and Fire Services** who deliver content on safety in the home, online and on the streets. A full comprehensive list of opportunities can be found in the *Personal, Social and Health Education (PSHE) policy*.

Relationships Education

It is mandatory for all schools to deliver health education and relationships and sex education (or 'relationships education' in primaries) as of 2020.

Relationships Education (RE) forms an integral part of the PSHE Association Programme of Study. To ensure effective provision, the new compulsory elements of PSHE are integrated within a broader PSHE education programme, which includes comprehensive coverage of economic wellbeing, careers and enterprise education, as well as education for personal safety, including assessing and managing both negative and positive risk.

Drugs Education

We are committed to investing in our pupil's health and wellbeing, because we believe doing so will assist the process of raising their achievements. Drugs education is an important issue that is both essential and relevant to children in the real world. Through our approaches to drugs education we are seeking to develop and enhance life skills that can be built on and which will help them in the future.

In developing our policy and programme of study we have taken full account of the DfES guidance contained in 'Guidance for schools' (2004) and the Quality Standard for Drugs Education.

Therefore, this policy promotes practices within the school to reinforce our vision, and to remove or discourage practices that negate them.

For the purpose of this policy and our drugs education programme, drugs are defined as: *a substance people take to change the way they think, feel or behave*. Our school uses the term 'drug' to include, caffeine, alcohol, tobacco, medicines and illegal drugs.

Drugs Education is an integral part of our PSHE Education and should enable pupils to develop their knowledge, skills, attitudes and understanding about drugs and appreciate the benefits of a healthy lifestyle.

Monitoring and Reviewing of this Policy

This policy was written and adapted by the PSHE Subject Leader through the consensus and agreement of all teaching staff within collaborative discussion. The policy will be reviewed and updated when Government guidelines change or the teaching of PSHE is adapted or altered.

Reviewed January 2026