



# **Relationships and Health Education Policy**

February 2025

**RELATIONSHIPS AND HEALTH EDUCATION POLICY  
QUEENSGATE FOUNDATION PRIMARY SCHOOL**


**Policy Review**

This policy was adopted from The School Bus and will be reviewed by the Governing Board on an annual basis.

The policy was last reviewed and agreed by the Governing Board on 3<sup>rd</sup> February 2025

It will be reviewed again March 2026.

**Approved**

Signature:  Head Teacher Date: 3<sup>rd</sup> February 2025

Signature:  Co-Chair of Governors Date: 3<sup>rd</sup> February 2025

**Policy control**

Date	Amendments / additions	Reason
March 2021	New Policy	Change to guidance
January 2023	Removal of covering paragraph regarding Covid 19	No longer relevant
	Addition of clause 3:4	Updated guidance
	Rewrite of section 4- Consultation with parents	To fit the practice in our school
	Removal of clause 7.7	No longer relevant
	Addition of 'and Science' to clause 8.1	Updated guidance
	Addition to clause 8.6	Updated guidance
	Changes to clause 10.2	Updated guidance
February 2025	Statement of intent	Updated guidance
	Legal framework	Updated guidance.

## Contents

### Statement of intent

1. [Legal framework](#)
2. [Roles and responsibilities](#)
3. [Organisation of the curriculum](#)
4. [Consultation with parents](#)
5. [Relationships education overview](#)
6. [Health education overview](#)
7. [PSHE education per year group](#)
8. [Delivery of the curriculum](#)
9. [Working with external experts](#)
10. [Equality and accessibility](#)
11. [Curriculum links](#)
12. [Withdrawing from the subjects](#)
13. [Behaviour](#)
14. [Staff training](#)
15. [Confidentiality](#)
16. [Monitoring quality](#)
17. [Monitoring and review](#)

## Statement of intent

At Queensgate Foundation Primary School, we will provide age-appropriate relationships and health education (RHE) to all pupils as part of the school's statutory curriculum. Our school aims to assure parents and pupils that all aspects of RHE will be delivered in a safe space, allowing time and compassion for questions at a level that every pupil understands. Sensitive topics relating to RHE will be delivered in a sensitive manner as part of a whole-school approach where parents and teachers work in partnership.

RHE is compulsory in all primary schools in England. The key topics applicable for all key stages have been carefully planned in consultation with responses from parents, young people, schools and experts. Parents are given the opportunity to discuss this policy at any time and staff will be provided with accurate training and further resources to deliver lessons to pupils.

We understand that pupils must be provided with an education that prepares them for the opportunities, responsibilities and experiences of adult life. A key part of this relates to relationships education, which is required to be delivered to every primary-aged pupil. Primary schools also have the option to decide whether pupils are taught sex education.

Relationships education focusses on giving pupils the knowledge they need to make informed decisions about their wellbeing, health and relationships, and ensures can talk to a trusted adult if there is anything worrying them. Health education focusses on equipping pupils with the knowledge they need to make informed decisions about their own health and ensures they receive factual information about the changes they will experience emotionally and physically during puberty.

We understand our responsibility to deliver a high-quality, age-appropriate and evidence-based relationships, sex and health education (RSHE) for all our pupils. This policy sets out the framework for our RSHE curriculum, providing clarity on how it is informed, organised and delivered. Any sex education included within the curriculum consists of age-appropriate content which covers how babies are conceived and how they are born. Sex education does not go above and beyond the focus of reproduction. State-funded primary schools are also required to teach health education.

Signed by:



Headteacher

3<sup>rd</sup> February 2025

Date:



Co-Chair of governors

3<sup>rd</sup> February 2025

Date:

## 1. Legal framework

1.1. This policy has due regard to legislation and statutory guidance including, but not limited to, the following:

- Section 80A of the Education Act 2002
- Children and Social Work Act 2017
- The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019
- Equality Act 2010
- DfE (2019) 'Relationships Education, Relationships and Sex Education (RSE) and Health Education'
- DfE (2013) 'Science programmes of study: key stages 1 and 2'
- DfE (2020) 'Teaching about relationships, sex and health'
- DfE (2023) 'Keeping children safe in education 2023'

1.2. This policy operates in conjunction with the following school policies:

- Child Protection and Safeguarding Policy
- Behavioural Policy
- SEND Policy
- Inclusion Policy
- Equal Opportunities Policy
- Anti-Bullying Policy: Pupils
- Social, Emotional and Mental Health (SEMH) Policy
- E-safety Policy
- Visitor Policy
- School Improvement Plan (SIP)

## 2. Roles and responsibilities

2.1. The governing board is responsible for:

- Playing an active role in monitoring, developing and reviewing the policy and its implementation in school.
- Appointing a link governor for RHE who supports the school and monitors any aspects of RHE included within the SIP
  - ensuring all pupils make progress in achieving the expected educational outcomes
  - ensuring the curriculum is well led, effectively managed and well planned
  - evaluating the quality of provision through regular and effective self-evaluation
  - ensuring teaching is delivered in ways that are accessible to all pupils with SEND
  - providing clear information for parents on subject content and their rights to request that their children are withdrawn
  - making sure the subjects are resourced, staffed and timetabled in a way that ensures the school can fulfil its legal obligations

2.2. The **headteacher** is responsible for:

- the overall implementation of this policy
- ensuring staff are supported and suitably trained to deliver the subjects
- ensuring that parents are fully informed of this policy
- reviewing requests from parents to withdraw their children from the subjects
- discussing requests for withdrawal with parents

- organising alternative education for pupils, where necessary, that is appropriate and purposeful
- reporting to the governing board on the effectiveness of this policy
- reviewing this policy on an annual basis
- ensuring adequate time on the timetable to deliver RHE appropriately

2.3. The relationships, sex and health education subject leader is responsible for:

- overseeing the delivery of the subjects
- ensuring the subjects are age-appropriate and high-quality
- ensuring teachers are provided with adequate resources to support teaching of the subjects
- ensuring the school meets its statutory requirements in relation to the relationships, sex and health curriculum
- ensuring the relationships, sex and health curriculum is inclusive and accessible for all pupils
- working with other subject leaders to ensure the relationships, sex and health curriculum complements, but does not duplicate, the content covered in the national curriculum
- monitoring and evaluating the effectiveness of the subjects and providing reports to the headteacher via the school development plan
- providing the agreed vocabulary to be used during lessons to develop a consistent approach.

2.4. The appropriate teachers are responsible for:

- delivering a high-quality and age-appropriate relationships, sex and health curriculum in line with statutory requirements
- using a variety of teaching methods and resources to provide an engaging curriculum that meets the needs of all pupils
- ensuring they do not express personal views or beliefs when delivering the programme
- modelling positive attitudes to relationships, sex and health education
- responding to any safeguarding concerns in line with the Child Protection and Safeguarding Policy
- acting in accordance with planning, monitoring and assessment requirements for the subjects
- liaising with the Inclusion Manager to identify and respond to individual needs of pupils with SEND
- working with the relationships, sex and health education subject leader to evaluate the quality of provision

2.5. The Inclusion Manager or SENCO is responsible for:

- advising teaching staff how best to identify and support pupils' individual needs
- advising staff on the use of TAs in order to meet pupils' individual needs
- ensure the needs of vulnerable pupils are being taken into consideration in designing

### 3. Organisation of the curriculum

3.1. Every primary school is required to deliver statutory relationships education and health education. The delivery of the relationships education and of health education coincide with one another and will be delivered as part of the school's PSHE curriculum.

3.2. For the purpose of this policy, "**relationships and sex education**" is defined as teaching pupils about healthy, respectful relationships, focussing on family and friendships, in all contexts, including online, as well as developing an understanding of human sexuality.

- 3.3. For the purpose of this policy, “**health education**” is defined as teaching pupils about physical health and mental wellbeing, focussing on recognising the link between the two and being able to make healthy lifestyle choices.
- 3.4. For the purpose of this policy, “**Sex education**” is defined as teaching pupils about developing healthy sexuality, and will cover issues, beyond those covered in the science and health curricula, that will be determined in response to the needs of the relevant cohort.
- 3.5. Relationships and sex education and health education both form one subject called PSHE at Queensgate.
- 3.6. The relationships and health curriculum has been organised in line with the statutory requirements outlined in the DfE (2019) ‘Relationships, Education, Relationships and Sex Education (RSE) and Health Education’ [guidance](#).
- 3.7. The relationships and health curriculum takes into account the views of teachers, pupils and parents. We are dedicated to ensuring our curriculum meets the needs of the whole-school community.
- 3.8. The relationships and health curriculum is informed by issues in the school and wider community to ensure it is tailored to pupils’ needs.
- 3.9. We consult with parents, pupils and staff in the following ways.
  - Questionnaires and surveys.
  - Meetings.
  - Newsletters and letters.
- 3.10. Any parent, teacher or pupil wishing to provide feedback about the curriculum can do so at any time during the academic year by:
  - organising a meeting with the headteacher.
  - emailing [enquiries@queensgateprimary.co.uk](mailto:enquiries@queensgateprimary.co.uk)
- 3.11. The school has organised a curriculum that is age-appropriate for pupils within each year group, based on the views of teachers, parents and pupils.
- 3.12. When organising the curriculum, the religious backgrounds of all pupils will be considered, so that the topics that are covered are taught appropriately.

#### **4. Consultation with parents**

4.1 Prior to teaching sex education, teachers and year groups will inform parents on their half termly newsletter providing an overview of the aspects that will be taught. Parents will be invited to email the relevant staff for further information or to raise any concerns that they have regarding the content.

4.2 Parents are encouraged to read all policies on the website and email any questions or comments to the following email address: [enquiries@queensgateprimary.co.uk](mailto:enquiries@queensgateprimary.co.uk).

4.3 Parents are informed that it is compulsory that all children receive relevant sex education.

## 5. Relationships education overview

### Families and people who care for me

5.1. By the end of primary school, pupils will know:

- that families are important for them growing up because they can give love, security and stability
- the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives
- that others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care
- that stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up
- that marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong
- how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed

### Caring friendships

5.2. By the end of primary school, pupils will know:

- how important friendships are in making us feel happy and secure, and how people choose and make friends
- the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences, and support with problems and difficulties
- that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded
- that most friendships have ups and downs, but that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right
- how to recognise who to trust and who not to trust
- how to judge when a friendship is making them feel unhappy or uncomfortable.
- how to manage conflict
- how to manage different situations and how to seek help from others if needed

### Respectful relationships

5.3. By the end of primary school, pupils will know:

- the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), make different choices, or have different preferences or beliefs
- which practical steps they can take in a range of different contexts to improve or support respectful relationships
- the conventions of courtesy and manners
- the importance of self-respect and how this links to their own happiness
- that in school and wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority



- about the different types of bullying (including cyberbullying), the impact of bullying
- responsibilities of bystanders to report bullying to an adult, and how to seek help
- what a stereotype is, and how they can be unfair, negative or destructive
- the importance of permission-seeking and giving in relationships with friends, peers and adults

### **Online relationships**

5.4. By the end of primary school, pupils will know:

- that people sometimes behave differently online, including pretending to be someone they are not
- that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online, even when we are anonymous
- the rules and principles for keeping safe online
- how to recognise harmful content and contact online, and how to report these
- how to critically consider their online friendships and sources of information
- the risks associated with people they have never met
- how information and data is shared and used online

### **Being safe**

5.5. By the end of primary school, pupils will know:

- what sorts of boundaries are appropriate in friendships with peers and others – including in a digital context
- about the concept of privacy and the implications of it for both children and adults
- that it is not always right to keep secrets if they relate to being safe
- that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other contact
- how to respond safely and appropriately to adults they may encounter, including online
- how to recognise and report feelings of being unsafe or feeling bad about any adult
- how to ask for advice or help for themselves and others, and to keep trying until they are heard
- how to report concerns or abuse, and the vocabulary and confidence needed to do so
- where to seek advice, for example, from their family, their school and other sources

## **6. Health education overview**

6.1. The focus at primary level is teaching the characteristics of good physical health and mental wellbeing.

### **Mental wellbeing**

6.2. By the end of primary school pupils will know:

- that mental wellbeing is a normal part of daily life, in the same way as physical health
- that there is a normal range of emotions, e.g. happiness, sadness, anger, fear, surprise and nervousness
- the scale of emotions that humans experience in response to different experiences and situations
- how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings
- how to judge whether what they are feeling and how they are behaving are appropriate and proportionate

- the benefits of physical exercise, time outdoors, community participation, and other activity on mental wellbeing and happiness
- simple self-care techniques, including the importance of rest, time spent with friends and family, and the benefits of hobbies and interests
- how isolation and loneliness can affect children, and that it is very important they seek support and discuss their feelings with an adult
- that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing
- where and how to seek support (including recognising the triggers for seeking support), extending to who in school they should speak to if they are worried about themselves or others
- that it is common to experience mental ill health and, for the many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough

### **Internet safety and harms**

6.3. By the end of primary school, pupils will know:

- that for most people, the internet is an integral part of life and has many benefits
- about the benefits of rationing time spent online
- the risks of excessive time spent on electronic devices
- the impact of positive and negative content online on their own and others' mental and physical wellbeing
- how to consider the effect of their online actions on others
- how to recognise and display respectful behaviour online
- the importance of keeping personal information private
- why some social media, some computer games and online gaming are age-restricted
- that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health
- how to be a discerning consumer of information online, including understanding that information, inclusive of that from search engines, is ranked, selected and targeted
- where and how to report concerns and get support with issues online

### **Physical health and fitness**

6.4. By the end of primary school, pupils will know:

- the characteristics and mental and physical benefits of an active lifestyle
- the importance of building regular exercise into daily and weekly routines and how to achieve this, for example by walking or cycling to school, a daily active mile, or other forms of regular, vigorous exercise
- the risks associated with an inactive lifestyle, including obesity
- how and when to seek support, including which adults to speak to in school, if they are worried about their health

### **Healthy eating**

6.5. By the end of primary school, pupils will know:

- what constitutes a healthy diet, including an understanding of calories and other nutritional content
- the principles of planning and preparing a range of healthy meals
- the characteristics of a poor diet and risks associated with unhealthy eating, including obesity, and other behaviours, e.g. the impact of alcohol on health

## **Drugs alcohol and tobacco**

- 6.6. By the end of primary school, pupils will know the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.

## **Health and prevention**

- 6.7. By the end of primary school, pupils will know:
- how to recognise early signs of physical illness, such as weight loss or unexplained changes to the body
  - about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer
  - the importance of sufficient good-quality sleep for good health, and that a lack of sleep can affect weight, mood and ability to learn
  - about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist
  - about personal hygiene and germs, including bacteria and viruses, how they are spread and treated, and the importance of hand washing
  - the facts and science relating to immunisation and vaccination

## **Basic first aid**

- 6.8. By the end of primary school, pupils will know:
- how to make a clear and efficient call to emergency services if necessary.
  - concepts of basic first-aid, for example dealing with common injuries, including head injuries

## **Changing adolescent body**

- 6.9. By the end of primary school, pupils will know
- key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes
  - about menstrual wellbeing and key facts relating to the menstrual cycle

## **7. PSHE education per year group**

- 7.1. The school is free to determine, within the statutory curriculum, what pupils are taught during each year group.
- 7.2. The school always considers the age and development of pupils when deciding what will be taught in each year group.
- 7.3. The school plans a progressive curriculum in which topics are built upon prior knowledge taught in previous years as pupils progress through school, with a view to providing a smooth transition to secondary school.
- 7.4. All pupils must be taught the aspects of sex education outlined in the primary science curriculum – this includes teaching about the main external parts of the human body, how it changes as it grows from birth to old age, including puberty, and the reproductive process in some plants and animals.
- 7.5. The school is free to determine whether pupils should be taught sex education beyond what is required of the national curriculum.

7.6. At our school, we do teach pupils sex education beyond what is required of the science curriculum.

### 7.7. Reception and Year 1

- **Families and friendships** – Roles of different people; families; feeling cared for.
- **Safe relationships** – Recognising privacy; staying safe; seeking permission.
- **Respecting ourselves and others** – How behaviour affects others; being polite and respectful.
- **Belonging to a community** – What rules are; caring for others' needs; looking after the environment.
- **Media literacy and digital resilience** – Using the internet and digital devices; communicating online.
- **Money and work** – Strengths and interests; jobs in the community.
- **Physical health and Mental wellbeing** – Keeping healthy; food and exercise; hygiene routines; sun safety.
- **Growing and changing** - Recognising what makes them unique and special; feelings; managing when things go wrong.
- **Keeping safe** - How rules and age restrictions help us; keeping safe online.

### 7.8. Year 2

- **Families and friendships** - Making friends; feeling lonely and getting help.
- **Safe relationships** - Managing secrets; resisting pressure and getting help; recognising hurtful behaviour.
- **Respecting ourselves and others** - Recognising things in common and differences; playing and working cooperatively; sharing opinions.
- **Belonging to a community** - Belonging to a group; roles and responsibilities; being the same and different in the community.
- **Media literacy and digital resilience** - The internet in everyday life; online content and information.
- **Money and work** - What money is; needs and wants; looking after money.
- **Physical health and Mental wellbeing** - Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help.
- **Growing and changing** - Growing older; naming body parts; moving class or year.
- **Keeping safe** - Safety in different environments; risk and safety at home; emergencies.

### 7.9. Year 3

- **Families and friendships** – What makes a family; features of family life.
- **Safe relationships** – Personal boundaries; safely responding to others; the impact of hurtful behaviour.
- **Respecting ourselves and others** – Recognising respectful behaviour; the importance of self-respect; courtesy and being polite.
- **Belonging to a community** – The value of rules and laws; rights, freedoms and responsibilities.
- **Media literacy and digital resilience** – How the internet is used; assessing information online.
- **Money and work** – Different jobs and skills; job stereotypes; setting personal goals.
- **Physical health and Mental wellbeing** – Health choices and habits; what affects feelings; expressing feelings.
- **Growing and changing** – Personal strengths and achievements; managing and reframing setbacks.

- **Keeping safe** - Risks and hazards; safety in the local environment and unfamiliar places.

#### 7.10. Year 4

- **Families and friendships** – Positive friendships, including online.
- **Safe relationships** – Responding to hurtful behaviour; managing confidentiality; recognising risks online.
- **Respecting ourselves and others** – Respecting differences and similarities; discussing difference sensitively.
- **Belonging to a community** – What makes a community; shared responsibilities.
- **Media literacy and digital resilience** – How data is shared and used.
- **Money and work** – Making decisions about money; using and keeping money safe.
- **Physical health and Mental wellbeing** – Maintaining a balanced lifestyle; oral hygiene and dental care.
- **Growing and changing** – Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty.
- **Keeping safe** - Medicines and household products; drugs common to everyday life.

#### 7.11. Year 5

- **Families and friendships** – Managing friendships and peer influence.
- **Safe relationships** – Physical contact and feeling safe.
- **Respecting ourselves and others** – Responding respectfully to a wide range of people; recognising prejudice and discrimination.
- **Belonging to a community** – Protecting the environment; compassion towards others.
- **Media literacy and digital resilience** – How information online is targeted; different media types, their role and impact.
- **Money and work** – Identifying job interests and aspirations; what influences career choices; workplace stereotypes.
- **Physical health and mental wellbeing** – Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies.
- **Growing and changing** – Personal identity; recognising individuality and different qualities; mental wellbeing.
- **Keeping safe** - Keeping safe in different situations, including responding in emergencies, first aid and FGM.

#### 7.12. Year 6

- **Families and friendships** – Attraction to others; romantic relationships; civil partnership and marriage.
- **Safe relationships** – Recognising and managing pressure; consent in different situations.
- **Respecting ourselves and others** – Expressing opinions and respecting other points of view, including discussing topical issues.
- **Belonging to a community** – Valuing diversity; challenging discrimination and stereotypes.
- **Media literacy and digital resilience** – Evaluating media sources; sharing things online.
- **Money and work** – Influences and attitudes to money; money and financial risks.
- **Physical health and mental wellbeing** – What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online.
- **Growing and changing** – Human reproduction and birth; increasing independence; managing transition.

- **Keeping safe** - Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media.

## 8. Delivery of the curriculum

- 8.1. The relationships, sex and health curriculum will be delivered as part of our PSHE and Science curriculums.
- 8.2. Through effective organisation and delivery of the subject, we will ensure that:
  - core knowledge is sectioned into units of manageable size
  - the required content is communicated to pupils clearly, in a carefully sequenced way, within a planned scheme of work
  - teaching includes sufficient and well-chosen opportunities and contexts for pupils to embed new knowledge so that it can be used confidently in real-life situations
- 8.3. The curriculum is delivered proactively, such that it addresses issues in a timely way in line with current evidence on children's physical, emotional and sexual development.
- 8.4. Teaching of the curriculum reflects requirements set out in law, particularly the Equality Act 2010, so that pupils understand what the law does and does not allow, and the wider legal implications of the decisions they make.
- 8.5. Pupils will be taught the facts and the law about sex, sexuality, sexual health and gender identity in an age-appropriate, inclusive and respectful way. We will endeavour to support all pupils to feel that the content is relevant to them and their developing sexuality.
- 8.6. At the point we consider it appropriate to teach pupils about sexual relationships, we will ensure that LGBTQ+ content is fully integrated into the relationships, sex and health curriculum, rather than delivered as a standalone unit or lesson. The school will ensure it is communicated to parents and stakeholders that LGBTQ+ relationships and content are not inherently sexual in nature, and parents do not have the right to withdraw their children specifically from lessons regarding LGBTQ+ issues.
- 8.7. The school will ensure that all teaching and materials are appropriate for the ages of the pupils, their religious backgrounds, their developmental stages and any additional needs, such as SEND.
- 8.8. Lesson plans will provide appropriate challenge for pupils and be differentiated for pupils' needs.
- 8.9. Classes may be taught in smaller groups, dependent upon the nature of the topic being delivered at the time, and the cultural background of pupils where it is appropriate to deal with these issues with heightened sensitivity.
- 8.10. Throughout every year group, appropriate diagrams, videos, books, games, discussion and practical activities will be used to assist learning.
- 8.11. Inappropriate images, videos, etc., will not be used, and resources will be selected with sensitivity given to the age, developmental stage and cultural background of pupils.
- 8.12. Pupils will be prevented from accessing inappropriate materials on the internet when using such to assist with their learning. The prevention measures taken to ensure this are outlined in the school's E-safety Policy.
- 8.13. Teachers will establish what is appropriate for one-to-one and whole-class settings, and alter their teaching of the programme accordingly.

- 8.14 Teachers will ensure that pupils' views are listened to and will encourage them to ask questions and engage in discussion. Teachers will answer questions sensitively, honestly and in a manner appropriate to the pupil's age.
- 8.15 Teachers will ensure pupils are aware of the expectation of them to participate sensitively and respectfully in class discussions of sensitive issues.
- 8.16 Teachers will stop full class discussions where pupils begin to reveal personal, private information related to sensitive issues. If teachers feel concerned about anything shared by a pupil, they will follow the appropriate response as laid out in the Child Protection and Safeguarding Policy. The programme will be designed to incorporate all pupils, and activities will be planned to ensure all are actively involved.
- 8.17 Teachers will focus heavily on the importance of healthy relationships, though sensitivity will always be given as to not stigmatise pupils based on their home circumstances.
- 8.18 Teachers will ensure that lesson plans are centred around reducing stigma, particularly in relation to mental wellbeing, and encouraging openness through discussion activities and group work.
- 8.19 Teachers will ensure lesson plans focus on challenging perceived views of pupils based on protected characteristics, through exploration of, and developing mutual respect for, those different to themselves.
- 8.20 In teaching the curriculum, teachers will be aware that pupils may raise topics such as self-harm and suicide. When talking about these topics in lessons, teachers will be aware of the risks of encouraging these behaviours and will avoid any resources or material that appear as instructive rather than preventative.
- 8.21 Whilst there are no formal examinations for the relationships, sex and health curriculum, the school will undertake informal assessments to determine pupil progress – these include the following:
- written assignments
  - group presentations
  - group tasks
  - projects

## **9 Working with external experts**

- 9.1 External experts may be invited to assist from time-to-time with the delivery of the programme and will be expected to comply with the provisions of this policy.
- 9.2 The school will ensure all visitor credentials are checked before they are able to participate in delivery of the curriculum, in line with the Visitor Policy.
- 9.3 The school will ensure that the teaching delivered by the external expert fits with the planned curriculum and this policy.
- 9.4 The school will also ask to see the materials the expert intends to use, as well as a copy of the lesson plan, to ensure it meets all pupils' needs, including those with SEND.
- 9.5 The school will agree with the expert the procedures for confidentiality, ensuring that the expert understands how safeguarding reports should be dealt with in line with the Child Protection and Safeguarding Policy.
- 9.6 The intended use of external experts is to enhance the curriculum delivered by teachers, rather than as a replacement for teachers.

## **10 Equality and accessibility**

10.1 The school understands its responsibilities in relation to the Equality Act 2010; specifically, that it must not unlawfully discriminate against any pupil because of their protected characteristics. These include:

- Age.
- Sex or sexual orientation.
- Race.
- Disability.
- Religion or belief.
- Gender reassignment.
- Pregnancy or maternity.
- Marriage or civil partnership.

10.2 The school is committed to making reasonable adjustments wherever possible to promote accessibility and inclusivity of the curriculum. The school will ensure that relationships and health education programme is inclusive, and caters to the needs, of pupils with SEND or other support needs, such as those with SEMH needs.

10.3 The school understands that pupils with SEND or other needs, such as those with social, emotional or mental health needs, are entitled to learn about relationships, sex and health education, and the programme will be designed to be inclusive of all pupils.

10.4 Teachers will understand that they may need to be more explicit and adapt their planning of work and teaching methods in order to appropriately deliver the programme to pupils with SEND or other needs.

10.5 Provisions under the Equality Act 2010 allow our school to take positive action, where it can be evidenced to be proportionate, to respond to particular disadvantages affecting a group because of a protected characteristic. For example, we could consider taking positive action to support girls if there was evidence that they were being disproportionately subjected to sexual violence or sexual harassment.

10.6 When deciding whether support is necessary to support pupils with a particular protected characteristic, we will consider our pupils' needs, including the gender and age range of our pupils.

10.7 In order to foster healthy and respectful peer-to-peer communication and behaviour between all pupils, the school implements a robust Behavioural Policy and School Code, Managing Allegations against other pupils as well as a Child Protection and Safeguarding Policy, which set out expectations of pupils.

10.8 The school understands that relationships, sex, and health education may include topics which are triggers for teaching staff, and could relate to historic, recent, or current trauma. If this is the case, the school encourages staff to approach senior leaders or the school's mental health support lead to discuss this.

## **11 Curriculum links**

11.1 The school seeks opportunities to draw links between relationships, sex and health education and other curriculum subjects wherever possible to enhance pupils' learning.

11.2 Relationships, sex and health education will be linked to the following subjects in particular:



- **Science** – pupils learn about the main external parts of the body and changes to the body as it grows from birth to old age, including puberty
- **Computing and ICT** – pupils learn about e-safety, including how to use technology safely, responsibly, respectfully and securely, how to keep personal information private and how to access help and support
- **PE** – pupils explore various physical activities, are physically active for sustained periods of time, engage in competitive sport and understand how exercise can lead to healthier lifestyles
- **Social Emotional Aspects of Learning (SEAL)** links the whole community together with themes: New Beginnings, Getting on and Falling Out, Going for Goals, Good to be me, Relationships and Changes which provides units of work ensuring consistent vocabulary and understanding throughout the school

## 12 Withdrawing from the subjects

- 12.1 Relationships and health education are statutory at primary and parents **do not** have the right to withdraw their child from the subjects.
- 12.2 As sex education is not statutory at primary level, other than what must be taught as part of the science curriculum, parents have the right to request to withdraw their child from all or part of the sex education curriculum.
- 12.3 The headteacher will discuss the request with the parent and, if appropriate, their child, to ensure that their wishes are understood and to clarify the nature and purpose of the curriculum.
- 12.4 The headteacher will discuss with the parent, the benefits or receiving this important education and any adverse effects that withdrawal may have on the pupil – this could include, for example, social and emotional effects of being excluded.
- 12.5 The headteacher will keep a record of the discussion between themselves, the pupil and the parent and put it on CPOMS.
- 12.6 The headteacher will grant a parent's request to withdraw their child from sex education, other than the content that must be taught as part of the science curriculum.
- 12.7 The parent will be informed in writing of the headteacher's decision.
- 12.8 Where a pupil is withdrawn from sex education, the headteacher will ensure that the pupil receives appropriate alternative education.

## 13 Behaviour

- 13.1 The school has a zero-tolerance approach to bullying. We aim to foster a culture based on mutual respect and understanding for one another.
- 13.2 Any bullying incidents caused as a result of the relationships, sex and health education programme, such as those relating to sexual orientation, will be dealt with as seriously as other bullying incidents within the school.
- 13.3 Any occurrence of these incidents will be reported to a member of school staff, who will then discipline the pupil once they are on school premises.
- 13.4 These incidents will be dealt with following the processes in our Behavioural Policy and Anti-Bullying Policy.
- 13.5 The headteacher will decide whether it is appropriate to notify the police or an anti-social behaviour coordinator in their LA of the action taken against a pupil.

## **14 Staff training**

- 14.1 All staff members at the school will undergo training regularly to ensure they are up-to-date with the relationship, sex and health education programme and associated issues.
- 14.2 Members of staff responsible for teaching the subjects will undergo further training regularly, led by the relationships, sex and health education subject leader, to ensure they are fully equipped to teach the subjects effectively.
- 14.3 Training of staff will also be scheduled around any updated guidance on the programme and any new developments, such as 'sexting', which may need to be addressed in relation to the programme.

## **15 Confidentiality**

- 15.1 Confidentiality within the classroom is an important component of relationships, sex and health education, and teachers are expected to respect the confidentiality of their pupils as far as is possible.
- 15.2 Teachers will, however, alert the headteacher or Deputy DSLs about any suspicions of inappropriate behaviour or potential abuse as per the school's Child Protection and Safeguarding Policy.
- 15.3 Pupils will be fully informed of the school's responsibilities in terms of confidentiality and will be aware of what action may be taken if they choose to report a concern or make a disclosure.
- 15.4 Any reports made during lessons, or as a result of the content taught through the curriculum, will be reported to the DSL and handled in accordance with the Child Protection and Safeguarding Policy.

## **16 Monitoring quality**

- 16.1 The relationships, sex and health education subject leader is responsible for monitoring the quality of teaching and learning for the subjects.
- 16.2 The relationships, sex and health education subject leader will conduct subject assessments on a termly basis, which will include a mixture of the following:
  - Self-evaluations.
  - Lesson observations.
  - Topic feedback forms.
  - Learning walks.
  - Work scrutiny.
  - Lesson planning scrutiny.
  - Pupil interviews.
  - Pupil Questionnaires.
  - School Council.
- 16.3 The relationships, sex and health education subject leader will create annual subject reports for the headteacher and governing board to report on the quality of the subjects.
- 16.4 The relationships, sex and health education subject leader will work regularly and consistently with the headteacher and RSE link governor, e.g. through review meetings, to evaluate the effectiveness of the subjects and implement any changes.

## **17 Monitoring and review**

- 17.1 This policy will be reviewed on an annual basis by the relationships, sex and health education subject leader and headteacher. The next scheduled review date for this policy is January 2026
- 17.2 This policy will also be reviewed in light of any changes to statutory guidance, feedback from parents, staff or pupils, and issues in the school or local area that may need addressing.
- 17.3 The Governing Board is responsible for approving this policy.
- 17.4 Any changes made to this policy will be communicated to all staff, parents and, where necessary, pupils.