



# Relationships, Sex and Health Education Policy (RSHE) Policy

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Signed by (GBR):

Date: 05/06/2024

Next review due by: 05/06/2026

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## Introduction

This is the policy of Princess May Primary School on the approach taken to Relationships, Sex and Health Education (RSHE), approved by our chair of governors following a consultation with parents and carers.

## Legal Context

The law was changed with effect from September 2020 so that primary schools in England must teach relationships education and health education (*The Children and Social Work Act 2017*).

- The relationships education part of the new curriculum teaches what children need to learn to build positive and safe relationships with family and friends and online.
- The health education part of the new curriculum covers both physical health and mental wellbeing and teaches children how to make good decisions about their own health and wellbeing; how to recognise issues in themselves and in others; and how to seek support as early as possible when issues arise.

Sex education is not compulsory in primary schools, but:

- The new curriculum for relationships education and health education does include content on puberty.
- The national curriculum for science includes subject content in related areas, such as the main external body parts; the human body as it grows from birth to old age (including puberty); and reproduction in some plants and animals.

Following this change in the law, the Department for Education published *Statutory Guidance for Relationships Education, Relationships and Sex Education (RSE) and Health Education (2019)*. This guidance requires primary schools in England to have a written relationships education policy to cover the following:

- How relationships education is delivered
- What sex education (if any) a school chooses to cover that goes beyond the national curriculum for science and relationships education.

There is no equivalent requirement for a health education policy but, in line with best practice, this RSHE policy also covers health education.

This RSHE policy also supports legal requirements relating to the following:

- *The Equality Act 2010.*
- *The Education Act 1996.*
- *Statutory guidance, Keeping Children Safe in Education 2020.*

The following policies are also relevant to this Relationships and Health Education policy:

- Anti-bullying
- Safeguarding

## Definition\*

RSHE supports children and young people's personal development including their spiritual, moral, social and cultural development. Its aims are to help children and young people to deal with the real-life issues they face as they grow up and that they will encounter as adults. Their learning will support them both online and offline, to make informed choices about their safety, physical and mental health, enabling them to live positive and fulfilled lives.

RSHE is enhanced by a supportive school ethos where everyone is valued, positive relationships are promoted and there is a safe learning environment.

### Our Vision and Ethos:

We are proud to be a fully-inclusive school that strives to deliver outstanding outcomes for each and every child through our values of: **Respect; Empathy; Determination (RED)**. Our broad and balanced curriculum ensures children are equipped with the knowledge, skills and cultural capital to leave Princess May fully ready for the next chapter of their lives. At Princess May Primary School, we believe learning is a lifelong process.

## Aims

The aims of our RSHE programme are:

- Provide accurate and age-appropriate information.
- Include all children.
- Help children make informed choices.
- Develop knowledge, skills and attitudes.
- Build confidence and self-esteem.
- Develop personal attributes.
- Prepare children for the next stage of education and adulthood.
- Develop positive and inclusive attitudes to everyone, particularly to those with protected characteristics under the *Equality Act 2010*.

## Role and Responsibilities

An effective programme of RSHE requires support from the whole school community and the following people have specific roles and responsibilities:

### 1.1 Governors

The governing board will approve the RSE policy, and hold the headteacher to account for its implementation.

### 1.2 Headteacher/principal

The headteacher is responsible for:

- Overseeing the development and delivery of RSHE.
- Providing staff with the opportunity to contribute to the development of RSHE.
- Providing information to the trustees/governors.
- Providing training for the subject leader and staff, as required.
- Supporting the subject leader to liaise with parents and carers.

- Dealing with parents and carers who wish to withdraw a child from sex education.

### **1.3 Subject leader**

The subject leader is responsible for:

- Leading the development and delivery of effective RSHE.
- Keeping up-to-date with the development of RSHE.
- Supporting colleagues as required.
- Monitoring and evaluating RSHE and providing necessary reports.
- Liaising with parents and carers.
- Keeping subject information up-to-date, including on the school website.
- Overseeing external visitors and resources used in RSHE.

### **1.4 All staff**

All staff are responsible for:

- To understand and implement the policy of RSHE.
- To teach RSHE in line with the agreed curriculum.
- To assess and monitor the progress of children.
- To respond to the needs of individual children.

Staff do not have the right to opt out of teaching RSE. Staff who have concerns about teaching RSE are encouraged to discuss this with the headteacher. Class teachers are responsible for teaching RSE in our school.

## **Curriculum Organisation\***

The school adopts the following approaches to organise the curriculum to ensure high quality delivery of RSHE:

- RSHE is covered as part of our wider programme of PSHE education.
- RSHE lessons are delivered weekly.
- KS1 – lessons should be 40 - 45 minutes long;
- KS2 – lessons should be 50 - 60 minutes long.
- There may be focus days and visitors to enhance the programme.
- All lessons will be taught by the class teacher.

## **Teaching and Learning**

RSHE is delivered in line with the teaching and learning policy. However, as the subject deals with real-life experiences, it is important to establish a safe and positive learning environment using the following approaches:

- Establishing clear ground rules in consultation with children. Ground rules should include confidentiality, respect for others, privacy and boundaries.
- Using distancing techniques including de-personalised discussions and role play.
- Using clear language to avoid misunderstandings.
- Avoiding prejudice and assumptions about children's abilities, desires, background and experiences.
- Dealing sensitively with unexpected questions and comments.

- Assessing and building on existing knowledge and experiences.
- Ensuring that learning is engaging, using a range of activities, including structured discussion and problem-solving.
- Providing a range of opportunities to learn, practise and demonstrate knowledge, skills and attitudes.
- Allowing time for reflection.
- Providing scaffolded learning.
- Using a variety of groupings to enhance learning.

## Curriculum Content

### Long term planning

At Princess May primary school, we have chosen to use the **Kapow Primary RSE scheme of work**, which provides full curriculum coverage, including all the statutory content, for each year group.

Follow this link to view the [Kapow Primary RSE curriculum overview](#).

### Resources

Teachers will select any additional resources carefully, and the subject leader will oversee the selection.

Additional resources will be:

- Up-to-date.
- Relevant to children.
- Consistent with the aims and values of the school.

## Equality

Under the *Equality Act 2010*, Princess May primary are under a legal duty to eliminate discrimination, advance equality of opportunity and foster good relationships between those with protected characteristics and those without. The protected characteristics are:

- Age.
- Marriage and Civil partnership.
- Disability.
- Race.
- Religion and belief.
- Sexual orientation.
- Sex.
- Pregnancy and maternity.
- Gender reassignment.

In addition, we must consider the needs of those with Special Educational Needs and Disabilities (SEND).

The RSHE programme will meet the needs of all children. Lessons will include content that will tackle discrimination and foster good relationships.

## Right to withdraw from sex education\*

A parent or carer **cannot** legally withdraw their child from any aspect of the statutory relationships education or health education.

A parent or carer **does** have the right to withdraw their child from sex education unless what is being taught is part of the science national curriculum.

Following a consultation with the whole school community, the following content is deemed to be sex education:

The suggested Kapow Primary lessons that are deemed to be sex education are:

- [Year 6: Safety and the changing body, Lesson 5: Conception](#)
- [Year 6: Safety and the changing body, Lesson 6: Pregnancy and birth](#)

The following process must be followed if a parent or carer wishes to withdraw their child:

- Parents/carers will be informed about sex education.
- Parents/carers should contact the school.
- Parents/carers will be invited in for a meeting with the Head Teacher. Meetings give an opportunity for the school and the parent/carer to discuss concerns and to outline the impact on the children of missing sex education lessons.
- A decision on the withdrawal request will be recorded and made by the Head Teacher.
- Alternative arrangements will be made for the child during the sex education lesson that the child will not attend.

## Safeguarding

RSE includes sensitive topics. It is, therefore, possible that discussions will prompt safeguarding disclosures.

The subject leader/teacher should discuss with the designated safeguarding lead any potentially sensitive topics.

Appropriate steps must be taken to provide additional support for children if required.

Staff should consider the timing of lessons to ensure that children have the opportunity to report any concerns they may have either that day or the following day.

## Support

RSHE should not be a time for children to make disclosures. It is important, however, to inform children of the support that is available to them if they are worried about anything raised in a lesson.

The following support will be highlighted to children as appropriate:

### In school:

- Class teacher.
- DSL
- Connect-Ed Art Therapist
- Any staff member

**External:**

- Childline

**Monitoring and evaluating\***

The headteacher and subject leader will be responsible for monitoring and evaluating RSHE in line with other subjects.

The following monitoring and evaluating will take place:

- Scrutiny of planning.
- Lesson observations.
- Learning walks.
- Evidence of learning.
- Feedback from staff.
- Feedback from parents/carers.
- Feedback from children.

**Professional development**

The headteacher and subject leader will assess the professional development needs of staff regularly. Appropriate development will be provided using internal or external expertise.

**Communication of policy**

This RSHE policy will be available to read on and downloaded from the school website and copies can be requested free of charge from the school office.

**Review\***

This policy will be reviewed every three years from the the date of approval of the RSHE policy by the governors.