Place Partnership

A MULTI-ACADEMY TRUST

Document Title	**Relationship, Sex and Health Education (RSHE) Policy - Primary**
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Policy Category (Please Indicate)	**1**	**Trust/Academies to use without amendment**
	2	Academy specific appendices
	3	Academy personalisation required (in highlighted fields)

Summary of Changes from Previous Version

Version	Date	Author	Note/Summary of Revisions
V1	July 2026	LRA/SBR	New Policy

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1. AIMS AND OBJECTIVES

AIMS

As an Academy, we believe that Relationships, Sex and Health Education (RSHE) is an essential part of every child's education and personal development.

Our RHSE curriculum aims to:

- Support children to develop healthy, positive, and respectful relationships.
- Promote emotional wellbeing, resilience, and self-esteem.
- Help children understand how to stay safe both online and offline.
- Equip children with the knowledge and skills needed to make informed and safe choices.
- Promote equality, inclusion, and respect for diversity.
- Help children recognise and respond to safeguarding concerns.
- Prepare children for the opportunities, responsibilities, and experiences of later life.
- Support children in developing confidence, independence and respect for themselves and others.

OBJECTIVES

Through our RHSE curriculum, pupils will:

- Understand the characteristics of healthy friendships.
- Recognise the importance of family and caring relationships.
- Learn how to stay safe in different situations.
- Understand personal boundaries and privacy.
- Develop strategies to manage emotions positively.
- Learn about physical and mental health and wellbeing.
- Understand how to seek support when worried or unsafe.
- Develop appropriate knowledge about growing and changing.
- Understand the importance of respecting differences and challenging stereotypes.

2. STATUTORY REQUIREMENTS

This policy has been developed in accordance with:

- The Children and Social Work Act 2017.
- Education Act 1996.
- Education Act 2002.
- Equality Act 2010.
- Human Rights Act 1998.
- Keeping Children Safe in Education.
- Relationships Education, Relationships and Sex Education (RSE) and Health Education Statutory Guidance (September 2026).
- The Public Sector Equality Duty.

As a Primary Academy, we are required to teach:

- Relationships Education.
- Health Education.

- National Curriculum Science.

Relationships Education and Health Education are statutory for all pupils in primary schools. Parents do not have the right to withdraw their child from these elements of the curriculum.

3. POLICY DEVELOPMENT

This policy has been developed through consultation with:

- Pupils.
- Parents and carers.
- Teaching staff.
- Senior leaders.
- Governors/Trustees.

The development process includes:

- Review of statutory guidance.
- Curriculum evaluation.
- Pupil voice activities.
- Consultation with stakeholders.
- Governor scrutiny and approval.

The policy will be reviewed annually.

4. DEFINITION OF RSHE

RSHE is lifelong learning about:

RELATIONSHIPS

Children learn about:

- Families and people who care for them.
- Friendships.
- Respectful relationships.
- Online relationships.
- Keeping safe.

HEALTH EDUCATION

Children learn about:

- Physical health.
- Mental wellbeing.
- Healthy lifestyles.
- Personal hygiene.
- Emotional wellbeing.
- Internet safety.

- First Aid.
- Healthy habits.

SEX EDUCATION

Primary schools are not required to teach sex education beyond the National Curriculum Science content.

Where additional age-appropriate sex education is taught, it will focus on preparing pupils for puberty and the transition to secondary education and will be delivered sensitively and appropriately.

5. GUIDING PRINCIPLES

The Academy believes that RHSE should be:

AGE APPROPRIATE

Learning will be carefully sequenced from EYFS to Year 6 and reflect children's developmental stages.

INCLUSIVE

All children will access RHSE regardless of:

- Gender.
- Ethnicity.
- Disability.
- Religion.
- Family structure.
- Background.

SAFEGUARDING FOCUSED

RHSE is a key safeguarding curriculum that supports children in recognising risk and seeking help.

Factual and Evidence Based.

Children will receive accurate, balanced and age-appropriate information.

6. ROLES AND RESPONSIBILITIES

TRUSTEES AND GOVERNORS

Governors and Trustees will:

- Ensure statutory requirements are met.

- Review policy implementation.
- Monitor curriculum effectiveness.
- Ensure appropriate resources and training are available.

PRINCIPAL

The Principal will:

- Oversee implementation.
- Ensure compliance with statutory guidance.
- Monitor quality and impact.
- Lead parental engagement.

SUBJECT LEADER

The Subject Leader will:

- Coordinate curriculum planning.
- Support staff.
- Monitor teaching and learning.
- Review resources.

STAFF

Staff will:

- Teach RHSE professionally.
- Create safe learning environments.
- Manage questions appropriately.
- Follow safeguarding procedures.

PUPILS

Pupils are expected to:

- Engage respectfully.
- Listen to others.
- Contribute positively and safely.

7. SAFEGUARDING

RHSE contributes significantly to safeguarding.

Children will learn how to:

- Identify trusted adults.
- Seek help and support.
- Recognise unsafe situations.

- Keep themselves safe online.
- Understand personal boundaries.
- Recognise inappropriate behaviour.
- Report worries or concerns.

Any disclosures will be managed in accordance with the Academy's Child Protection and Safeguarding Policy.

8. PLANNING AND DELIVERY

RHSE will be delivered through:

- Dedicated RHSE/PSHE lessons.
- Assemblies.
- Themed events.
- Curriculum enrichment activities.
- Wider curriculum links.

Teaching approaches may include:

- Stories and picture books.
- Circle time.
- Discussion.
- Role play.
- Videos.
- Collaborative activities.
- Reflection activities.

Ground rules will be established to ensure lessons remain safe and respectful.

9. ONLINE SAFETY AND DIGITAL WELLBEING

The Academy recognises that children are growing up in an increasingly digital world.

Children will be taught about:

- Staying safe online.
- Responsible use of technology.
- Privacy and personal information.
- Cyberbullying.
- Online friendships.
- Online gaming.
- Misleading information online.
- Age-appropriate understanding of emerging technologies and AI.
- How to seek help if something online worries them.

Online safety is taught as part of RHSE and through the Computing curriculum.

10. INCLUSION, EQUALITY AND DIVERSITY

The Academy promotes respect for all people.

Teaching will:

- Reflect the diversity of modern Britain.
- Recognise different family structures.
- Promote inclusion and belonging.
- Challenge prejudice and discrimination.
- Encourage respect and kindness.

Children will learn that families come in many forms and that all families should be treated with respect.

11. MENTAL HEALTH AND WELLBEING

The Academy recognises the importance of supporting children's emotional wellbeing.
Children will learn:

- How to recognise emotions.
- Strategies for managing feelings.
- How to build resilience.
- The importance of positive relationships.
- How to ask for help.
- How to support others appropriately.
- Healthy ways to cope with change, loss, and disappointment.

12. USE OF EXTERNAL ORGANISATIONS

Visitors may be invited to support aspects of the curriculum.

The Academy will ensure all external providers:

- Are suitably qualified.
- Provide age-appropriate content.
- Use accurate information.
- Follow safeguarding procedures.
- Remain politically impartial.

Teachers will always be present during externally delivered sessions.

13. VALUES FRAMEWORK

The RHSE curriculum is based on the following values:

- Respect.
- Kindness.
- Honesty.

- Responsibility.
- Equality.
- Resilience.
- Empathy.
- Inclusion.

Teaching will support children to become respectful, responsible, and active members of society.

14. GUIDANCE FOR TEACHERS

Staff delivering RHSE will:

- Establish safe classroom expectations.
- Use appropriate language and terminology.
- Answer questions honestly and appropriately.
- Avoid promoting personal beliefs.
- Maintain professional boundaries.
- Report safeguarding concerns immediately.

Children's questions will be addressed sensitively in a manner appropriate to their age and understanding. Teachers will answer questions in an age-appropriate and factual manner. Where questions raise safeguarding concerns or are not appropriate for the whole class, staff will follow safeguarding procedures and address the matter individually where required

15. PARENTAL ENGAGEMENT

The Academy recognises parents and carers as children's first educators.

We will:

- Publish this policy on the Academy website.
- Share curriculum overviews.
- Communicate key learning themes.
- Provide opportunities for discussion.
- Consult on significant policy changes.

We aim to work in partnership with parents to support children's learning and development.

16. RIGHT TO WITHDRAW

Parents cannot withdraw their child from:

- Relationships Education.
- Health Education.
- National Curriculum Science.

Should the Academy choose to teach additional Sex Education beyond the statutory National Curriculum Science requirements, parents may request that their child is withdrawn from those sessions.

Requests should be made in writing to the principal and will be considered in line with statutory guidance.

17. STAFF TRAINING

All staff delivering RHSE will receive appropriate professional development, including:

- Safeguarding training.
- Online safety updates.
- Curriculum updates.
- Mental health awareness.
- Teaching sensitive issues.
- Equality and inclusion.

Regular CPD will ensure staff remain confident and up to date with statutory expectations.

18. MONITORING AND REVIEW

Monitoring will include:

- Lesson visits.
- Curriculum reviews.
- Pupil voice activities.
- Parent feedback.
- Planning scrutiny.
- Governor oversight.

The Principal and Subject Leader will review provision regularly to ensure it remains effective, compliant, and responsive to pupil needs.

The policy will be reviewed annually by the Executive Leadership Team and approved by the Chief Executive Officer.