



RELATIONSHIPS AND HEALTH EDUCATION POLICY (RHE)

HELSEBY HILLSIDE PRIMARY SCHOOL

Mission Statement:

Relationships Education will put in place the building blocks needed for positive and safe relationships, including with family, friends and online.

Health Education will give the children the information they need to make good decisions about their own health and wellbeing, to recognise issues in themselves and others, and to seek support as early as possible when issues arise.

Using the objectives from the DfE statutory guidance for Relationships Education and Health Education (2019), it is our aim that by the end of Primary School children will know

- the characteristics of healthy family life
- how important friendships are in making us feel happy and secure and how people choose and make friends
- the importance of respecting others, self-respect and the conventions of courtesy and manners
- about different types of bullying and how to get help
- the rules and principles for keeping safe online
- about being safe and what sorts of boundaries are appropriate in friendships with peers and others.
- that mental well-being is a normal part of daily life
- the characteristics and mental and physical benefits of an active lifestyle
- what constitutes a healthy diet
- the facts about legal and illegal harmful substances and associated risks
- concepts of basic first aid
- key facts about puberty and the changing adolescent body

Planning, Organisation and Resources

At Hillside, we have allocated the objectives for Relationships and Health Education to appropriate year groups with many needing revisiting annually. The majority of the objectives will be met through circle time discussions and activities led by the class teacher. The resources that will help our delivery include No Outsiders and Coram-life education. Some of the objectives have links to our Science and PE curriculum and will be delivered through these lessons.

Inclusion

Relationships and Health Education must be accessible for all and we at Hillside strive to include all of our pupils within our lessons. High quality teaching will be differentiated and personalised to ensure accessibility. Under the provisions of the Equality Act, our school does not discriminate against pupils because of their age, sex, race, disability, religion or belief, gender reassignment, pregnancy or maternity, marriage or civil partnership or sexual orientation.

Right to Withdraw

Parents do not have the right to withdraw their child from Relationships and Health Education but can withdraw from RSE lessons (see RSE policy).

This policy will be reviewed every three years or in the light of changes to legal requirements.

Reviewed by	Adam Khan and Sarita Jagota	01/06/26
Approved by	Full Governing Board	15/07/26
Next Review Date		July 2029