



*Small enough to care...big enough to inspire*

## ***RSHE Policy***

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## 1. Vision and Policy Statement

*'Small enough to care, big enough to inspire.'*

At Crawford Village Primary School, we believe that Relationships, Sex and Health Education (RSHE) plays a vital role in supporting children's personal development, wellbeing and safeguarding. Through a nurturing environment and strong partnerships with families, we help every child develop the knowledge, skills and confidence to build positive relationships, make safe and healthy choices, and become responsible members of society.

Our RSHE curriculum reflects our school values of **Friendship, Kindness, Respect, Integrity, Perseverance and Happiness**. These values underpin all aspects of school life and support children in understanding themselves, respecting others and contributing positively to the school community.

Relationships, Sex and Health Education forms an integral part of our wider Personal, Social, Health and Economic (PSHE) curriculum and contributes significantly to pupils' physical health, emotional wellbeing, safeguarding and personal development.

This policy should be read alongside the **Crawford Village Primary School PSHE Policy**, which sets out the school's wider approach to Personal, Social, Health and Economic Education.

### Statutory Context

This policy has been developed in accordance with current legislation and statutory guidance, including:

- Children and Social Work Act 2017;
- Department for Education statutory guidance: *Relationships Education, Relationships and Sex Education (RSE) and Health Education*;
- Keeping Children Safe in Education (KCSIE);
- Equality Act 2010;
- Children Act 1989 and 2004;
- SEND Code of Practice; and
- Working Together to Safeguard Children.

In primary schools:

- Relationships Education is statutory.
- Health Education is statutory.
- Sex Education is not statutory beyond the National Curriculum for Science.

The governing body has adopted this policy to ensure that Relationships, Sex and Health Education is delivered in a way that reflects statutory guidance, supports safeguarding and meets the needs of our pupils and community.

## 2. Relationships, Sex and Health Education

Relationships, Sex and Health Education (RSHE) is delivered as part of Crawford Village Primary School's planned PSHE curriculum through the **1Decision** programme. It provides a progressive

sequence of learning that equips pupils with the knowledge, understanding and skills needed to build healthy relationships, manage their physical and emotional wellbeing and make informed, responsible decisions.

Teaching is carefully planned to be age appropriate, inclusive and responsive to the needs of our pupils. Learning builds progressively from the Early Years Foundation Stage through to Year 6, enabling children to revisit key concepts and deepen their understanding as they mature.

Detailed curriculum progression is set out in the school's **PSHE Curriculum Maps** (Appendix 1 of the PSHE Policy).

### Relationships Education (Statutory)

Relationships Education is statutory in all primary schools and forms the foundation of our RSHE curriculum.

Through Relationships Education, pupils learn about:

- families and the people who care for them;
- caring friendships;
- respectful relationships;
- online relationships and digital safety;
- recognising and managing peer influence;
- personal boundaries and consent in an age-appropriate context;
- being safe, recognising risks and seeking help from trusted adults.

Teaching promotes kindness, respect, empathy and inclusion, enabling children to develop positive relationships and understand their responsibilities towards others.

### Health Education (Statutory)

Health Education supports children in developing the knowledge and skills required to maintain both their physical and mental wellbeing.

Pupils learn about:

- physical and mental health;
- emotional wellbeing and resilience;
- healthy lifestyles, including nutrition and physical activity;
- personal hygiene;
- drugs, alcohol, tobacco and vaping awareness;
- health protection and prevention;
- basic first aid;
- growing and changing, including puberty; and
- personal safety, including road, rail and water safety.

There is **no right to withdraw** a child from Health Education.

## Sex Education (Non-Statutory)

The National Curriculum for Science includes statutory learning about human development, growth and reproduction.

Where Crawford Village Primary School chooses to teach additional **non-statutory Sex Education** beyond the Science curriculum, this is:

- age appropriate and carefully planned;
- delivered sensitively within a safe learning environment;
- taught using appropriate resources through the 1Decision programme; and
- communicated to parents and carers in advance.

Any additional Sex Education taught in primary school does **not** include explicit teaching about sexual activity.

Parents and carers have the right to request that their child is withdrawn from any non-statutory Sex Education taught beyond the National Curriculum for Science. Further information about this process is provided within this policy.

## Curriculum Delivery

Relationships, Sex and Health Education is taught primarily through dedicated PSHE lessons and is reinforced through wider school life, assemblies and cross-curricular learning where appropriate.

Learning is supported through:

- the **1Decision** programme;
- high-quality discussion and reflection;
- age-appropriate scenarios and activities;
- opportunities for pupils to develop decision-making and critical thinking skills; and
- strong links to the school's safeguarding, behaviour and wellbeing approaches.

Teachers may revisit or adapt aspects of the curriculum in response to the needs of individual pupils, emerging safeguarding themes or local and national priorities, ensuring that learning remains relevant, responsive and meaningful.

## 3. Inclusion, Safeguarding and Working with Parents

### Inclusion

At Crawford Village Primary School, we believe that every child is entitled to a high-quality Relationships, Sex and Health Education that is inclusive, accessible and appropriate to their age and stage of development.

RSHE is delivered in accordance with the **Equality Act 2010** and reflects the diverse society in which we live. Teaching promotes respect, kindness, empathy and inclusion, helping pupils to understand that families, relationships and life experiences may differ.

Learning is adapted to meet the needs of all pupils, including those with Special Educational Needs and Disabilities (SEND). Teachers consider pupils' age, maturity, prior knowledge, communication needs and emotional readiness to ensure that every child can access the curriculum successfully.

### Safeguarding and Teaching Sensitive Issues

Relationships, Sex and Health Education makes an important contribution to the school's safeguarding responsibilities by helping children to understand healthy relationships, recognise risk, establish personal boundaries and know how to seek help when they need it.

Lessons are delivered within a safe, respectful and supportive learning environment where pupils are encouraged to participate, ask questions and express their views appropriately.

Teachers:

- establish clear ground rules for discussion;
- use correct, age-appropriate vocabulary;
- answer questions honestly and sensitively;
- maintain professional boundaries; and
- adapt learning where additional support may be required.

Children are encouraged to seek advice from trusted adults rather than relying on unreliable sources of information.

If a safeguarding concern or disclosure arises during an RSHE lesson, staff will respond in accordance with the school's Safeguarding and Child Protection Policy.

### Working with Parents and Carers

We recognise that parents and carers are children's first and most important educators and value the positive partnership between home and school.

Parents and carers are kept informed about the RSHE curriculum through curriculum information, the school website and parent meetings where appropriate. They are encouraged to discuss any questions or concerns with school staff so that learning can be supported both at school and at home.

Parents and carers have the right to request that their child is withdrawn from any **non-statutory Sex Education** taught beyond the National Curriculum for Science. There is **no right to withdraw** a child from Relationships Education, Health Education or the statutory Science curriculum.

As a small school, we value open communication and work closely with families. Parents wishing to discuss withdrawal from non-statutory Sex Education are encouraged to contact the Headteacher. Requests will be considered individually, ensuring that the child's wellbeing and educational needs remain central to any decision. Any agreed withdrawal will be recorded in accordance with the school's usual record-keeping procedures.

## 4. Roles, Monitoring and Review

### Roles and Responsibilities

The successful delivery of Relationships, Sex and Health Education is a shared responsibility across the school community.

#### Governing Board

The Governing Board is responsible for:

- approving the RSHE Policy;
- ensuring the school meets its statutory responsibilities; and
- monitoring the effectiveness of RSHE provision.

#### Headteacher

The Headteacher has overall responsibility for ensuring that Relationships, Sex and Health Education is delivered effectively and that this policy is implemented consistently across the school.

#### PSHE Lead

The PSHE Lead is responsible for:

- leading the development of the RSHE curriculum;
- supporting colleagues with curriculum delivery;
- monitoring teaching, learning and assessment;
- reviewing curriculum resources;
- ensuring statutory requirements are met; and
- reporting to senior leaders and governors where appropriate.

#### Teachers

Teachers are responsible for delivering the agreed curriculum, creating a safe and respectful learning environment, responding appropriately to pupils' questions and following safeguarding procedures where concerns arise.

Staff receive appropriate training and professional development to ensure they remain confident in delivering Relationships, Sex and Health Education and responding to emerging safeguarding themes.

### Monitoring and Evaluation

Relationships, Sex and Health Education is monitored as part of the school's wider PSHE provision to ensure that it remains effective, relevant and responsive to the needs of pupils.

Monitoring activities may include:

- review of curriculum planning and statutory coverage;
- pupil voice;
- work scrutiny and assessment information;
- discussion with staff;
- lesson visits where appropriate; and
- feedback from parents and carers.

The findings from monitoring are used to inform curriculum development, identify professional development needs and ensure continuous improvement.

### Links to Other Policies

This policy should be read alongside the following school policies:

- Personal, Social, Health and Economic (PSHE) Policy;
- Safeguarding and Child Protection Policy;
- Behaviour Policy;
- Online Safety Policy;
- Anti-Bullying Policy;
- Equality Policy; and
- SEND Policy.

Supporting documents, including the school's PSHE Curriculum Maps and Relationships and Health Education Information for Parents, are available within the Crawford Village Primary School PSHE Policy and on the school website.

### Policy Review

This policy has been developed by Crawford Village Primary School in consultation with the PSHE Lead and governors. Where appropriate, the views of staff, parents, carers and pupils have informed its development.

The policy will be reviewed every **two years**, or sooner if changes to statutory guidance, legislation or local circumstances require.