



[Penwortham Primary School](#)

PSHE (including RSE) Policy

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Statement of intent

At Penwortham 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.

Legal framework

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

- Section 80A of the Education Act 2002
- Equality Act 2010
- Children and Social Work Act 2017
- The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019
- DfE (2013) 'Science programmes of study: key stages 1 and 2'
- DfE (2019) 'Relationships Education, Relationships and Sex Education (RSE) and Health Education'
- DfE (2021) 'Teaching about relationships, sex and health'

- DfE (2024) 'Keeping children safe in education 2024'

This policy operates in conjunction with the following school policies:

- Child Protection and Safeguarding Policy
- Behaviour Policy
- SEND Policy
- Inclusion Policy
- Pupil Equality, Equity, Diversity and Inclusion Policy
- Staff Equality, Equity, Diversity and Inclusion Policy
- Child-on-child Abuse Policy
- Pupil Confidentiality Policy
- Anti-bullying Policy
- Social, Emotional and Mental Health (SEMH) Policy
- Online Safety Policy
- Visitor Policy
- School Improvement Plan (SIP)

Roles and responsibilities

The governing board will be 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.

- Creating and keeping up-to-date a separate written statement of this policy and ensuring the statement is published on the school's website and provided free of charge to anyone who requests it.
- Ensuring that all staff receive ongoing training on issues relating to PSHE and RHE and how to deliver lessons on such issues.
- Ensuring that all staff are up to date with policy changes, and familiar with school policy and guidance relating to RHE.

The headteacher will be responsible for:

- The overall implementation of this policy.
- Ensuring adequate time on school timetable to deliver RHE as a statutory curriculum subject.
- Providing support to staff members who feel uncomfortable or ill-equipped to deal with the delivery of RHE to pupils; for example, if staff do not feel that their training has been adequate or that aspects of the curriculum conflict with their religious beliefs.
- Ensuring that parents are fully informed of this policy and the RHE resources are available to parents beforehand.
- 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.

The RHE subject leader will be responsible for:

- Overseeing the delivery of the subjects.
- Ensuring that staff values and attitudes will not prevent them from providing a balanced RHE in school.
- Providing the agreed vocabulary to be used during the lessons to ensure a consistent approach.
- Ensuring the subjects are age-appropriate and high-quality and up-to-date.
- 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, and health curriculum.
- Ensuring the relationships and health curriculum, as well as any optional sex education, is inclusive and accessible for all pupils.
- Working with other subject leaders to ensure the relationships and health curriculum complements, but does not duplicate, the content covered in the national curriculum.

- Liaising and working in partnership with parents and carers to support further conversations at home and to share the resources ahead of teaching upon request.
- Monitoring and evaluating the effectiveness of the subjects and providing reports to the headteacher.

The SENCO will be 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.
- Ensuring that the needs of vulnerable pupils are taken into consideration in designing and teaching these subjects.

The appropriate teachers will be responsible for:

- Delivering a high-quality and age-appropriate relationships 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.
- 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 SENCO to identify and respond to individual needs of pupils with SEND.
- Working with the RHE subject leader to evaluate the quality of provision.

Parents are responsible for:

- Enabling their children to grow and mature and to form healthy relationships.
- Supporting their children through their personal development and the emotional and physical aspects of growing up.
- Ensuring that they are aware of aspects of the curriculum, including when it is going to be delivered and the content.
- Supporting their children's personal, social and emotional development, by working with the school to create an open home environment where pupils can engage, discuss and continue to learn about matters that have been raised through school PSHE.
- Seeking additional support in this from the school where they feel it is needed.

Organisation of the curriculum

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.

For the purpose of this policy:

- “**Relationships education**” is defined as teaching pupils about healthy, respectful relationships, focussing on family and friendships, in all contexts, including online.
- “**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.
- “**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.

The relationships and health curriculum takes into account the views of teachers, pupils and parents. The school has organised a curriculum that is appropriate for the age and developmental stages of pupils within each year group. When organising the curriculum, the religious backgrounds of all pupils will be considered, so that the topics that are covered are taught appropriately.

The school is dedicated to ensuring our curriculum meets the needs of the whole-school community; therefore, the curriculum is informed by issues in the school and wider community to ensure it is tailored to pupils' needs. For example, if there were to be a local prevalence of specific sexually transmitted infections, our curriculum would be tailored to address this issue.

The school will consult with parents, pupils and staff in the following ways:

- Questionnaires and surveys
- Focus groups
- Meetings
- Training sessions
- Newsletters and letters

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 Mrs Laura Barlow (PSHE Lead) and/or headteacher.

Consultation with parents

The school understands the important role parents play in enhancing their children's understanding of relationships and health and how important parents' views are in shaping the curriculum. The school will provide parents with frequent opportunities to understand and ask questions about the school's approach to RHE.

The school will consult closely with parents when reviewing the content of the school's RHE curriculum and will give them regular opportunities to voice their opinions. The school will use the views of parents to inform decisions made about the curriculum content and delivery; however, parents will not be granted a 'veto' on curriculum content, and all final decisions will be made by school. The school will permit parents access to all curriculum materials and the school will not enter into contracts with outside providers that seek to prevent parents from seeing materials.

Parents will be provided with the following information:

- The content of the relationships and health curriculum
- The delivery of the relationships and health curriculum, including what is taught in each year group
- The legalities surrounding withdrawing their child from the subjects
- The resources that will be used to support the curriculum

The school will work closely with parents in reviewing the sex education curriculum and will consult with them annually with regard to what is covered.

The school aims to build positive relationships with parents by inviting them into school to discuss what will be taught, address any concerns, and help parents in managing conversations with their children on the issues covered by the curriculum. Parents will also be consulted in the review of this policy and encouraged to provide their views at any time.

Relationships education overview

Families and people who care for me

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

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

By the end of primary school, pupils will know:

- The importance of respecting others – even when they are very different from them, 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

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

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, who they do not know.
- 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.

Relationships education per year group

The school is free to determine, within the statutory curriculum content outlined in the ‘[Relationships education overview](#)’ section, what pupils are taught during each year group.

The school always considers the age and development of pupils when deciding what will be taught in each year group. The school implements 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.

Reception

1. Me and My Relationships

- Recognising feelings in self and others
- Understanding friendly behaviours
- Taking turns and sharing
- Working and playing cooperatively

2. Valuing Difference

- Identifying what makes us special
- Understanding similarities and differences
- Learning about kindness and inclusion
- Recognising bullying and how to respond

3. Keeping Myself Safe

- Understanding safety rules
- Learning about safe/unsafe touches
- Understanding who can help us stay safe
- Beginning to understand the concept of personal space

4. Rights and Responsibilities

- Looking after the environment (classroom and nature)
- Understanding classroom rules and routines
- Learning about fairness
- Taking responsibility for own actions

5. Being My Best

- Learning new skills
- Keeping healthy through food, exercise and hygiene
- Developing perseverance
- Celebrating achievements

6. Growing and Changing

- Understanding the human life cycle (baby to adult)
- Naming body parts (using correct terms)
- Recognising changes from baby to child
- Exploring feelings about growing up

Year 1

1. Me and My Relationships

- Recognising and naming a range of feelings

- Learning to manage feelings appropriately
- Understanding friendship qualities
- Learning to solve simple friendship problems

2. Valuing Difference

- Respecting differences and similarities
- Learning about kindness, sharing and cooperation
- Recognising unkind behaviour and bullying
- Understanding how to be inclusive

3. Keeping Myself Safe

- Recognising unsafe situations and what to do
- Understanding the rules for medicines
- Knowing the difference between good and bad secrets
- Identifying people who keep us safe

4. Rights and Responsibilities

- Taking care of belongings and the environment
- Understanding the needs of others
- Beginning to explore money (uses and simple choices)
- Understanding the role of rules and consequences

5. Being My Best

- Understanding the importance of healthy eating, exercise and sleep
- Developing confidence to try new things
- Identifying what we are good at
- Setting simple goals

6. Growing and Changing

- Understanding changes in the body (e.g., growing taller)
- Identifying body parts and their functions
- Learning about basic hygiene routines
- Exploring different types of feelings and responses

Year 2

1. Me and My Relationships

- Recognising and managing a wider range of feelings
- Understanding how actions affect others
- Practising active listening and turn-taking
- Problem-solving in friendships
- Understanding the importance of kindness and cooperation

2. Valuing Difference

- Identifying and celebrating similarities and differences (e.g., families, cultures, appearances)
- Understanding and valuing diversity
- Exploring inclusion and how to make others feel welcome
- Identifying unkind behaviours (including name-calling and teasing)
- Knowing how to respond to bullying

3. Keeping Myself Safe

- Recognising unsafe situations and how to seek help
- Knowing the difference between safe and unsafe touches
- Understanding safe use of medicines and household products
- Learning strategies for saying "no" to unwanted touches or pressure
- Recognising trusted adults and how to ask for help

4. Rights and Responsibilities

- Understanding everyone's right to be treated fairly
- Learning about taking responsibility for actions
- Exploring how we can care for the environment (home, school, community)
- Beginning to understand simple money concepts (saving, spending, needs vs. wants)
- Learning about rules: why we have them and how they help

5. Being My Best

- Setting personal goals and identifying ways to achieve them
- Understanding how exercise, food, sleep and hygiene keep us healthy
- Learning about growth mindset (trying again, resilience)
- Reflecting on personal strengths and achievements
- Practising self-care routines

6. Growing and Changing

- Understanding how bodies change as we grow (basic stages of the human life cycle)
- Naming body parts using correct scientific terms

- Understanding the importance of personal hygiene
- Recognising that feelings change and learning how to manage them
- Knowing who to talk to when feeling worried or unsure

Year 3

1. Me and My Relationships

- Identifying a range of emotions and how they influence behaviour
- Building and maintaining positive friendships
- Resolving conflicts using negotiation and compromise
- Learning how to give and receive constructive feedback
- Recognising the importance of empathy in relationships

2. Valuing Difference

- Appreciating and respecting differences in others (culture, beliefs, backgrounds)
- Understanding the impact of stereotyping and prejudice
- Exploring how to include others who are different or new
- Recognising bullying in different forms (physical, verbal, online)
- Practising strategies to challenge unfair behaviour

3. Keeping Myself Safe

- Learning about risky situations and making safer choices
- Identifying safe and unsafe secrets
- Understanding peer pressure and assertiveness
- Developing knowledge of online safety (information sharing, cyberbullying)
- Recognising and reporting inappropriate behaviour

4. Rights and Responsibilities

- Understanding responsibilities in the classroom and wider community
- Learning about the democratic process and shared decision-making
- Exploring environmental responsibility and sustainable living
- Beginning to understand the value of money, budgeting and saving
- Discussing fairness, justice and rights of others

5. Being My Best

- Setting realistic goals and identifying steps to reach them
- Developing a growth mindset and resilience

- Learning how good nutrition, sleep, and physical activity impact health
- Practising effective learning and concentration strategies
- Recognising the benefits of a balanced lifestyle

6. Growing and Changing

- Identifying the physical and emotional changes that occur during puberty (early introduction)
- Understanding the human life cycle in more detail
- Revisiting correct terminology for body parts and functions
- Exploring body privacy, consent and boundaries
- Recognising emotional changes and learning how to manage them
- Knowing how and when to seek help from trusted adults

Year 4

1. Me and My Relationships

- Recognising a wider range of emotions in self and others
- Learning how to regulate emotions effectively
- Building respectful and supportive relationships
- Managing conflict and finding win-win solutions
- Understanding how to seek help for friendship or emotional difficulties
- Recognising when peer pressure is unhelpful or unsafe

2. Valuing Difference

- Deepening understanding of individual differences (race, religion, gender, family structure)
- Challenging stereotypes and discrimination
- Exploring the impact of bullying (including indirect and online)
- Practising respectful disagreement and dialogue
- Understanding empathy and practising inclusive behaviours

3. Keeping Myself Safe

- Assessing risk in various situations (home, school, online)
- Exploring peer pressure and how to stay assertive
- Understanding the importance of personal boundaries
- Recognising the effects and risks of substances like medicines and household products
- Learning safe online habits (privacy, password protection, gaming safety)
- Knowing what to do if something feels unsafe

4. Rights and Responsibilities

- Learning about local and global environmental responsibility
- Understanding how to manage money responsibly (budgeting basics, saving goals)
- Exploring rights and needs of others around the world
- Participating in group and community decision-making
- Understanding how individual actions can impact others and the wider world

5. Being My Best

- Identifying personal strengths and setting goals for improvement
- Understanding how positive choices (food, activity, rest) impact health
- Building resilience to setbacks
- Managing time and energy for balance
- Learning about habits – how to build good ones and break unhelpful ones

6. Growing and Changing

- Learning more about puberty: emotional and physical changes
- Reinforcing accurate vocabulary for body parts and their functions
- Understanding menstruation and body developments (at an introductory level)
- Discussing emotional well-being and self-image
- Respecting bodily autonomy and learning about consent
- Knowing who to talk to when changes feel overwhelming or confusing

Year 5

1. Me and My Relationships

- Deepening understanding of emotional regulation and empathy
- Exploring the qualities of healthy, respectful friendships
- Practising assertiveness and handling peer pressure
- Recognising signs of manipulation or controlling behaviour
- Learning how to manage disagreements constructively
- Identifying trusted adults and sources of support

2. Valuing Difference

- Appreciating diversity in society (culture, ethnicity, religion, gender identity, disability)
- Understanding the impact of discrimination and how to challenge it
- Discussing identity and respect for different life choices

- Learning about the importance of mutual respect in different relationships
- Exploring how media and society influence our views of others

3. Keeping Myself Safe

- Assessing personal risk in a range of situations (including online and offline)
- Exploring the risks and effects of drugs, alcohol and tobacco
- Learning about consent and personal safety (e.g., in touch and communication)
- Understanding grooming and exploitation (at an age-appropriate level)
- Developing critical thinking for digital safety (e.g., fake news, scams, online risks)
- Reinforcing safe and unsafe secrets and the importance of speaking up

4. Rights and Responsibilities

- Understanding how media and advertising influence spending choices
- Managing money responsibly: spending, saving, budgeting
- Exploring sustainable living and environmental action
- Discussing moral dilemmas and ethical decision-making
- Understanding the link between rights and responsibilities in school and society
- Participating in democratic group processes (e.g., voting, debates)

5. Being My Best

- Building long-term goals and breaking them into achievable steps
- Understanding how self-care supports success (e.g., sleep, nutrition, time management)
- Learning how to cope with failure and develop resilience
- Exploring how physical and mental health are connected
- Understanding how habits form and how they can be changed
- Learning how to reflect on progress and celebrate achievements

6. Growing and Changing

- Understanding puberty in more depth (physical and emotional changes for boys and girls)
- Learning about menstruation and managing periods
- Reinforcing vocabulary for sexual and reproductive body parts
- Understanding body image, self-esteem, and media influence
- Exploring emotional changes and mental well-being during puberty
- Knowing when and how to ask for help, including where to get accurate information

Year 6

1. Me and My Relationships

- Understanding how to manage more complex emotions
- Recognising healthy vs. unhealthy relationships (including friendships and romantic feelings)
- Learning how to deal with peer pressure, including when it feels difficult to say "no"
- Practising assertive communication and respectful disagreement
- Recognising signs of manipulation, control, or coercion
- Knowing how and where to seek help in unsafe or uncomfortable situations

2. Valuing Difference

- Deepening understanding of prejudice and discrimination (e.g., racism, sexism, homophobia)
- Exploring identity, gender, culture, and belief differences with respect
- Learning how to be an ally and take a stand against unfair behaviour
- Appreciating diversity in relationships, families, and communities
- Challenging stereotypes and media portrayals of different groups

3. Keeping Myself Safe

- Developing independence and taking responsibility for personal safety
- Understanding the risks associated with drugs, alcohol and other substances
- Managing risk in online communication, including image sharing and grooming
- Knowing how to protect personal information and reputation online
- Exploring the concept of consent and personal boundaries more fully
- Recognising and reporting abuse, exploitation, or inappropriate behaviour

4. Rights and Responsibilities

- Understanding financial decisions: income, saving, spending, and future planning
- Learning how media and advertising shape perceptions and decisions
- Exploring social justice and taking action in local/global contexts
- Understanding democratic processes and citizen rights
- Learning about human rights and children's rights (UNCRC focus)
- Considering ethical choices in consumption and environmental impact

5. Being My Best

- Setting long-term goals and identifying support systems to achieve them
- Learning how mindset affects motivation and outcomes
- Understanding how to stay mentally and physically healthy in times of stress

- Preparing for secondary school: organisation, independence, resilience
- Exploring the connection between confidence, effort and success
- Recognising the importance of rest, balance, and digital well-being

6. Growing and Changing

- Learning about puberty in depth (body changes, hormones, hygiene)
- Understanding human reproduction and conception (delivered sensitively and factually)
- Discussing emotional changes during adolescence and how to manage them
- Developing self-awareness and body confidence
- Learning how to maintain healthy relationships (including consent, privacy, boundaries)
- Preparing emotionally for transition to secondary school
- Knowing sources of help and support during times of change

Health education overview

At Penwortham Primary School, we are committed to promoting the health and wellbeing of all our pupils as a core part of their education. We recognise that a healthy body and mind underpin successful learning, positive relationships, and long-term wellbeing. Our Healthy Education approach is embedded across the curriculum, daily routines, and wider school culture.

Mental wellbeing

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, is appropriate and proportionate.
- The benefits of physical exercise, time outdoors, community participation, and voluntary and service-based 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

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

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

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

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

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

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

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.

Health education per year group

The school is free to determine, within the statutory curriculum content outlined in '[Health education overview](#)' section, what pupils are taught during each year group.

The school always considers the age and development of pupils when deciding what will be taught in each year group. The school implements 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.

Reception

Key Focus: Building basic awareness of health and safety

- Naming basic body parts and understanding the human body
- Knowing routines that help us stay healthy (washing hands, brushing teeth)
- Understanding safe and unsafe behaviours (e.g. not touching hot objects)
- Learning about feelings and how to express them
- Simple road and classroom safety rules

Year 1

Key Focus: Introducing healthy choices and emotional awareness

- The importance of physical activity and rest
- Healthy eating: understanding food types and simple choices
- Hygiene basics (handwashing, keeping clean)
- Naming body parts using correct scientific terms
- Recognising feelings and talking about emotions
- Understanding safe vs unsafe secrets, and how to get help

Year 2

Key Focus: Developing health habits and self-care

- Daily health habits (nutrition, sleep, exercise, hygiene)
- Identifying medicines and household substances – understanding safe use
- Personal space, privacy and body boundaries
- Learning how to recognise unsafe situations and seek adult help
- Introducing simple mental wellbeing strategies (calm-down techniques)

Year 3

Key Focus: Deepening understanding of health and body awareness

- Making healthy lifestyle choices (balanced diet, physical activity)
- Effects of substances (medicines, caffeine) on the body
- Maintaining hygiene, including dental care
- Emotional changes and strategies for regulation
- Learning about online safety and digital wellbeing
- Developing confidence in saying “no” and managing peer pressure

Year 4

Key Focus: Body changes and emotional regulation

- Puberty introduction: basic physical changes in boys and girls
- Emotional changes during growing up
- Understanding safe/unsafe touch, consent and body autonomy
- Positive mental health habits (sleep, routine, mindfulness)
- Managing risk at home, outdoors and online
- Exploring influences on health choices (media, peers)

Year 5

Key Focus: Puberty, hygiene, and managing peer influence

- Physical and emotional changes during puberty (menstruation, hormonal changes)
- Developing personal hygiene routines for puberty
- Effects of legal and illegal substances (alcohol, tobacco) on the body
- Mental wellbeing: managing stress and building resilience
- Deepening understanding of consent, boundaries, and staying safe
- Responding to peer pressure and risk in more complex scenarios (online and offline)

Year 6

Key Focus: Puberty, reproduction, and preparing for change

- Puberty in detail, including menstruation and wet dreams
- Understanding human reproduction (science-based, factual)

- Managing change: emotional responses to puberty and moving to secondary school
- Positive body image and self-esteem
- Mental health awareness: strategies for wellbeing and when to seek help
- Online safety: protecting digital identity and understanding grooming risks
- Knowing how to get support from trusted adults and services

Sex education

All pupils must be taught the aspects of health education outlined in the statutory RSE guidance.

Schools are able to determine whether pupils will be taught sex education beyond that which is outlined in the Science National Curriculum including animal and plant reproduction.

At our school we have decided to teach the non-statutory elements of sex education (conception) which parents/carers have a right to withdraw from.

The age and development of pupils is always considered when delivering sex education.

(see right to withdraw)

Delivery of the curriculum

The relationships and health curriculum will be delivered as part of our PSHE curriculum.

The school will ensure that keeping children safe and preventative education remain at the heart of PSHE subjects.

Through effective organisation and delivery of the subject, the school 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.

The curriculum is delivered proactively, such that it addresses issues in a timely way in line with current evidence on children's physical, emotional development. 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. Lesson plans will provide appropriate challenge for pupils and be differentiated for pupils' needs.

Opportunities to teach safeguarding

Further to the prescribed curriculum for RHE, teaching will focus on safeguarding and preventative education

The school will ensure that, as part of relationships education, pupils are taught about how to keep themselves and others safe, including online.

Education will be tailored to the specific needs and vulnerabilities of individual pupils whilst taking account of pupils who may be victims of abuse and pupils who have SEND.

Preventative education will be adopted as a whole-school approach that prepares pupils for life in modern Britain and creates a zero-tolerance culture for sexism, misogyny/misandry, homophobia, biphobic and sexual violence or harassment.

The school will have a clear set of values and standards which will be underpinned by the Behaviour Policy and pastoral support system, as well as by a planned programme of evidence based RHE curriculum.

The teaching of safeguarding and preventative education will be fully inclusive and developed to be age and stage of development appropriate.

Curriculum organisation

Pupils will receive their entitlement for learning PSHE through a spiral curriculum which demonstrates progression. The RHE programme is delivered through a variety of opportunities including:

- Designated PSHE time as part of a spiral curriculum
- Circle time
- Use of external agencies and/or services
- School ethos
- Small group work
- Cross curricular links
- Assemblies
- Enrichment days and weeks
- Residential trips

Terminology

In recognition of the fact that the use of euphemistic terms for body parts can potentially cause a safeguarding disclosure being missed, teaching staff will use and teach the anatomically correct names for body parts. This is taught to children in KS1 and modelled back as 'doctors words' in reception.

Dealing with difficult questions

The school will support teaching staff to feel comfortable to answer questions from pupils, by providing regular CPD training in how to deliver PSHE confidentially, include sessions on confidentiality, setting ground rules, handling controversial issues, responding to 'awkward' questions and an introduction to the rationale of why teaching RHE is so important. The school will encourage teaching staff to refer questions they feel ill-equipped to answer to the RHE subject leader for advice or support in handling the question.

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.

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.

Whilst there are no formal examinations for the relationships and health curriculum, the school will undertake informal assessments to determine pupil progress – these include the following:

- Group presentations
- Group tasks
- Projects

Working with external experts

The school may invite guest speakers into school to talk on issues related to RHE, e.g. an expert or experienced health professional who can challenge pupil's perceptions. A teacher will be present throughout these lessons.

Visitors will be given a copy of this policy and expected to comply with the guidelines outlined within it. All resources used by guest speakers will be available to parents to view prior to lesson delivery.

Before delivering the session, the school will:

- Ensure the lesson the external expert has planned fits with the school's planned curriculum and this policy.
- Ensure the expert's credentials are checked before they are able to participate in delivery of the curriculum, in line with the Visitor Policy.
- Discuss the details of the expert's lesson plan and ensure that the content is age-appropriate and accessible for the pupils.
- 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.
- 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.

Equality and accessibility

The school understands its responsibilities in relation to the Equality Act 2010; specifically, that it must not unlawfully discriminate against any pupil based on their protected characteristics.

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

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

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.

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.

In order to foster healthy and respectful peer-to-peer communication and behaviour between all pupils, the school implements a robust Behaviour Policy, as well as a Child Protection and Safeguarding Policy, which sets out expectations of pupils.

The school understands that RHE 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 their line manager or the wellbeing lead to discuss this.

Curriculum links

The school seeks opportunities to draw links between RHE and other curriculum subjects wherever possible to enhance pupils' learning. RHE 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.
- **Citizenship** – pupils learn about the requirements of the law, their responsibilities and the possible consequences of their actions.
- **PSHE** – pupils learn about respect and difference, values and characteristics of individuals.

Withdrawing from certain subjects

RHE are statutory at primary and parents do not have the right to withdraw their child from the subjects.

As sex education is not statutory at primary level, other than what must be taught as part of the science/health education curriculum, parents have the right to request to withdraw their child from all or part of the sex education curriculum.

The headteacher will automatically 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. The headteacher to ensure that their wishes are understood. They will clarify the nature and purpose of the curriculum. The headteacher will discuss with the parent, the benefits or receiving this important education.

The headteacher will keep a record of the discussion between themselves, the pupil and the parent. The parent will be informed in writing of the headteacher's decision.

Where a pupil is withdrawn from sex education, the headteacher will ensure that the pupil receives appropriate alternative education.

Behaviour

The school aims to foster a culture based on mutual respect and understanding for one another, and as such, has a zero-tolerance approach to bullying. Any bullying incidents caused as a result of the RHE programme, such as those relating to sexual orientation, will be dealt with as seriously as other bullying incidents within the school. 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. These incidents will be dealt with following the processes in our Behaviour Policy and Anti-bullying Policy.

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.

Confidentiality

The school will aim to provide a safe and supportive school community where pupils feel comfortable seeking help and guidance on anything that may be concerning them about life either at school or at home. Training around confidentiality will be provided to all teachers.

It may be the case that discussion around what is acceptable and not acceptable in relationships may lead to the disclosure of a child protection issue. If this is the case, the school's Child Protection and Safeguarding Policy should be followed.

Pupils will be informed prior to delivery of RHE lessons that confidentiality will remain unless school staff feel that a child is at risk of harm. This information will need to be passed on to the DSL and the pupils will be informed of the procedure. Staff who breach the right to a child's privacy by disclosing or sharing confidential information with no reason to do so will be dealt with under the school's Disciplinary Policy and Procedure.

Quality of education

The RHE subject leader is responsible for monitoring the quality of teaching and learning for the subjects. They 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

The RHE subject leader will create annual subject reports for the headteacher and governing board to report on the quality of the subjects. They will also work regularly and consistently with the headteacher and RHE link governor, e.g. through regular review meetings, to evaluate the effectiveness of the subjects and implement any changes.

Monitoring and review

The governing board is responsible for approving this policy.

This policy will be reviewed on an annual basis by the RHE subject leader and headteacher. The next scheduled review date for this policy is September 2025. 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.

Any changes made to this policy will be communicated to all staff, parents and, where necessary, pupils.