



Treales CE Primary School

RSHE Policy

Last Updated	January 25
Updated by	L Hill
Approved by Governing Board	24th Feb 25
Date to Review	January 26

1. Introduction

This policy sets out Treales CE Primary School's approach to statutory Relationships Education and Health Education, and the delivery of Sex Education where appropriate.

This policy has been developed in line with:

- Department for Education statutory guidance Relationships Education, Relationships and Sex Education (RSE) and Health Education
- guidance from PSHE Association
- the SCARF programme developed by Coram Life Education

From September 2020, Relationships Education and Health Education became compulsory in all primary schools in England. Sex Education is not compulsory in primary schools, except for elements included within the National Curriculum for Science such as human development and reproduction.

The Department for Education's updated guidance emphasises:

- greater focus on online safety and wellbeing
- learning the correct names for body parts
- developing communication and relationship skills
- recognising and responding to risk and harm
- understanding change, loss and bereavement

2. Rationale

At Treales CE Primary School we believe that Relationships, Health and Sex Education supports children to develop the knowledge, understanding and skills they need to live safe, healthy and fulfilling lives.

As a Church of England school, our teaching reflects Christian values including:

- respect
- kindness
- compassion
- responsibility
- dignity for all people

RHSE is taught in the context of positive relationships, family life and personal wellbeing.

3. Definition of RHSE

In this policy:

Relationships Education refers to learning about:

- friendships
- family relationships
- respectful behaviour
- personal boundaries
- online relationships
- keeping safe

Health Education includes:

- physical health
- mental wellbeing
- healthy lifestyles
- understanding body changes including puberty

Sex Education refers to teaching about human reproduction, including how a baby is conceived.

4. Aims and Objectives

The aims of RHSE at Treales CE Primary School are to:

- develop pupils' confidence in discussing relationships and feelings
- promote respect for themselves and others
- support emotional wellbeing and self-esteem
- prepare pupils for physical and emotional changes including puberty
- enable pupils to recognise and respond to risk
- help pupils develop healthy and respectful relationships
- support pupils to stay safe both online and offline

Through RHSE we aim to ensure pupils:

- develop confidence in talking, listening and thinking about relationships
- understand how their bodies grow and change
- respect different families and relationships
- know how to seek help when they need it

5. Organisation and Delivery

RHSE is delivered through:

- the SCARF PSHE programme
- science lessons
- computing and online safety lessons
- Fab Fridays – Kidsafe, No Outsiders lessons
- circle time and class discussions
- PE, food technology curriculum lessons
- worship, assemblies and whole-school values

The SCARF curriculum is organised into six half-term units:

- * Me and My Relationships
- * Valuing Difference
- * Keeping Myself Safe
- * Rights and Responsibilities
- * Being My Best
- * Growing and Changing

RHSE is taught by class teachers, with support from external professionals where appropriate (such as the school nurse).

Lessons are carefully planned to ensure that teaching is age-appropriate and sensitive to pupils' developmental stages.

6. Statutory Relationships Education

The statutory Relationships Education curriculum includes teaching about:

Families and People Who Care for Me

Pupils learn that families provide love, security and stability. They learn that families may look different but should always be based on care and respect.

Caring Friendships

Pupils learn how to build and maintain positive friendships based on kindness, honesty and trust.

Respectful Relationships

Pupils learn about respect, boundaries, equality and the importance of treating others with kindness.

Online Relationships

Pupils learn how to stay safe online, including protecting personal information and recognising online risks.

Being Safe

Pupils learn about personal safety, body autonomy, and how to recognise unsafe situations and seek help.

7. Non-Statutory Sex Education

Although sex education is not compulsory in primary schools, Treales CE Primary School believes it is important that pupils have a basic understanding of human reproduction before leaving primary school.

Sex education in Year 6 includes learning about:

- * how a baby is conceived
- * the role of sperm and egg
- * human reproduction in the context of relationships and family life

Parents have the right to withdraw their child from non-statutory sex education lessons.

Parents cannot withdraw their child from:

- * Relationships Education
- * Health Education
- * the statutory science curriculum.

8. Teaching Approach

RHSE is taught in a safe and supportive environment where pupils are encouraged to ask questions and share ideas.

Teachers establish clear ground rules, including:

- * respecting the opinions of others
- * listening carefully
- * using appropriate language

- * maintaining confidentiality where appropriate
- * speaking to a trusted adult if worried

Children will never be asked personal questions and participation in discussions is always voluntary.

9. Safeguarding and Confidentiality

RHSE plays an important role in safeguarding by helping pupils understand:

- * their right to feel safe
- * personal boundaries
- * appropriate and inappropriate behaviour
- * how to seek help

If a safeguarding concern arises during lessons, staff will follow the school's safeguarding procedures and report concerns to the Designated Safeguarding Lead.

Staff cannot promise confidentiality if a child is at risk of harm.

10. Working with Parents

Treales CE Primary School recognises that parents and carers are the primary educators of their children.

The school aims to work in partnership with parents by:

- * sharing information about the RHSE curriculum
- * providing opportunities to view resources
- * informing parents when key topics will be taught
- * responding to questions or concerns

Parents are encouraged to support their child's learning by discussing relationships and wellbeing at home.

11. Parental Right to Withdraw

Parents may request to withdraw their child from the non-statutory sex education elements of the RHSE curriculum.

Requests should be made in writing to the Headteacher and will be discussed with parents to ensure they understand the curriculum content.

Children will not be withdrawn from statutory Relationships Education or Health Education lessons.

12. Monitoring and Evaluation

The governing body is responsible for monitoring the implementation of this policy.

The effectiveness of the RHSE programme will be evaluated through:

- pupil feedback
- staff feedback
- curriculum monitoring
- governor review
- parental consultation

The policy will be reviewed annually.

13. Policy Review

This policy will be reviewed annually to ensure it reflects:

- current statutory guidance
- school values
- feedback from pupils, parents and staff
- safeguarding best practice