



Calshot Primary School

Relationships, Sex and Health Education Policy

'At Calshot we aim to provide the highest quality of learning and care for ALL children in a safe and enjoyable environment, nurturing personal values, in partnership with parents, carers and the wider community. We expect everyone in our school to strive to achieve their full potential.'

Policy Lead	Head Teacher
Committee	Full Governing Body
Link Governor	-
Date of Last Review	18 th May 2026
Next Review Date	Summer 2027

Please note that Relationships Education and Health Education are statutory in all primary schools. This policy reflects the Department for Education's statutory guidance for Relationships Education, Relationships and Sex education (RSE) and Health Education (2019). The school is prepared for the revised statutory RSHE guidance published in 2025, which becomes mandatory from September 2026. This policy has been reviewed and updated in line with the revised guidance to ensure ongoing statutory compliance. The school will continue to consult with parents and review curriculum content in preparation for full implementation of the revised guidance from September 2026.

Name of School:	Calshot Primary School
Date of Policy:	18/05/26
Member of Staff Responsible:	Mr M Wingrove
Consultation:	This policy has been drawn up by the governors at Calshot Primary School in consultation with staff and parents following guidance from the DfE.

Ethos Statement

It is the aim of the Governing Body of Calshot Primary School to support the implementation of policies and procedures which understands that diversity is our strength and through togetherness we shall succeed.

At Calshot Primary School, 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 and health education, which must 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 to build their self-efficacy. Health education focusses on equipping pupils with the knowledge they need to make good decisions about their own health and wellbeing.

At Calshot Primary School we understand our responsibility to deliver a high-quality, age-appropriate and evidence-based relationships, sex and health curriculum for all our pupils. This policy sets out the framework for our relationships, sex and health curriculum, providing clarity on how it is informed, organised and delivered.

INTRODUCTION

Relationships and Sex Education is an integral part of the learning process, fully integrated into the curriculum and not isolated, taken out of context or over-emphasised. It is important to provide information appropriate for primary aged children.

Teachers and Governors welcome clear guidelines about the way in which contentious and sensitive issues can be dealt with in the classroom. It is vital for all staff to have clearly defined guidance in order to feel confident and secure.

When teaching it is important to set ground rules so that personal or inappropriate questions will not be asked of teacher or pupils and the confidentiality of individuals and families can be maintained.

Why Relationships and Sex Education in the Primary School?

- Children are now reaching puberty at an earlier age than ever before and already

have some sexual knowledge. Therefore, they have the right to be made aware of the correct facts about the changes taking place.

- Whilst some parents are very comfortable talking with their children about sex and relationships, many admit that they are not. The school aims to provide information and liaise with parents to form a partnership.
- Early Relationship and Sex Education provides opportunities for children to ask questions and discuss their concerns, which in turn helps to allay any fears they may have regarding their own bodies.
- Children may ask questions relating to sexual matters so an accepted policy on Relationship and Sex Education will enable the school to have a co-ordinated approach to the subject.
- From September 2020 Relationship Education must be taught in all Primary schools, and the teaching of health education will also be mandatory
- Sex and Relationship Education is required by the National Curriculum. Some elements within the science core curriculum are mandatory.
- Relationship and Sex Education within P.S.H.E should be an integral part of the Primary Curriculum and can lay the foundation for further work at Secondary Stage.

1. Legal framework

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

- Section 80A of the Education Act 2002
- Children and Social Work Act 2017
- The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019
- Equality Act 2010
- DfE (2019) 'Relationships, Education, Relationships and Sex Education (RSE) and Health Education'
- DfE (2013) 'Science programmes of study: key stages 1 and 2'
- DfE (2025) 'Revised Relationship Education, Relationship and Sex Education (RSE) and Health Education statutory guidance (mandatory from September 2026)'
- Keeping Children Safe in Education (2025)

1.2. This policy operates in conjunction with the following school policies:

- **Child Protection and Safeguarding Policy**
- **Behavioural Policy**
- **Anti-Bullying Policy**
- **SEND Policy**
- **Inclusion Policy**
- **Equal Opportunities Policy**
- **Personal, Social, Emotional and Mental Health (PSHE) Policy**
- **E-safety Policy**
- **No Platform Policy**
- **Visitor Statement**
- **Birmingham Approach to Relationships and Health Education in Primary Schools**

2. Roles and responsibilities

2.1. The governing board is responsible for:

- 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.

2.2. The head teacher is responsible for:

- The overall implementation of this policy.
- Ensuring staff are suitably trained to deliver the subjects.
- Ensuring that parents are fully informed of this policy.
- 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.
- Ensuring the subjects are age-appropriate and high-quality.
- 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, sex and health curriculum.
- Ensuring the relationships, sex and health curriculum is inclusive and accessible for all pupils.

- Working with other subject leaders to ensure the relationships, sex and health curriculum complements, but does not duplicate, the content covered in the national curriculum.

2.3. Teachers are responsible for:

- Delivering a high-quality and age-appropriate relationships, sex 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 education.
- 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 head teacher to evaluate the quality of provision.

2.4. The SENCO is 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.

3. Organisation of the curriculum

- 3.1. Every primary school is required to deliver statutory relationships education and health education.
- 3.2. For the purpose of this policy, “**relationships and sex education**” is defined as teaching pupils about healthy, respectful relationships, focussing on family and friendships, in all contexts, including online.
- 3.3. For the purpose of this policy, “**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.
- 3.4. The delivery of the relationships education and health education coincide with one another and will be delivered as part of the school's PSHE curriculum.
- 3.5. The relationships and health curriculum has been organised in line with the statutory requirements outlined in the DfE (2019) 'Relationships, Education, Relationships and Sex Education (RSE) and Health Education' guidance.
- 3.6. The relationships and health curriculum takes into account the views of teachers, pupils and parents. We are dedicated to ensuring our curriculum meets the needs of the whole-school community.
- 3.7. The relationships and health curriculum is informed by issues in the school and wider community to ensure it is tailored to pupils' needs.

- 3.8. We consult with parents, pupils and staff in the following ways:
- Questionnaires and surveys
 - Focus groups
 - Meetings
 - Newsletters and letters
- 3.9. 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 the headteacher.**
 - **Emailing: enquiry@calshot.bham.sch.uk**
- 3.10. The school has organised a curriculum that is age-appropriate for pupils within each year group, based on the views of teachers, parents and pupils.
- 3.11. The RSHE curriculum is resourced through the PSHE Association and Birmingham Approach to Relationships and Health Education in Primary Schools guidance
- 3.12. When organising the curriculum, the religious backgrounds of all pupils will be considered, so that the topics that are covered are taught appropriately.

4. Consultation with parents

- 4.1. The school understands the important role parents play in enhancing their children's understanding of relationships, sex and health. Similarly, we also understand how important parents' views are in shaping the curriculum.
- 4.2. The school works closely with parents by establishing open communication – all parents are consulted in the development and delivery of the curriculum, as outlined in [section 3](#) of this policy.
- 4.3. Parents are provided with the following information:
- The content of the relationships, sex and health curriculum
 - The delivery of the relationships, sex 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
- 4.4. 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.
- 4.5. Parents are consulted in the review of the curriculum and this policy, and are encouraged to provide their views at any time.
- 4.6. The original parent consultation took place on 4th February 2020. Parent will be given opportunity to discuss the additions to the policy during the 2025-2026 academic year to enable compliance with the revised statutory RSHE guidance (September 2025).

5. Relationships education overview

Families and people who care for me

5.1. 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 and civil partnerships represent 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

5.2. 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

5.3. By the end of primary school, pupils will know:

- The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), 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

5.4. 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.
- How to recognise and respond to online and offline situations that may involve pressure, coercion or exploitation
- How to report concerns relating to harmful or inappropriate online behaviour, including where images or messages cause worry or distress
- That pupils should always speak to a trusted adult if they are unsure, worried or feel unsafe online or offline

Being safe

5.5. 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 (in all contexts, 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.
- **Basic First Aid skills**

6. Relationships education per year group

- 6.1. The school is free to determine, within the statutory curriculum content outlined in [section 5](#), what pupils are taught during each year group.
- 6.2. The school always considers the age and development of pupils when deciding what will be taught in each year group.
- 6.3. The school plans a progressive curriculum, such that topics are built upon prior knowledge taught in previous years as they progress through school to provide a smooth transition to secondary school.
- 6.4. **Reception and Year 1**
 - **How to feel safe and content within my class**
 - **How to contribute to life in the classroom**
 - **What makes them unique/special**
 - **How to tell how I'm feeling proud/ helping others feel proud**
 - **How are people the same/different**
 - **Personal safety – NSPCC PANTS rule**
 - **To know there are different types of family.**
 - **To know that they are part of community**
- 6.5. **Year 2**
 - **The Importance of respect for differences and similarities between people.**
 - **Getting on and falling out**
 - **Fairness/ unfairness**
 - **How to manage feelings: sadness**

- Safety of themselves and others
- To know that they belong to a community
- To understand the difference between good and bad touches - NSPC PANTS rule
- To understand what to do if there is bullying
- Safety in the environment

6.6. Year 3

- To celebrate individuality
- To recognise how gender stereotypes are often inaccurate
- To recognise when we are feeling good/not good and how we can manage these feelings.
- To see something from someone else's point of view.
- To understand empathy
- To understand how we can be assertive.
- Safety in the environment – online safety.
- That everyone has rights. (UNICEF)

6.7. Year 4

- I feel good about similarities and differences.
- What I value in my relationships with others: honesty, tolerance, respect
- When do I feel uncomfortable, how can I be assertive?
- What is bullying and its effects?
- How can we stop conflicts escalating?
- I can see things from someone else's point of view
- How do we know what is right and wrong?

6.8. Year 5

- Peaceful communities
- What Is Racism?
- Negotiation and compromise strategies/ supporting others
- What is anger? How can I calm down?
- Say no to bullying!
- Peer pressure
- Actions have consequences
- Differences between wants and needs
- Citizenship
- Difference can be an asset to friendship
- Relationships - family, friends, community (Personal boundaries and the right to privacy)
- How does it affect myself and others when people fall out.

6.9. Year 6

- **Overcoming assumptions**
- **Challenging Stereotypes**
- **Discrimination, bullying and aggressive behaviour and its effect on others.**
- **Can you respect others without agreeing with them?**
- **I know how to make someone feel good about them self.**
- **How I can influence change in the community.**
- **How are my thoughts and feelings connected?**
- **I accept myself for who I am.**
- **Strategies for personal/local/online safety**
- **What rights and responsibilities/qualities/attributes do I have now that I am moving on to secondary?**
- **Importance of human/ children's rights.**
- **Lives, values, customs of people living in other places.**
- **What it takes to set up an enterprise**

7. Health education overview

7.1. The focus at primary level is teaching the characteristics of good physical health and mental wellbeing.

Mental wellbeing

7.2. 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, nervousness, **grief and loss.**
- 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 discuss their feelings with an adult and seek support.
- 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.
- About change and loss, including bereavement.
- Develop skills and knowledge on appropriate relationships i.e. the ability to be assertive and establish suitable boundaries. Understand disappointment, frustration and loneliness.

Internet safety and harms

7.3. 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 social media, some computer games, websites and online gaming, for example, 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.
- The risks associated with the sharing of images. Including pressure to share images and the impact of image-based abuse
- Awareness of AI generated and manipulated images and content, and how these can be used to mislead, exploit or harm others
- How to seek help and report concerns related to online sexual content, coercion or exploitation.
- Understand potential online financial harms
- Understand their rights in relation to privacy, consent, personal data and location settings

Physical health and fitness

7.4. 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

7.5. 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 diet or health.

Drugs alcohol and tobacco

7.6. 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.
- The dangers of vaping and nicotine addiction.

Health and prevention

7.7. 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.
- How to make a clear and efficient call to emergency services if necessary.

Changing adolescent body

7.8. 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.

8. Health education per year group

- 8.1. The school is free to determine, within the statutory curriculum content outlined in [section 7](#), what pupils are taught during each year group.
- 8.2. The school always considers the age and development of pupils when deciding what will be taught in each year group.
- 8.3. The school plans a progressive curriculum, such that topics are built upon prior knowledge taught in previous years as they progress through school to provide a smooth transition to secondary school.
- 8.4. **Reception and Year 1**
 - **To know about different types of medicine and that some people need them.**
 - **To recognise what goes onto and into our bodies.**
 - **To know we need to take regular exercise.**
 - **To know that exercise uses energy which comes from food.**
 - **To understand basic hygiene and that some diseases are infectious.**
 - **Personal hygiene routines**
 - **What helps and harms the local environment.**
 - **Road safety**
- 8.5. **Year 2**
 - **What special occasions and how these can bring a range of emotions**
 - **How we can manage sad feelings.**
 - **What kinds of loss can make us feel sad?**
 - **How the way I feel can affect others.**
 - **Personal/ shared responsibility for safety.**
 - **Online safety.**
 - **To know that all medicines are drugs but not all drugs are medicines.**
 - **Hygiene rules**
 - **Potential dangers in the environment**
 - **Road Safety**
- 8.6. **Year 3**
 - **Managing feelings and emotions.**
 - **Loss and grief.**
 - **Food and Nutrition**
 - **Dental decay**
 - **Personal hygiene with food handling**
 - **The importance beneficial drugs have played on society**
 - **That all medicines are drugs but not all drugs are medicines e.g. caffeine, tobacco**
 - **Resisting peer pressure**

- Exercise and its importance to the body.
- Images in the media do not always reflect reality.
- Hygiene – self responsibility
- Safety in the local community
- **Personal Safety- Fire safety**
- Online safety (keeping safe on online)
- Everyone has Human rights/ Children’s rights (UNICEF) community

8.7. Year 4

- Electrical safety/ basic safety procedures
- Hygiene – accept responsibility for yourself
- Safety procedures inc: understanding that some drugs can be harmful, stranger danger, good and bad touches
- **Personal Safety- Travelling near water, railways and roads**
- Online safety (keeping safe online)
- Food and nutrition – how it can influence health, issues and problems now and in the past/ developed and developing countries.

8.8. Year 5

- Techniques to calm down
- Safety – a range of safety techniques
- Taking responsibility for their own and others safety.
- Understanding actions have consequences.
- Dealing with people and peer pressure.
- Hygiene: responsibility for personal and how infections can be spread
- How growing up and body changes can affect hygiene
- Online safety (financial harms related to gaming, video game monetisation, scams and fraud. Plus age restrictions)
- **Understanding use of AI in technology**
- Appropriate relationships/ friendships
- **Basic First Aid**

8.9. Year 6

- Positive and negative affects stereotyping can have on health and well-being including mental health
- Benefits of a balanced diet.
- Influences on our diet
- How media can distort reality
- Substances: know that there are different types: legal/ illegal and prescribed.
- **Dangers of vaping and nicotine addiction**
- Resisting peer pressure

- Risks and effects
- Important and beneficial role some drugs have played in the past
- Hygiene and personal cleanliness
- Safety strategies including online safety (**Critically engage with what they see online and recognise their rights for example privacy, consent and personal data**)
- **Appropriate relationships/ friendships- communicate appropriate boundaries and needs.**
- **Understanding relationships- feelings including frustration, loneliness and disappointment**
- **Basic First Aid**

9. Sex education

- 9.1. All pupils must be taught the aspects of sex education outlined in the primary science curriculum – this includes teaching about the main external parts of the human body, how it changes as it grows from birth to old age, including puberty, and the reproductive process in some plants and animals.
- 9.2. At our school, we **do not** teach pupils sex education beyond what is required of the primary science curriculum.
- 9.3. The age and development of pupils is always considered when delivering sex education.
- 9.4. **Reception and Year 1**
 - To know how we grow from young to old
 - To know the function of clothing is to make us look nice, keep us warm and keep certain parts of our body private.
- 9.5. **Year 2**
 - To know about the process of aging and the fact that this cannot be controlled
 - That some things cannot be kept a secret – NSPCC PANTS rule
- 9.6. **Year 3**
 - The importance of hygiene.
 - What helps and hinders friendships and how healthy relationships are formed and maintained.
- 9.7. **Year 4**
 - About the importance of relationships, focussing on the development of friendships.
 - About roles and relationships within families, eg, grandparents, aunts, uncles, etc.

- To understand that friendship patterns change and develop strategies for maintaining or sustain friendships.
- The importance of hygiene and keeping clean.

9.8. Year 5

- Hygiene and how this may change when the body reaches puberty.
- About 'self-image' and the idea that how they see themselves is not necessarily how others see them.
- To develop ways to form positive relationships.
- That girls begin periods once they have entered puberty
- That boys and girls bodies will change during puberty, including how they might feel about these changes.
- About the word puberty and that this is used to explain when a child's body changes into an adults.
- **Learn about the correct names for body parts (including genitalia)**

9.9 Year 6

- To use their knowledge to answer questions their peers may have about getting older.
- Hygiene and how this may change when the body reaches puberty.
- Strategies for the development of positive self-image and self-esteem.
- The importance of looking after themselves physically and emotionally.
- That girls begin periods once they have entered puberty.

10. Delivery of the curriculum

- 10.1. The relationships, sex and health curriculum will be delivered as part of our PSHE curriculum.
- 10.2. Through effective organisation and delivery of the subject, we 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.
- 10.3. The curriculum is delivered proactively, such that it addresses issues in a timely way in line with current evidence on children's physical, emotional and sexual development.

- 10.4. Teaching of the curriculum reflects requirements set out in law, particularly the Equality Act 2010, so that pupils understand what the law does and does not allow, and the wider legal implications of the decisions they make.
- 10.5. At the point we consider it appropriate to teach pupils about LGBT+, we will ensure that this content is fully integrated into the relationships, sex and health curriculum, rather than delivered as a standalone unit or lesson. We will always consider the development and maturity of pupils before teaching this topic.
- 10.6. The school ensures 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.
- 10.7. Classes may be taught in gender-segregated groups, dependent upon the nature of the topic being delivered at the time, and the cultural background of pupils where it is only appropriate to discuss the body in single gender groups.
- 10.8. Throughout every year group, appropriate diagrams, videos, books, games, discussion and practical activities will be used to assist learning.
- 10.9. Inappropriate images, videos, etc., will not be used, and resources will be selected with sensitivity given to the age, developmental stage and cultural background of pupils.
- 10.10. Pupils will be prevented from accessing inappropriate materials on the internet when using such to assist with their learning. The prevention measures taken to ensure this are outlined in the school's E-safety Policy.
- 10.11. Teachers will establish what is appropriate for one-to-one and whole-class settings, and alter their teaching of the programme accordingly.
- 10.12. Teachers will ensure that pupils' views are listened to and will encourage them to ask questions and engage in discussion. Teachers will answer questions sensitively, honestly and appropriate to the pupil's age.
- 10.13. The programme will be designed to focus on boys as much as girls, and activities will be planned to ensure both are actively involved, matching their different learning styles.
- 10.14. 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.
- 10.15. Teachers will ensure that lessons are centred around reducing stigma, particularly in relation to mental wellbeing, and encouraging openness through discussion activities and group work.
- 10.16. Teachers will ensure lessons focus on challenging perceived views of pupils based on protected characteristics, through exploration of, and developing mutual respect for, those different to themselves.

10.17. Any resources or materials used to support learning will be formally assessed by the head teacher before use to ensure they are appropriate for the age and maturity of pupils, and sensitive to their needs.

10.18. Parents will be informed of the policy, the head teacher will discuss parental views as their views are valued.

11. Working with external experts

11.1. External experts will not be invited to assist with the delivery of the programme as we feel the programme objectives can be met internally by the teachers in school.

12. Equality and accessibility

12.1. The school understands its responsibilities in relation to the Equality Act 2010, specifically that it must not unlawfully discriminate against any pupil because of their:

- Age
- Sex or sexual orientation
- Race
- Disability
- Religion or belief
- Gender reassignment
- Pregnancy or maternity
- Marriage or civil partnership

12.2. The school is committed to making reasonable adjustments wherever possible to promote accessibility and inclusivity of the curriculum.

12.3. The school understands that pupils with SEND or other needs (such as those with social, emotional or mental health needs) are entitled to learn about relationships, sex and health education, and the programme will be designed to be inclusive of all pupils.

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

12.5. 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

12.6. 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.

12.7. In order to foster healthy and respectful peer-to-peer communication and behaviour between boys and girls, the school implements a robust Behavioural Policy, as well as a Child Protection and Safeguarding Policy, which set out expectations of pupils.

13. Curriculum links

- 13.1. The school seeks opportunities to draw links between relationships, sex and health education and other curriculum subjects wherever possible to enhance pupils' learning.
- 13.2. Relationships, sex and health education 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.

14. Withdrawing from the subjects

- 14.1. Relationships and health education are statutory at primary and parents **do not** have the right to withdraw their child from the subjects.
- 14.2. As sex education is not statutory at primary level (other than what must be taught as part of the science curriculum), parents have the right to request to withdraw their child from all or part of the sex education curriculum.
- 14.3. The head teacher will automatically grant withdrawal requests in accordance with point 14.2; however, the head teacher will discuss the request with the parent and, if appropriate, their child, to ensure that their wishes are understood and to clarify the nature and purpose of the curriculum.
- 14.4. The head teacher will discuss with the parent, the benefits of receiving this important education and any adverse effects that withdrawal may have on the pupil – this could include, for example, social and emotional effects of being excluded.
- 14.5. The head teacher will keep a record of the discussion between themselves, the pupil and the parent.
- 14.6. The head teacher will 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.
- 14.7. The parent will be informed in writing of the head teacher's decision.

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

15. Behaviour

- 15.1. The school has a zero-tolerance approach to bullying. We aim to foster a culture based on mutual respect and understanding for one another.
- 15.2. Any bullying incidents caused as a result of the relationships, sex and health education programme, such as those relating to sexual orientation, will be dealt with as seriously as other bullying incidents within the school.
- 15.3. 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.
- 15.4. These incidents will be dealt with following the processes in our Behavioural Policy and Anti-Bullying Policy.

16. Staff training

- 16.1. All staff members at the school will undergo training to ensure they are up-to-date with the relationship, sex and health education programme and associated issues.
- 16.2. Training of staff will also be scheduled around any updated guidance on the programme and any new developments, such as 'sexting', which may need to be addressed in relation to the programme.

17. Confidentiality

- 17.1. Confidentiality within the classroom is an important component of relationships, sex and health education, and teachers are expected to respect the confidentiality of their pupils as far as is possible.
- 17.2. Teachers will, however, alert the headteacher about any suspicions of inappropriate behaviour or potential abuse as per the school's Child Protection and Safeguarding Policy.
- 17.3. Pupils will be fully informed of the school's responsibilities in terms of confidentiality and will be aware of what action may be taken if they choose to report a concern or make a disclosure.
- 17.4. Any reports made during lessons, or as a result of the content taught through the curriculum, will be reported to the DSL and handled in accordance with the Child Protection and Safeguarding Policy.

18. Monitoring quality

- 18.1. The head teacher is responsible for monitoring the quality of teaching and learning for the subjects.
- 18.2. The head teacher will conduct subject assessments, which will include a mixture of the following:

- Lesson observations
- Learning walks
- Work scrutiny

19. Monitoring and review

- 19.1. This policy will be reviewed on an annual basis by the SENDCo and head teacher. Governors will ratify this policy on an annual basis.
- 19.2. 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.
- 19.3. The governing board is responsible for approving this policy.
- 19.4. Any changes made to this policy will be communicated to all staff, parents and, where necessary, pupils.