Relationships, Sex and Health Education (RSHE) Policy

October 2026

Approved by: Hazel Richards
Last Reviewed on: October 2026
Next Review Date: October 2027

Aims

At Wilkinson Primary School, we are committed to providing high-quality Relationships, Sex and Health Education (RSHE) which supports pupils to develop the knowledge, skills and values they need to lead safe, healthy and fulfilling lives.

Our RSHE curriculum aims to help pupils:

- Develop positive, respectful and healthy relationships.
- Understand the importance of family, friendships and caring relationships.
- Recognise, express and manage emotions appropriately.
- Develop resilience, confidence and self-esteem.
- Understand how to maintain good physical and mental health.
- Learn how to stay safe, both online and offline.
- Prepare for the physical and emotional changes associated with growing up and puberty.
- Develop an understanding of personal boundaries and consent.
- Know how and where to seek support when they have concerns or worries.

Through RSHE, we aim to equip pupils with the knowledge and understanding they need to become safe, responsible and respectful members of society.

Statutory Requirements

As a primary school, Wilkinson Primary School teaches Relationships Education and Health Education in accordance with statutory guidance issued by the Department for Education (DfE).

Relationships Education and Health Education are mandatory for all primary-aged pupils.

The school also delivers aspects of sex education through the National Curriculum for Science, which includes teaching about human development and reproduction.

Parents have the right to request that their child be withdrawn from any non-statutory sex education taught beyond the National Curriculum Science programme. Requests should be made in writing to the Headteacher.

Definition of RSHE

Relationships, Sex and Health Education (RSHE) is lifelong learning about physical, moral and emotional development.

RSHE enables children to:

- Develop confidence and self-esteem.
- Understand the characteristics of healthy relationships.
- Build positive friendships and social skills.
- Stay safe and healthy.

- Understand personal responsibility.
- Manage risks effectively.
- Respect the views, beliefs and rights of others.
- Make informed choices about their wellbeing.

RSHE is a vital part of the school's wider personal development curriculum and supports pupils in preparing for life in modern Britain.

Curriculum Content

The curriculum is age-appropriate and carefully planned to meet the needs of pupils at each stage of their development.

Relationships Education

Pupils will learn about:

- Families and people who care for them.
- Caring friendships.
- Respectful relationships.
- Online relationships.
- Being safe.
- Respecting themselves and others.
- Recognising healthy and unhealthy behaviours.

Health Education

Pupils will learn about:

- Mental wellbeing.
- Emotional literacy.
- Physical health and fitness.
- Healthy eating.
- Personal hygiene.
- Sleep and healthy lifestyles.
- Medicines and keeping safe.
- Internet safety and harms.
- First aid awareness.
- Growing and changing.

Sex Education

The National Curriculum Science programme includes learning about:

- Human growth and development.
- The life cycles of living things.
- Changes experienced during puberty.

Any additional sex education taught beyond these statutory requirements will be age-appropriate, sensitively delivered and communicated to parents in advance.

Delivery of RSHE

RSHE is delivered through:

- Discrete RSHE lessons.
- Science lessons where appropriate.
- Assemblies.
- Cross-curricular enrichment opportunities.
- Visits and workshops from approved visitors.
- Whole-school events promoting health and wellbeing.

Lessons are delivered in a safe, respectful and inclusive environment where pupils are encouraged to ask questions, share views and engage appropriately in discussions.

Teachers use a variety of teaching approaches to ensure lessons are engaging, challenging and accessible to all learners.

Ground rules are established within lessons to help create a culture of respect and confidentiality.

Roles and Responsibilities

The Governing Board

The governing board will:

- Ensure the school meets its statutory responsibilities regarding RSHE.
- Approve the RSHE policy.
- Monitor the effectiveness of RSHE provision through reports from school leaders.

The Headteacher

The Headteacher will:

- Ensure RSHE is taught consistently across the school.
- Ensure staff receive appropriate training and support.
- Monitor the quality and effectiveness of RSHE provision.
- Liaise with governors regarding curriculum developments.

The RSHE Lead

The RSHE Lead will:

- Develop and review the RSHE curriculum.
- Support staff with planning and delivery.
- Monitor teaching and learning.
- Ensure resources remain appropriate and up to date.
- Support communication with parents and carers.

Staff

All staff involved in RSHE will:

- Deliver lessons in accordance with this policy.
- Promote respectful discussion.
- Follow safeguarding procedures where concerns arise.
- Model positive relationships and behaviours.

Pupils

Pupils are expected to:

- Engage positively in lessons.
- Treat others with respect.
- Follow agreed classroom expectations.
- Respect the views and experiences of others.

Inclusion and Equality

RSHE is designed to be inclusive and accessible to all pupils.

The school will ensure that:

- Teaching reflects the diverse nature of modern society.
- Lessons are adapted where necessary to meet individual needs.

- All pupils can access learning regardless of ability, background, faith, ethnicity, gender or family circumstance.

- Teaching promotes respect, dignity and equality.

In delivering RSHE, the school will comply with the Equality Act 2010 and will actively challenge discrimination, prejudice and stereotyping.

Safeguarding

RSHE plays a key role in safeguarding children by helping them to recognise risks and understand how to seek help.

Teachers are aware that discussions during RSHE may lead to safeguarding concerns being disclosed.

Where concerns arise:

- Staff will follow the school's Child Protection and Safeguarding Policy.

- Concerns will be reported to the Designated Safeguarding Lead (DSL).

- Appropriate action will be taken in line with safeguarding procedures.

Whilst pupils are encouraged to share concerns, staff cannot guarantee confidentiality where a child may be at risk of harm.

Working with Parents and Carers

We recognise that parents and carers are the primary educators of their children regarding relationships and health.

The school will:

- Consult with parents regarding the RSHE curriculum.

- Share information about curriculum content.

- Inform parents when topics relating to puberty or sex education are taught.

- Respond to questions and concerns in a timely manner.

- Work in partnership with families to support children's personal development.

We encourage open communication between home and school to ensure pupils receive consistent messages about healthy relationships and wellbeing.

Monitoring Arrangements

The RSHE Lead and Headteacher are responsible for monitoring the quality and effectiveness of RSHE provision.

Monitoring may include:

- Lesson visits.

- Planning scrutinies.

- Pupil voice activities.
- Staff feedback.
- Curriculum reviews.

This policy will be reviewed annually by the Headteacher and governing board, or sooner if there are significant changes to legislation or statutory guidance.

Links with Other Policies

This policy should be read alongside the following documents:

- Child Protection and Safeguarding Policy
- Behaviour Policy
- Anti-Bullying Policy
- Online Safety Policy
- Equality Information and Objectives
- SEND Policy
- PSHE Policy
- Attendance Policy
- Health and Safety Policy