

Relationships, Sex and Health Education (RSHE) Policy 2026

1. Introduction

This policy is based on the statutory requirements of the Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019, made under the Children and Social Work Act 2017.

Park View Primary School follows the latest Department for Education (DfE) RSHE statutory guidance (July 2025).

This reflects strengthened expectations around safeguarding, pupil wellbeing, clear and factual teaching, and age-appropriate curriculum design.

RSHE plays a vital role in safeguarding pupils. Through this curriculum, we support children to develop the knowledge, confidence and resilience needed to build safe, healthy and respectful relationships in both offline and online contexts.

2. Aims of RSHE

At Park View Primary School, RSHE aims to enable pupils to:

- Develop safe, respectful and healthy relationships
- Understand physical and emotional development
- Maintain positive mental and physical health
- Recognise and respond to risk, harm and unsafe situations
- Develop digital resilience and online safety awareness
- Know how, when and where to seek help and support

RSHE also contributes to pupils' spiritual, moral, social and cultural development, preparing them for life in modern Britain.

3. Safeguarding and RSHE

RSHE is a central part of the school's safeguarding curriculum.

Teaching explicitly supports pupils to:

- Recognise unsafe situations, including exploitation and coercion
- Understand personal boundaries and consent (age-appropriate)
- Identify trusted adults and know how to seek help
- Understand risks associated with the online world, including scams, harmful content and manipulation
- Develop strategies to keep themselves and others safe

All staff follow safeguarding procedures in line with Keeping Children Safe in Education (KCSIE) and the school's Child Protection Policy.

4. Curriculum Overview

RSHE is delivered through a whole-school, progressive curriculum from Early Years through to Year 6.

The curriculum is:

- Age-appropriate and developmentally sequenced
- Clearly structured
- Inclusive and reflective of modern British society
- Designed to ensure progression in knowledge and skills

Key content areas include:

- Relationships, respect, friendship and family life
- Personal boundaries and consent (age-appropriate)
- Physical health and hygiene
- Puberty and human development (upper KS2)
- Mental wellbeing and emotional literacy
- Online safety and digital resilience
- Recognising risk, harm and unsafe situations

Sensitive topics are taught carefully, ensuring pupils are not exposed to inappropriate or premature content.

Teaching reflects statutory expectations for age-restriction and sequencing.

5. Teaching Approach

In line with DfE guidance (July 2025), all RSHE teaching at Park View Primary School will:

- Be clear, factual, accurate and unbiased
- Avoid promoting any particular viewpoint
- Be appropriate to pupils' age, maturity and developmental stage
- Use inclusive and respectful language
- Create a safe environment where pupils feel confident to ask questions

Teaching supports pupils to develop:

- Self-awareness and emotional regulation
- Respect for diversity and equality
- Confidence to seek support and make informed decisions

6. Online Safety and Digital Resilience

The curriculum reflects the increased emphasis in the 2025 guidance on digital safety.

Pupils are taught to:

- Identify and respond to online risks and harmful content
- Understand online persuasion, influence and misinformation
- Recognise scams and financial exploitation, including gaming risks
- Develop strategies to manage screen use and wellbeing

Age-appropriate awareness of online harms is provided without exposure to explicit content.

7. Inclusion and Equality

In line with the Equality Act 2010, RSHE at Park View Primary School:

- Is inclusive of all pupils, including those with SEND
- Reflects diversity in modern Britain
- Actively challenges discrimination and stereotypes
- Promotes respect for all protected characteristics

Teaching is adapted where necessary to ensure full access for all learners.

8. Sex Education

In primary schools, Relationships Education and Health Education are statutory. Sex Education is non-statutory but is taught at Park View Primary School as part of a planned programme in Years 5 and 6, alongside the science curriculum.

Sex Education includes:

- Puberty and physical development
- Reproduction (in line with the science curriculum)
- Respectful and responsible behaviours

Content is delivered:

- In a sensitive and age-appropriate manner
- By trained staff
- With clear communication to parents

9. Right to Withdraw

Parents and carers have the right to request withdrawal from non-statutory Sex Education, in line with the 2025 statutory guidance.

- Requests should be discussed with the Headteacher
- The school will explain the curriculum and its purpose
- Withdrawal will be granted as required by statutory guidance
- There is no right to withdraw from Relationships Education or Health Education

Pupils who are withdrawn will receive appropriate supervised alternative provision.

10. Working with Parents and Carers

We value strong partnerships with parents and are committed to transparency.

The school will:

- Provide clear information about RSHE content
- Offer opportunities for parents to view resources
- Support parents in discussing RSHE topics at home

We aim to build mutual trust and confidence in RSHE provision.

11. Confidentiality and Safeguarding

Pupils are informed that staff cannot offer unconditional confidentiality.

If a safeguarding concern arises:

- Staff will follow the school's safeguarding procedures
- Concerns will be reported to the Designated Safeguarding Lead (DSL)
- Pupils will be supported appropriately

RSHE contributes directly to safeguarding by helping pupils recognise risk and seek help.

12. Monitoring, Evaluation and Impact

The Headteacher and RSHE Lead monitor the quality and impact of RSHE.

This includes:

- Lesson observations and learning walks
- Pupil voice and feedback
- Work scrutiny
- Staff feedback and training

Impact is evidenced through:

- Pupils' understanding of safety and risk
- Confidence in seeking help
- Positive relationships and behaviour
- Development of respect, empathy and resilience

The curriculum is reviewed regularly to ensure it remains compliant, relevant and effective.

13. Roles and Responsibilities

- Governing Body: Oversight and policy approval
- Headteacher: Overall responsibility for implementation
- RSHE Lead: Curriculum design, monitoring and support
- Staff: Delivery of high-quality RSHE teaching

14. Linked Policies and Guidance

This policy should be read alongside:

- Child Protection and Safeguarding Policy
- Behaviour Policy
- Equality and Accessibility policies
- SEND Policy
- Online Safety Policy

It is informed by national guidance including:

- Keeping Children Safe in Education
- Equality Act 2010 guidance
- SEND Code of Practice

15. Policy Review

This policy is reviewed **annually** to ensure compliance with statutory requirements and evolving best practice.

To be reviewed May 2027