



UPPERBY PRIMARY SCHOOL

Relationships Education, Relationships and Sex Education (RSE) and Health Education Policy

School Details

Headteacher:	Mrs P Burns
Designated Safeguarding Lead:	Mrs J Chandler
Deputy Designated Safeguarding Lead(s):	Mrs P Burns / Mrs J Chan
Link Governor for Safeguarding:	Mrs C Wilson
Co-chair of Governors:	Mr W Atkinson & Miss R Mason
Policy Date:	June 2026
Policy Review Cycle:	Bi-annually
Next Review Date:	June 2028

Throughout this policy, the term "Relationships, Health and Sex Education (RHSE)" is used to describe our school's programme of statutory Relationships Education, Health Education and age-appropriate Sex Education.

Purpose

At Upperby Primary School, we are committed to providing a high-quality programme of RHSE in line with statutory guidance issued by the Department for Education.

This policy is based upon statutory guidance set out in:

- *Relationships Education, Relationships and Sex Education (RSE) and Health Education Regulations 2019*
- *Keeping Children Safe in Education (KCSIE 2025)*
- *Equality Act 2010*
- *Children and Social Work Act 2017*
- National Curriculum requirements for Science
- Guidance from *Coram Life Education SCARF*

Relationships Education supports pupils in developing the knowledge, skills and attributes needed to build positive, respectful and healthy relationships. It includes learning about friendships, family relationships, respect for others, personal boundaries, kindness, trust, honesty, privacy, and understanding how to seek help when needed.

Health Education supports children in understanding physical health, mental wellbeing, healthy lifestyles, emotional wellbeing, personal safety, hygiene, puberty and how to make informed choices that support lifelong health.

Sex Education at primary school is not statutory beyond the requirements contained within the National Curriculum for Science. Where sex education is taught beyond statutory science requirements, it is delivered in an age-appropriate, sensitive and inclusive way that supports children's understanding of human reproduction, body changes and respectful relationships.

Aims and Objectives

At Upperby Primary School we aim to teach children about:

- developing positive, respectful and healthy relationships
- understanding the importance of kindness, empathy, respect and inclusion
- recognising different types of families and caring relationships
- understanding physical and emotional changes as they grow and develop
- learning about puberty and body changes
- understanding how humans reproduce in an age-appropriate way
- developing respect for their own bodies and personal boundaries
- understanding consent, privacy and the importance of seeking permission
- recognising unsafe situations and knowing how to seek help
- understanding online relationships and staying safe online
- learning about mental wellbeing and emotional health
- respecting the views, beliefs and backgrounds of others
- recognising inappropriate behaviour, abuse or exploitation and knowing how to report concerns

Our curriculum promotes respect, dignity, equality and responsibility while helping children develop confidence in discussing health, wellbeing and relationships.

Principles

At Upperby Primary School we believe that:

- RHSE forms part of a wider programme of Personal, Social, Health and Economic Education (PSHE)
- children should learn how to develop healthy relationships built on trust and mutual respect
- all pupils should understand the importance of respecting themselves and others

- pupils should be taught how to keep themselves safe both offline and online
- teaching should be age-appropriate, inclusive and sensitive to children's developmental needs
- education should prepare children for life in modern Britain and diverse communities
- all children are entitled to accurate, balanced and age-appropriate information

Organisation of Teaching

Relationships Education is taught progressively from Reception to Year 6 through the SCARF curriculum. Learning is carefully sequenced so that pupils revisit key concepts at an age-appropriate level. Puberty education is introduced during upper Key Stage 2, with any non-statutory Sex Education taught in Year 6 before transition to secondary school.

RHSE is delivered primarily through the PSHE curriculum and is reinforced through Science, Computing, PE, assemblies, safeguarding work, themed days and weeks, and wider curriculum opportunities.

In PSHE lessons pupils learn about:

- friendships and positive relationships
- respect, kindness and inclusion
- personal boundaries and consent
- managing emotions and mental wellbeing
- family relationships and caring responsibilities
- online relationships and online safety
- personal safety and seeking help from trusted adults
- understanding physical and emotional changes during puberty

RHSE is primarily taught by class teachers, who know their pupils well and can respond sensitively to questions. External providers may support specific aspects of the curriculum, but responsibility for teaching and safeguarding remains with the school.

Children are encouraged to ask questions in a safe and respectful learning environment. Teachers will answer pupils' questions honestly, accurately and in a manner that is appropriate to their age and stage of development. If a question relates to content that is not part of the primary curriculum, staff will acknowledge the question respectfully and explain that it will be covered in more detail at a later stage of education where appropriate.

Where a pupil has been withdrawn from non-statutory Sex Education, teachers will ensure they continue to receive statutory RHSE and Science teaching. Individual questions relating to withdrawn content will be handled sensitively, taking account of the child's age and

understanding, while encouraging discussion between the child and their parents or carers where appropriate.

Science Curriculum Links

Through the National Curriculum for Science:

Key Stage 1

Children learn:

- the basic parts of the human body
- how humans and animals grow and change
- the basic needs of living things
- similarities and differences between people
- respect for individual differences

Key Stage 2

Children learn:

- human life cycles, including reproduction as part of the human life cycle, in accordance with the National Curriculum for Science
- human development from birth to adulthood
- changes associated with growing up and puberty
- reproduction in plants and animals

By Year 6, pupils are prepared for transition to secondary school through learning about puberty, menstruation, emotional changes, hygiene and body changes.

Teaching is delivered sensitively and in a way that supports pupils' emotional development.

Inclusion and SEND

At Upperby Primary School, RHSE is taught to all pupils.

We recognise that children develop at different rates and may have varying educational needs. Teaching is adapted to ensure all pupils, including those with Special Educational Needs and Disabilities (SEND), can access learning appropriately.

Staff provide appropriate support, differentiation and adapted resources to ensure all children make progress and feel included.

Equality and Inclusion

Our curriculum reflects the diverse society in which children live.

Teaching is delivered in accordance with the Equality Act 2010 and promotes respect for all people regardless of:

- age
- disability
- gender
- race
- religion or belief
- family background
- sexual orientation
- gender reassignment

We teach children that families may look different and that all families should be treated with respect and dignity.

We actively challenge discrimination, prejudice and harmful stereotypes.

The Role of Parents and Carers

We recognise that parents and carers are the primary educators of children.

We aim to develop strong partnerships with families through mutual trust, communication and shared understanding.

We will:

- share information about our Relationships, Sex and Health Education curriculum
- respond to questions or concerns raised by parents
- communicate upcoming Year 6 puberty and sex education lessons
- support parents in continuing discussions at home

Parents are able to view curriculum plans, lesson overviews and teaching resources by contacting the school office or PSHE Lead. Information sessions may also be held before Year 6 puberty and Sex Education lessons.

Parents have the legal right to request withdrawal from the non-statutory elements of Sex Education.

In the National Curriculum for Science, Year 6 pupils are required to learn about **changes to the human body during puberty and reproduction as part of the life cycle**, but **teaching about sexual intercourse and conception beyond the science requirements is not statutory**.

Parents cannot withdraw children from:

- statutory Relationships Education
- statutory Health Education
- National Curriculum Science

Requests for withdrawal should be discussed with the Headteacher.

Role of External Agencies

The school may work with carefully selected external providers to enhance teaching and learning.

Upperby Primary School works with *Coram Life Education SCARF* to support the delivery of Relationships, Health Education and Citizenship education.

All external visitors are carefully vetted and teaching remains under the supervision of school staff.

Safeguarding and Confidentiality

Teachers deliver RHSE in a professional, sensitive and age-appropriate manner.

Ground rules are established to create a safe environment where children feel able to ask questions.

Teachers cannot offer complete confidentiality.

If a child discloses information that raises concerns about:

- abuse
- exploitation
- inappropriate sexual behaviour
- harm to themselves or others
- neglect
- online abuse or grooming

staff will follow the school's safeguarding procedures.

Concerns will be reported immediately to the Designated Safeguarding Lead (DSL) and managed in accordance with the school's Safeguarding and Child Protection Policy and statutory safeguarding guidance.

Development of this Policy

This policy has been developed by the Headteacher and PSHE Lead following consideration of statutory guidance issued by the Department for Education. Governors have reviewed and approved the policy. In developing the policy, account has been taken of the needs of pupils, the views of staff and the school's wider safeguarding responsibilities. The policy is reviewed every two years or sooner if statutory guidance changes.

Monitoring and Review

The Headteacher and PSHE Lead monitor the implementation and effectiveness of this policy.

Monitoring includes lesson observations, curriculum reviews, planning scrutiny, pupil voice, staff feedback and governor oversight to ensure the curriculum remains effective, inclusive and compliant with statutory guidance.

The effectiveness of the curriculum is evaluated through pupil voice, staff feedback, parent feedback where appropriate and regular review of outcomes to inform future curriculum development.

Governors review the policy regularly to ensure compliance with statutory requirements and best practice.

The policy will be formally reviewed every two years or sooner if legislation changes.

Policy availability

This policy is published on our school's website and is available in paper form on request from the school office.

Policy approved by Governing Body: _____

Date approved: _____

Review date: June 2028

Signed on behalf of Governing Body: