




Policy Title	Relationships and Health Education Policy
Purpose	To define our school approach to Relationships and Health Education.
Ratified	January 2025
Review Date	This policy will be reviewed annually, any suggested amendments will be presented to the Governing Board for approval. February 2026
Coordinator/s	Michelle Orton (Head Teacher)
Signed	Numera Ismail (Chair of Governors) 



Relationships and Health Education Policy (RHE)

With regards to sex education, the schools of the Central Development Group have chosen to omit the word Sex from this policy, which will now be known as the Relationships & Health Education Policy (RHE).

All Central Development Group primaries teach the Science National Curriculum, covering physical changes and puberty. None of these primary school offers or covers sex education. Within Central Development group infant schools, the relationship education programme is tailored to the age and physical and emotional maturity of our children.

Rationale and Ethos

This policy covers our school's approach to Relationship and Health Education. It was produced by staff, governors and members of the Central Development Group schools through consultation with parents and other interested stakeholders.

We define 'relationships education' as 'enabling children to embrace the challenges of creating a happy and successful adult life.'

We believe relationships and health education is important for our pupils and our school because:

- It is giving children the knowledge that will enable them to make informed decisions about their wellbeing, health and relationships and to build their self-efficacy.
- It is about giving children the opportunity to put knowledge into practice as they develop the capacity to make sound decisions when facing risks, challenges and complex contexts.
- It is the recognition that everyone faces difficult situations in their lives and how relationship education can support young people to develop resilience, to know how and when to ask for help, and to know where to access support

We view the partnership of home and school as vital in providing the context to both complement and reinforce what pupils learn at home about healthy, respectful relationships, focusing on family and friendships, in all contexts, including online, as well as how to be healthy.

Our school's overarching aims for our pupils are:

- to foster pupil wellbeing and develop resilience and character that we know are fundamental to pupils being happy, successful and productive members of society.



- to know how to be safe, including online
- to be healthy both mentally and physically healthy
- to be able to manage their academic, personal and social lives in a positive way
- to demonstrate personal attributes including kindness, integrity, generosity, honesty, respect and tolerance in order to contribute to adult life in British Society

We ensure RHE is inclusive and meets the needs of all our pupils, including those with special educational needs and disabilities (SEND.). This will be achieved by ensuring content and teaching is differentiated to meet the specific needs of pupils at different developmental stages. As with all teaching for these subjects, we will ensure that their teaching is sensitive, age-appropriate, and developmentally appropriate and delivered with reference to the law.

We will ensure that the needs of all pupils are appropriately met, and that all pupils understand the importance of equality and respect. As a school we will ensure we comply with the relevant provisions of the Equality Act 2010, recognising under which sexual orientation and gender reassignment are amongst the protected characteristics. We ensure that RHE promotes gender equality and LGBT+ equality by delivering content that is both age-appropriate and developmentally appropriate. It is taught sensitively and inclusively, with respect for the backgrounds and beliefs of pupils and their parents, while always aiming to provide pupils with the knowledge they need about the law. Content will be integrated into programmes of study for RHE within our PSHE curriculum and will not be taught as stand-alone units.

The intended outcomes of our programme are that pupils will:

- know and understand the characteristics of positive relationships, with reference to friendships, family relationships, and relationships with other children and with adults.
- understand they have a right to personal space and boundaries, showing respect and understanding the differences between appropriate and inappropriate or unsafe physical touch. Recognise and know how to report abuse, including emotional, physical and sexual abuse
- understand they have a responsibility to treat each other with kindness, consideration and respect including when online, to seek permission and give and understand the concept of privacy
- develop the skills of being able to express their emotions and seek help where needed, to build friendship and recognise how this can support mental well being
- develop the personal attributes of honesty, integrity, courage, humility, kindness, generosity, trustworthiness and sense of justice, and character traits such as perseverance, working towards long term goals, dealing with setbacks, resilience permission seeking and giving, and the concept of personal privacy
- understand how the Equality Act 2010 relates to them as a child and through adult life, to recognise and challenge any form of discrimination



Roles and Responsibilities

The RHE programme will be led by Year Group leaders with the support of senior leaders and the governing body/trustees.

It will be taught by class teachers and delivered through the school curriculum and wider opportunities within the school.

The aims and intended outcomes of our approach are encompassed within the school visions and values to promote learning.

The RHE programme will be supported by, appropriate external visitors and developed through advice from professional associations.

Governors or Trustees

As well as fulfilling their legal obligations, the governing bodies or trustees should also make sure that:

- all pupils make progress in achieving the expected educational outcomes.
- the subjects are well led, effectively managed and well planned.
- the quality of provision is subject to regular and effective self-evaluation.
- teaching is delivered in ways that are accessible to all pupils with SEND.
- clear information is provided for parents on the subject content
- the subjects are resourced, staffed and timetabled in a way that ensures that the school can fulfil its legal obligations.

Head Teacher and PSHE Leader

It is the responsibility of the Head Teacher/Year Group leader to ensure that

- both staff and parents are informed about our RHE policy, and that the policy is implemented effectively.
- staff are given sufficient training, so that they can teach about relationship and health education effectively and handle any difficult issues with sensitivity.
- they liaise with external agencies regarding the school RHE programme and ensures that all adults who work with our children on these issues are aware of the school policy, and work within its framework.
- monitoring of this policy on a regular basis, and report to governors/trustees, when requested, on the effectiveness of the policy.



Adults working with children are entitled to:

- Access to high quality, up-to-date, accurate information, resources and training
- Mutual understanding of roles and responsibilities in relation to the planning and delivery of RHE
- Contribute their views and ideas in support of the development of RHE for children
- Professional guidance and support
- Opportunities to share good practice
- Be informed about issues of confidentiality and procedures to be followed.

External Visitors

Working with external organisations can enhance delivery of these subjects, bringing in specialist knowledge and different ways of engaging with young people.

School will ensure:

- Validity of the visitor or visiting organisation's credentials.
- Teaching delivered by the visitor fits with the planned programme and published policy.
- Discussion occurs in relation to the detail of how the visitor will deliver their sessions and ensure that the content is age-appropriate and accessible for the pupils.
- Review the materials visitors will use
- Agree how confidentiality will work in any lesson and that the visitor understands how safeguarding reports should be dealt with in line with school policy

Parents, carers and other adults in the community are entitled to:

- Accessible, accurate, up-to-date, information delivered in a way which meets their needs
- A safe and supportive environment for their children
- Information on how and when RHE is taught
- Understand their rights and responsibilities in relation to RHE policy and curriculum
- Be informed about issues of confidentiality and how it affects them and their children
- Have their views and ideas received in a respectful, non-judgemental manner.

Legislation

The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019, made under sections 34 and 35 of the Children and Social Work Act 2017, make Relationships Education compulsory for all pupils receiving primary education. They also make Health Education compulsory in all schools.

The RHE policy supports/complements the following policies.

- PSHE policy



- Safeguarding Policy
- Anti-Bullying Policy
- Equality Policy and statement
- Acceptable use of IT policy

Documents that inform the school's RHE policy include:

- Education Act (1996)
- Learning and Skills Act (2000)
- Education and Inspections Act (2006)
- Equality Act (2010)
- Supplementary Guidance SRE for the 21st century (2014)
- Keeping Children Safe in Education – Statutory
- Safeguarding Guidance (2019)
- Children and Social Work Act (2017)
- DFE guidance RHE 2019

Curriculum Design

Our RHE programme is an integral part of our whole school PSHE using the Jigsaw mindful approach.

High quality relationships and health education helps create safe school communities in which pupils can grow, learn and develop positive, healthy behaviour for life. We teach RHE on the understanding that:

- it is taught in the context of family life.
- it is part of a wider process of social, personal, spiritual and moral education.
- children should be taught to have respect for their own bodies.
- children should learn about their responsibilities to others
- it is important to build positive relationships with others, involving trust and respect, both in person and online.
- it makes a significant contribution to our duty to safeguard and protect all children.
- it plays a key role in improving health outcomes for children and young people

We teach about relationships through different aspects of the curriculum. While we carry out the main RHE in our PSHE curriculum, we also do some RHE through the statutory science curriculum and other subject areas, such as PE and computing. We believe all these contribute significantly to children's knowledge and understanding of positive relationships, their own bodies, and how they are changing and developing. The jigsaw scheme is a unique, spiral and progressive scheme of work to help children to value who they are and understand how they relate to other people in this ever-changing world.



Our relationship and health education provision

Relationships	Health and mental well being	Other foci Living in the Wider World – Beyond DFE framework
<ul style="list-style-type: none"> • Families and people who care for me • Caring friendships • Respectful friendships • Online Relationships • Being Safe 	<ul style="list-style-type: none"> • Mental Well-being • Internet Safety and Harm • Physical health and fitness including healthy eating • Health and prevention • Knowing who to ask and where to go for help 	<ul style="list-style-type: none"> • Being part of a wider community

The overriding concepts explored through the curriculum are:

- Identity (their personal qualities, attitudes, skills, attributes and achievements and what influences these; understanding and maintaining boundaries around their personal privacy, including online)
- Relationships (including different types and in different settings, including online)
- A healthy (including physically, emotionally and socially), balanced lifestyle (including within relationships, work-life, exercise and rest, spending and saving and lifestyle choices)
- Risk (identification, assessment and how to manage risk, rather than simply the avoidance of risk for self and others) and safety (including behaviour and strategies to employ in different settings, including online in an increasingly connected world)
- Diversity and equality (in all its forms, with due regard to the protected characteristics set out in the Equality Act 2010)
- Rights (including the notion of universal human rights), responsibilities (including fairness and justice) and consent (in different contexts)
- Change (as something to be managed) and resilience (the skills, strategies and ‘inner resources’ we can draw on when faced with challenging change or circumstance)
- Power (how it is used and encountered in a variety of contexts including online; how it manifests through behaviours including bullying, persuasion, coercion and how it can be challenged or managed through negotiation and ‘win-win’ outcomes)
- Career (including enterprise, employability and economic understanding)

We understand the importance of ensuring that all children in our school receive their entitlement to RHE. We will carefully consider special educational needs or disability, gender, sexual orientation and age, nationality, religion, cultural and linguistic background when planning and delivering RHE.



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In relation to nationality, sexual orientation, religion and cultural diversity, we value the different backgrounds of our pupils and, in addressing different views and beliefs, seek to promote tolerance and understanding.

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In order to ensure the RHE Curriculum meets the needs of all:

- We will accept and celebrate difference.
- We will encourage respect and discourage abuse and exploitation.
- We will not ask children to represent the views of a particular religious or cultural group to their peers, unless they choose to do so.

In relation to those with special educational needs or disability, we will review our RHE Programme to ensure that provision is made for those with additional needs. We will consider:

- their level of vulnerability
- their need to learn and demonstrate appropriate behaviour
- their need to develop self-esteem and positive body image
- the need to involve all staff, including support staff and carers, in policy development, planning and training
- the management of personal care
- clarity about sources of support for pupils.

Our RHE programme will be taught through our Jigsaw scheme of work and our assemblies.

Lessons will be differentiated by all staff or visitors delivering sessions to ensure that individual needs of children are met.

Selected resources, such as books and film clips, will be used which support and promote understanding within a moral/values context. High quality resources will support our RHE provision and will be regularly reviewed. We will avoid a 'resource-led' approach to delivering RHE, instead focusing on the needs of the children and our planned learning objectives. We will carefully select resources which meet these objectives. We will carefully evaluate teacher resources, leaflets and videos, before using them. We will select resources which:

- are consistent with our Curriculum for RHE
- relate to the aims and objectives of this Policy
- are suitable to the age, maturity, needs, linguistic proficiency and ability of the children
- appeal to adults and children
- are up to date in factual content
- are produced by a reputable organisation
- do not show unfair bias e.g. towards a commercial product
- avoid racial, gender and sexual stereotyping
- encourage active and participative learning
- conform to the legal requirements for RHE.

Learning about relationships in RHE education lessons will link to/complement learning in Science, Religious Education, Health Education, including mental health education.

An overview of the learning in each year group can be found on the school website and in the Annexe 2 attached.



Staff Training

Teaching RHE can be very rewarding, but we understand that, to feel confident, staff need opportunities to develop the knowledge, skills and attitudes. We recognise that all adults have different personal beliefs and attitudes about RHE. We will discuss relevant issues and, where appropriate, arrange training to enable staff members to feel confident in delivering the Curriculum for RHE. We will also encourage the sharing of good practice. Those with special responsibility for the development of RHE will be offered opportunities to consult with advisors.

Safe and effective practice

We will ensure a safe learning environment through ensuring RHE is taught in a safe, non-judgemental environment where adults and children are confident that they will be respected.

Teachers and pupils will agree ground rules at the beginning of any RHE work, in addition to those already used in the classroom.

Safeguarding

Our RHE programme is one of the most important ways we act on our responsibility to safeguard and protect our children, as set out in our Safeguarding policy. We also refer to guidance from the government and expert organisations on specific safeguarding issues, which are relevant to our cohort of children, as listed in *Keeping Children Safe in Education*. To safeguard children effectively it is vital that opportunities are created in the curriculum to teach about healthy behaviour, caring relationships, online safety and when and how to get help. At our school we encourage children to develop skills in these areas so that they are equipped with strategies to help themselves in preventing or reporting harm or abuse.

Teachers are aware that effective RHE, which brings an understanding of what is and what is not appropriate in a relationship, can lead to a disclosure of a child protection issue. Where a concern or disclosure is raised teachers or other adults working with the child will consult with the designated safeguarding lead and in his/her absence their deputy safeguarding lead. Staff will respond in a similar way if a child indicates that they may have been a victim of any other type of abuse, including FGM. Staff should be familiar with the specific procedures relating to the reporting of FGM (see our Safeguarding Policy). The Designated Safeguarding Lead will then deal with the matter in consultation with other social, health and education professionals, in accordance with statutory safeguarding procedures, following protocols identified in the school safeguarding policy.

Visitors/external agencies which support the delivery of RHE will be required to inform the designated safeguarding lead or deputy in accordance with the school policy.



The protocol for inviting visitors into lessons:

- Prior to the commencement of any visit, visitors will be given a copy of the schools safeguarding policy and protocol for reporting disclosures
- All visitors will be given a copy of the RHE policy

Engaging Stakeholders

The school acknowledges that the primary role in children's RHE lies with parents and carers. We therefore wish to build a positive and supporting relationship with the parents of children at our school, through mutual understanding, trust and cooperation.

Parents will be informed about the policy through consultation, information meetings and through written correspondence.

The policy will be available to parents through the school website

We are committed to working with parents and carers by holding information sessions, providing workshops for parents to enable them to be confident to answer their children's questions and through signposting via targeted support in school or through the school website, to other resources to support them at home.

We work closely with parents to ensure that they are fully aware of what is being taught. As part of our whole school approach to RHE, Parent Information sessions and opportunities for parents to view the materials and resources used will be held.

Each year these sessions will be repeated to ensure all new parents are fully aware of the school curriculum.

We will notify parents when Relationships and Health Education will be taught, by written communication and through the sharing of our curriculum coverage plans.

From September 2020 Parents/carers do not have the right to withdraw their children from relationship or health content.

We do not teach sex education, except for those parts included in the statutory National Curriculum: all children are expected to learn the content of the national science curriculum (see Appendix 1). Parents do not have the right to withdraw their children from any parts of the science curriculum.

Parents are encouraged to establish exactly what is covered in the lessons relevant to their child's year group and discuss any concerns about lesson content with staff at the earliest opportunity.

This Policy describes the governors' views on how RHE will be delivered in addition to requirements of the National Curriculum.



It is the responsibility of the governors to ensure, through consultation, that the RHE Policy reflects consideration of the views of parents of our community. It is the responsibility of governors to ensure that the Policy is made available to parents.

In order to facilitate this process, the RHE Policy will appear annually on the agenda of a governors' meeting. The Policy will be made available for parents/carers on the school website and a link governor with responsibility for safeguarding (to include RHE) will be nominated.

Pupil voice will be used to review and tailor our RHE programme to match the different needs of pupils.

Monitoring, reporting and evaluation

Teachers will critically reflect on their work in delivering RHE through the evaluation of lessons, discussion with senior leaders and through monitoring activities led by team leaders.

We will involve children in the evaluation and development of their RHE in ways appropriate to their age.

- We will ask children to reflect on their learning and set goals for future learning.
- We will consult children (e.g. through student governors) about their perception of the strengths of our RHE programme and the areas to be further developed.

The governing body or trustees are responsible for monitoring the delivery of our RHE policy. Governors give due consideration to any comments from parents about the RHE programme and require the Head Teacher to keep a written record of parents' comments.



Appendix 1 RHE Elements of the National Science Curriculum

Key Stage 1 (age 5-7 years)

Year 1 pupils should be taught to:

- identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense

Year 2 pupils should be taught to:

- notice that animals, including humans, have offspring which grow into adults
- describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene

Notes and guidance

They should also be introduced to the processes of reproduction and growth in animals. The focus at this stage should be on questions that help pupils to recognise growth; they should not be expected to understand how reproduction occurs.

The following examples might be used:

- egg → chick → chicken
- egg → caterpillar → pupa → butterfly
- spawn → tadpole → frog
- lamb → sheep

Growing into adults can include reference to baby, toddler, child, teenager, adult.



PSHE Jigsaw Overview Uplands Infant School

Year Group	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Nursery	Self-identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities	Identifying talents Being special Families Where we live Making friends Standing up for yourself	Challenges Perseverance Goal setting Overcoming obstacles Seeking help Jobs Achieving goals	Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety	Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend	Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations
Reception	Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences Owning the learning charter	Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating the differences in everyone	Setting goals Identifying successes and achievements Learning styles Working well and celebrating achievement with a partner Tackling new challenges Identifying and overcoming obstacles Feelings of success	Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/safety with household items Road safety Linking health and happiness	Belonging to a family Making friends/being a good friend Physical contact preferences People who help us as a friend and person Qualities Self-acknowledgement Being a good friend to myself Celebrating special relationships	Life cycles – animal and human Changes in me Changes since being a baby Linking growing and learning Coping with change Transition
Year 1	Hopes and fears for the year Rights and responsibilities Rewards and consequences Safe and fair learning environment Valuing contributions Choices Recognising feelings	Assumptions and stereotypes about gender Understanding bullying Standing up for self and others Making new friends Diversity Celebrating difference and remaining friends	Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation Contributing to and sharing success	Motivation Healthier choices Relaxation Healthy eating and nutrition Healthier snacks and sharing food	Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships	Life cycles in nature Growing from young to old Increasing independence Assertiveness Preparing for transition



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<p>Year 2</p>	<p>Setting personal goals Self-identity and worth Positivity in challenges Rules, rights and responsibilities Rewards and consequences Responsible choices Seeing things from others' perspectives</p>	<p>Families and their differences Family conflict and how to manage it (child-centred) Witnessing bullying and how to solve it Recognising how words can be hurtful Giving and receiving compliments</p>	<p>Difficult challenges and achieving success Dreams and ambitions new challenges Motivation and enthusiasm Recognising and trying to overcome obstacles Evaluating learning processes Managing feelings Simple budgeting</p>	<p>Exercise Fitness challenges Food labelling and healthy swaps Attitudes towards drugs Keeping safe and why it's important online and offline scenarios Respect for myself and others Healthy and safe choices</p>	<p>Family roles and responsibilities Friendship and negotiation Keeping safe online and who to go to for help Being a global citizen Being aware of how my choices affect others Awareness of how other children have different lives Expressing appreciation for family and friends</p>	<p>How babies grow Understanding a baby's needs Family stereotypes Challenging my ideas Preparing for transition</p>
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