



Relationships, Sex and Health Education (RSHE) Policy

Date of last review: Autumn 2025

Date of next review: Autumn 2026

Relationships, Sex and Health Education (RSHE) Policy

1. Policy Intent

At Netherfield Primary School, we are committed to providing a comprehensive programme of Relationships, Sex and Health Education (RSHE) which reflects statutory requirements and meets the needs of our pupils, parents and the wider community. RSHE forms an important part of our broader PSHE curriculum and supports children in developing the knowledge, skills and understanding they need to lead healthy, safe and fulfilling lives.

Through RSHE we aim to promote respect, inclusivity and equality, while preparing pupils for the physical and emotional changes of growing up. We want our children to feel confident in themselves, to form positive and respectful relationships, and to know how to keep themselves safe in an ever-changing world. RSHE also contributes to our safeguarding duties by helping pupils to recognise risks, make informed choices and know how to seek help if they need it.

2. Policy Scope

This policy applies to all staff, pupils and governors. It encompasses three key areas:

- **Relationships Education** – which is statutory in all primary schools;
- **Health Education** – which is also statutory in all primary schools;
- **Sex Education** – which is optional in primary schools, beyond the statutory requirements of the science curriculum.

3. Definitions

Relationships Education focuses on friendships, families, respect for others, staying safe (both online and offline) and caring relationships.

Health Education includes learning about physical health, mental well-being, healthy lifestyles, puberty and the changing adolescent body, basic first aid and understanding the risks of the online world.

Sex Education refers to specific lessons about sexual intercourse and conception. At Netherfield, this is taught in Year 6 as a discrete lesson. Parents have the right to request that their child is withdrawn from this lesson.

The **Science curriculum** also covers elements of reproduction and puberty, particularly in Years 5 and 6. Parents cannot withdraw their child from these lessons.

4. Curriculum Content and Delivery

Our RSHE curriculum is taught as part of our wider PSHE programme. We follow a spiral curriculum using resources from the PSHE Association and EC Publishing, which ensures that children revisit and deepen their understanding of key concepts as they move through the school. Lessons are age-appropriate, inclusive and sensitive to the needs of all pupils.

Relationships Education introduces children to the importance of families, friendships and respectful relationships, both in person and online. Health Education develops pupils' understanding of physical health, emotional well-being, healthy choices, puberty, and how to stay safe. In Year 6, pupils are offered a lesson on sexual intercourse and conception, which builds on their prior knowledge of reproduction from the science curriculum.

RSHE is delivered mainly through PSHE lessons, but is also supported by teaching in science, RE, assemblies and our wider school values. Discussions are always framed within a safe and respectful environment, and teachers are encouraged to respond to pupils' questions in an age-appropriate way.

The PSHE curriculum, including RSHE, is planned progressively across the school so that pupils revisit and build on prior knowledge each year. Full curriculum details are available on the school website and can also be provided on request.

5. Roles and Responsibilities

The governing body is responsible for approving this policy and monitoring its implementation. The headteacher ensures that RSHE is taught consistently across the school, with support from the PSHE/RSHE lead. Staff are responsible for delivering the agreed curriculum and creating a safe environment for discussion. Pupils are expected to engage positively with lessons and to show respect for others when discussing sensitive issues.

6. Parental Consultation and Right to Withdraw

We recognise the vital role parents play in shaping their children's understanding of relationships and health. This policy has been developed in consultation with staff, pupils, parents and governors. Parents are consulted on the RSHE policy during reviews, in line with statutory requirements. Consultation provides an opportunity for parents to understand the school's approach and to share their views. The school may also share curriculum information or sample resources to support parental understanding.

Parents cannot withdraw their child from Relationships Education, Health Education, or the statutory elements of the science curriculum. Parents may request to withdraw their child from the Year 6 lesson on sexual intercourse and conception. Such requests should be made in writing to the headteacher. We encourage parents to discuss their decision with the school beforehand so that they are fully aware of the aims and content of the lesson and can make an informed choice. The school will respect the right of withdrawal and confirm the arrangements with parents.

7. Inclusivity and SEND

RSHE is for all pupils. Lessons are adapted to meet the needs of children with Special Educational Needs and Disabilities, and we take into account pupils' cultural and religious backgrounds. Our teaching recognises and respects a range of family structures, ensuring that all children feel included and valued.

8. Monitoring and Assessment

The delivery of RSHE is monitored by the PSHE/RSHE lead and senior leaders through planning scrutiny, lesson observations and pupil voice. Teachers assess pupils' development through discussion, reflection and other formative approaches. The governing body approves this policy and ensures the school meets statutory requirements for RSHE.

9. Staff Training

Staff receive training on the delivery of RSHE during their induction to school and through ongoing professional development. External professionals, such as school nurses, may also be invited to support specific elements of the programme.

10. Policy Review

This policy will be reviewed annually in consultation with parents, staff, pupils and governors, and updated in line with statutory guidance and the needs of our school community.