PSHE Relationships and Health Education, (RSHE) Policy

This policy was adopted by Governors at the meeting held on :	Autumn 26
Signed (Academy CommitteeChair):	Clive Hyland
Date of Review:	Autumn 27

1. Introduction

We want all children to grow up healthy, happy, safe, and able to manage the challenges and opportunities of modern Britain. It is our intention that all children have the opportunity to experience a programme of Relationships and Health Education at a level which is appropriate for their age and physical development.

Effective Relationships and Health Education is essential if young people are to make responsible and well informed decisions about their lives and know about the importance of loving and caring relationships. We do not deliver Relationships Education in isolation.

It is firmly rooted within the framework for PSHE and the National Curriculum including the National Curriculum for RE and for Science, which lie at the heart of our policy. It does not just take place through the taught curriculum but is underpinned by our school values which run throughout all of school life.

Furthermore, we believe that the teaching of Relationships Education should be shared with parents and be mutually supportive and complementary.

As part of Relationships Education, pupils will be taught what a relationship is, what a friendship is, what family means and who the people are who can support them. Relationships Education is about understanding the importance of family life, stable and loving relationships, love and care and promoting the British Values of 'Respect' and 'Tolerance'.

2. Aims

Taking account of the age, maturity and needs of the pupils, our Relationships Education provides opportunities for pupils to:

- better understand the nature of human relationships and create a positive culture around issues of sexuality and relationships
- learn about relationships, the importance of communication and assertiveness skills including the importance of values such as respect (for self and others), tolerance, equality, responsibility, confidence, empathy, care and compassion
- reflect upon the importance of stable and loving relationships for family life, including the bringing up of children, this also includes marriage and civil partnerships
- consider and understand the changes that occur to their bodies, minds and emotions as a consequence of growth from childhood to adulthood and teach them

Registered address: Pele Trust c/o Ponteland High School, The Crescent, Callerton Lane, Ponteland, Newcastle-upon-Tyne NE20 9EG
A charitable company limited by guarantee registered in England and Wales (company number: 11395017).

PELE TRUST
Ellingham CE Primary School is part of Pele Trust.

the correct vocabulary to describe themselves and their bodies and the importance of health and hygiene
- reflect upon how to make good, informed and safe choices concerning relationships and healthy lifestyles, both in real life and online
- develop the knowledge and understanding to recognise boundaries and privacy, knowing how to report concerns and seek advice if they suspect something is wrong

3. Statutory Requirements

As a primary school we must provide Relationships Education to all pupils as per section 34 of the Children and Social work act 2017.

The Relationships Education, Relationship and Sex Education (RSE), and Health Education (England) Regulations 2019 have made Relationships Education compulsory in all primary schools. Sex education is not compulsory in primary schools and the content set out in this policy therefore focuses on Relationships Education.

In teaching Relationships Education, we must have regard to guidance issued by the secretary of state as outlined in section 403 of the Education Act 1996.

At Ellingham School we teach Relationships Education as set out in this policy.

4. Delivery of Relationships Education

Relationships Education is taught within the Personal, Social, Health and Economic (PSHE) education curriculum. Biological aspects are taught within the science curriculum, and other aspects are included in Religious Education (RE). In addition to this, opportunities to develop the principles of Relationships Education are taken whenever they arise, for example in the playground and through the values we promote in school.

Elements of puberty education and human development are taught through Health Education, Science and PSHE. Additional non-statutory sex education is delivered in Upper Key Stage 2 delivered by the class teacher which focus on:

- Preparing boys and girls for the changes that adolescence brings, including menstruation and menstrual wellbeing.
- Teaching the importance of healthy hygiene as their bodies change.
- Parents / carers will be notified in advance of the lessons being taught and there will be an opportunity to opt out following a discussion with the Headteacher.

Relationships Education focuses on teaching the fundamental building blocks and characteristics of positive relationships including:

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe

These areas of learning are taught within the context of family life, taking care to ensure that there is no stigmatisation of children based on their home circumstances (families can include single parent families, LGBT parents, families headed by grandparents, adoptive parents, foster parents/carers amongst other structures) along with reflecting sensitively that some children may have a different structure of support around them (for example: looked after children or young carers).

In line with statutory guidance, pupils will learn about different family structures, equality, respect and the protected characteristics set out in the Equality Act 2010. Teaching is delivered in an age-appropriate manner. In primary school, the focus is on biological sex, healthy relationships, respect for others and the physical and emotional changes associated with puberty. Complex or abstract theories relating to gender identity are not taught as part of the primary curriculum.

5. Health Education and Online Safety

Health education gives children the information they need to make good decisions about their own health and wellbeing, to recognise issues in themselves and others and seek support if issues arise. By the end of primary school, children will be taught about:

- Mental wellbeing
- Internet safety
- Physical health and fitness
- Healthy eating
- Basic first aid
- The changing adolescent body

Pupils will be taught to evaluate online information critically, including content generated by artificial intelligence, and understand how algorithms, deepfakes and misinformation may influence beliefs and decisions.

Guidance from the Local Authority recommends that children are taught the correct vocabulary for their body parts including male and female genitalia. This is for safeguarding purposes and will be introduced in school from EYFS.

6. Staff

Staff are responsible for:

- Delivering Relationships Education in a sensitive and age-appropriate way
- Modelling positive attitudes to Relationships Education
- Monitoring progress
- Responding to the needs of individual pupils
- Responding appropriately to pupils whose parents wish them to be withdrawn from the non-statutory components

Staff do not have the right to opt out of teaching Relationships Education.

Staff who have concerns about teaching Relationships Education are encouraged to discuss this with the
Headteacher or PSHE Lead.

7. The role of Parents

We believe that the primary role in children's Relationships Education lies with parents and carers. We wish to build a positive and supportive relationship with the parents of children at our school through mutual understanding, trust and collaboration. All resources used to teach RSHE are available for parental review upon request.

In promoting this objective, we:

- Inform parents about the school's Relationships and Health Education policy and practice
- Answer any questions that parents may have about the Relationship and Health Education of their child
- Take seriously any issue that parents raise with teachers or governors about this policy or the arrangements for Relationships and Health Education in the school

8. Parents' Right to Withdraw

Parents do not have the right to withdraw their children from Relationships Education.

Parents have the right to withdraw their children from the non-statutory components of sex education (Year 5 onwards). The science curriculum also includes content on human development, including reproduction, which there is no right to withdraw from.

Should you be considering such a step, first talk it through with your child and their class teacher, and then, if necessary, contact the Head Teacher. A child will only be withdrawn if a discussion with a senior leader has taken place and the parental request has been put in writing to the Head Teacher.

Alternative work will be given to pupils who are withdrawn from sex education.

9. Confidentiality

Teachers conduct Relationship Education lessons in a sensitive manner and in confidence. However, if a child makes a reference to being involved, or likely to be involved in sexual activity, or indicates that they may have been a victim of abuse, this will be dealt with in line with our child protection policy, and our procedure for safeguarding children.

10. Answering Difficult Questions

If a child asks an explicit or difficult question, the staff will use their professional judgement in deciding the best way to answer it. This may be through individual work or discussion with the child. If the staff member is concerned, they can refer to the Head of School who can discuss the matter with the parent, or follow other appropriate procedures.

11. Children with SEND

We have a responsibility to make sure that the needs of all pupils are met. This may mean more explicit teaching to ensure that children with additional educational needs are properly included in Relationships Education. This may mean additional support within lessons, small group or individual lessons and adapting of resources to enable access. Parents may need to be consulted individually with regard to children with SEN

12. Safeguarding Assurance Statement on Sensitive Topics
When we teach topics such as suicide, eating disorders, body image or abuse; Staff will use only evidence-based, age-appropriate resources and will avoid any instructional or triggering content in line with DfE statutory safeguarding guidance (2025).

13. External Visitors & Third-Party Resources
Where external speakers or third-party resources are used, the school ensures full safeguarding checks and guarantees that all RSHE materials are accessible to parents, as required under DfE RSHE guidance (2025).

Curriculum is accessible through our school website or at the school office which clearly shows all aspects that the children will be learning and in which year group it will be covered.

Documents are also attached which show the curriculum covers all statutory requirements and more, in relation to expectations from the National Curriculum.

Year Group	RHE Topics covered throughout the year
R	All About Me & My Relationships - Who am I? My family and special people - Recognising emotions - Making friends and playing together Health & Wellbeing - Healthy routines: sleep, food & hygiene - Staying safe (people who help us, road safety) - Understanding feelings Living in the wider world - Belonging to a community - Building friendships - Understanding different emotions
Y 1/2	Relationships - Families and Friendships - Safe touch - Respecting ourselves and others - Bullying Health & Wellbeing - Healthy lifestyle - Hygiene - Feelings - Medicines

Registered address: Pele Trust c/o Ponteland High School, The Crescent, Callerton Lane, Ponteland, Newcastle-upon-Tyne NE20 9EG
A charitable company limited by guarantee registered in England and Wales (company number: 11395017).

PELE TRUST
Ellingham CE Primary School is part of Pele Trust.

	- Staying safe - Mental health Living in the wider world - Belonging - Rules - Rights - Money - Jobs - Environment
Y 3/4	Relationships - Recognising healthy relationships - Managing conflicts - Stereotypes - Respect - Diversity Health & Wellbeing - Diet - Exercise - Teeth - Mental wellbeing - Drugs (medicine/smoking) - Managing risk Living in the wider world - Community and Democracy - Digital Literacy - Money choices - Sustainability
Y 5/6	Relationships - Puberty - Consent - Positive relationships - Marriage - Online relationships - Peer pressure - The use of AI Health & Wellbeing - Mental health - Body image - Substance education - First aid - Healthy habits - Sleep and Screen time Living in the wider world - Media influence

	- Enterprise & Careers - Law - Rights - Diversity - Prejudice

Registered address: Pele Trust c/o Ponteland High School, The Crescent, Callerton Lane, Ponteland, Newcastle-upon-Tyne NE20 9EG
A charitable company limited by guarantee registered in England and Wales (company number: 11395017).

PELE TRUST
Ellingham CE Primary School is part of Pele Trust.