



Relationships, Sex & Health Education Policy

Document Control		
Edition	Issued	Changes from previous
1	April 2024	Updated to reflect curriculum changes
2	June 2025	Grammar Updates
3	June 2026	Updated in line with DfE Relationships, Sex and Health Education Guidance 2025/2026 and revised school RSHE curriculum maps

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1. Statement of Intent

At Ramsey Manor Lower School, we believe that Relationships, Sex and Health Education (RSHE) is an essential part of pupils' education and wellbeing. We aim to provide pupils with the knowledge, understanding, skills and vocabulary they need to stay safe, healthy and prepared for life in modern Britain.

Our RSHE curriculum supports children to:

- build positive, respectful relationships
- understand emotional and physical wellbeing
- recognise healthy and unhealthy behaviours
- stay safe both offline and online
- develop resilience, empathy and self-respect
- understand and celebrate diversity
- know where and how to seek help

We believe RSHE should be taught in a safe, inclusive and age-appropriate way that reflects the needs of our pupils and community.

Our curriculum is underpinned by our school values and promotes:

- kindness
- respect
- inclusion
- responsibility
- equality
- safeguarding
- emotional wellbeing

We recognise that children are growing up in an increasingly digital world and therefore ensure that online safety, media literacy, consent, boundaries and respectful behaviour are embedded throughout our curriculum.

2. Legal Framework

This policy has due regard to the following legislation and statutory guidance:

- Education Act 2002
- Children and Social Work Act 2017
- Equality Act 2010
- Keeping Children Safe in Education (KCSIE)
- Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019
- DfE Relationships, Sex and Health Education Statutory Guidance (2025)
- DfE Teaching Online Safety in Schools
- DfE Science Programmes of Study
- SEND Code of Practice

This policy also reflects guidance from the PSHE Association, Christopher Winter Project and the NSPCC.

3. Definitions and Ethos

Relationships Education teaches pupils about:

- families
- friendships
- respectful relationships
- consent and boundaries
- online relationships
- keeping safe

Health Education teaches pupils about:

- physical health
- mental wellbeing
- healthy lifestyles
- internet safety and harms
- drugs, alcohol and tobacco
- first aid
- puberty and growing up

Sex Education refers to learning beyond the statutory science curriculum about human reproduction and sexual relationships.

At Ramsey Manor Lower School, we teach the statutory elements of sex education contained within the National Curriculum for Science. In addition, Year 4 pupils receive age-appropriate teaching about puberty and menstruation to support children's understanding of changing bodies and preparation for adolescence.

We believe effective RSHE:

- supports safeguarding
- promotes equality and inclusion
- helps pupils recognise unsafe situations
- supports emotional wellbeing
- prepares children for future relationships and responsibilities

We ensure our curriculum is inclusive of all pupils and reflects the protected characteristics outlined in the Equality Act 2010.

4. Roles and Responsibilities

The governing board is responsible for:

- approving this policy
- ensuring statutory requirements are met
- monitoring curriculum provision
- ensuring RSHE is appropriately resourced and reviewed

The headteacher is responsible for:

- overall implementation of the policy
- ensuring staff receive appropriate training
- ensuring parents are informed about the curriculum
- considering requests to withdraw pupils from sex education
- reporting to governors on effectiveness

The RSHE Lead is responsible for:

- overseeing curriculum delivery
- monitoring teaching and learning
- ensuring curriculum progression
- supporting staff with planning and resources
- reviewing curriculum effectiveness
- ensuring statutory compliance

Teachers are responsible for:

- delivering high-quality, inclusive RSHE lessons
- creating a safe learning environment
- responding appropriately to safeguarding concerns
- adapting learning for pupils with SEND
- teaching sensitively and objectively

The SENCO is responsible for:

The SENCO supports staff to ensure lessons are accessible and appropriately adapted for pupils with additional needs.

5. Organisation of the Curriculum

RSHE is taught through our Wellbeing curriculum and is supported by:

- Purple Mash 2BeSafe
- NSPCC Pants resources
- Christopher Winter Project resources
- themed safeguarding and wellbeing opportunities

The curriculum is carefully sequenced from Year 1 to Year 4 to ensure progression in knowledge and skills.

Our curriculum includes learning about:

- families and friendships
- consent and boundaries
- bullying and respectful relationships
- diversity and equality
- online safety and digital citizenship
- mental health and emotional wellbeing
- physical health and hygiene
- careers and economic wellbeing
- puberty and growing up

- personal safety and first aid

The curriculum is reviewed regularly to reflect:

- statutory guidance
- pupil needs
- safeguarding priorities
- local and national issues
- pupil voice, staff voice and parent feedback

6. Consultation with Parents and Stakeholders

The school recognises the important role parents and carers play in supporting RSHE learning.

We consult with:

- parents and carers
- staff
- governors
- pupils

Consultation may include:

- curriculum overviews
- parent workshops
- questionnaires
- policy reviews
- meetings and presentations

Parents are informed about:

- curriculum content
- teaching approaches
- statutory requirements
- withdrawal rights
- resources used in school

Parents can request to view curriculum materials by contacting the school office or RSHE Lead.

The policy is available on the school website and can be provided in paper form upon request.

7. Relationships Education Overview

By the end of lower school, pupils will know:

Families and Friendships

- families can look different and should be respected
- healthy families provide love, care and security
- how to build positive friendships
- how to resolve disagreements respectfully
- who to talk to if relationships feel unsafe

Respectful Relationships

- the importance of kindness and respect
- how stereotypes can be unfair
- that differences should be valued
- how actions affect others
- how to recognise bullying

Safe Relationships

- how to seek and give permission
- personal boundaries
- trusted adults and support networks
- how to resist unsafe pressure
- the difference between safe surprises and unsafe secrets

Online Relationships

- how people behave online
- online consent and privacy
- respectful online communication
- digital footprints
- risks associated with online contact
- how to report unsafe online behaviour

Being Safe

- privacy and body ownership
- appropriate and inappropriate touch
- seeking help and reporting concerns
- emergency support and trusted adults

8. Health Education Overview

Mental Wellbeing

Pupils will learn:

- how to identify emotions
- strategies to regulate feelings
- the importance of talking about worries
- how change and loss affect emotions

- how to seek support

Physical Health and Healthy Lifestyles

Pupils will learn:

- benefits of physical activity
- healthy eating
- oral hygiene
- importance of sleep
- hygiene and infection prevention

Internet Safety and Harms

Pupils will learn:

- safe online behaviours
- respectful online communication
- risks of sharing personal information
- fake news and misinformation
- AI-generated and digitally altered media
- age restrictions online

Drugs, Alcohol and Tobacco

Pupils will learn:

- medicines can help when used safely
- some substances can be harmful
- risks associated with smoking and vaping

Basic First Aid and Safety

Pupils will learn:

- emergency procedures
- road, rail and water safety
- how to contact emergency services
- basic first aid responses

Changing Bodies

Pupils will learn:

- life cycles
- body changes
- puberty, physical and emotional changes
- menstruation

9. Sex Education

The school teaches the statutory elements of sex education included within the National Curriculum for Science.

Additional teaching includes:

- puberty
- menstruation
- emotional and physical changes during adolescence

This teaching is delivered in an age-appropriate and sensitive manner.

Relationships Education and Health Education are statutory and pupils cannot be withdrawn from these subjects.

10. Online Safety and Digital Citizenship

Online safety is embedded throughout our curriculum and supported through Purple Mash 2BeSafe resources.

Pupils are taught:

- safe online behaviour
- privacy and passwords
- respectful communication
- online bullying awareness
- digital footprints
- misinformation and fake news
- risks linked to online gaming and social media
- AI-generated content and manipulated media
- how to report concerns online

The school recognises the increasing importance of media literacy in helping pupils navigate the digital world safely and critically.

11. Delivery of the Curriculum

RSHE is delivered through:

- weekly Wellbeing lessons
- themed curriculum opportunities
- assemblies
- online safety sessions
- circle time
- practical activities and scenarios

Teaching approaches may include:

- stories and discussion

- role play
- videos and images
- question opportunities
- paired and group discussion
- reflection activities

Teachers ensure lessons are:

- age-appropriate
- inclusive
- factually accurate
- sensitive
- differentiated for pupil need

12. Safe and Effective Practice

Teachers establish safe learning environments by:

- agreeing class ground rules
- promoting respectful discussion
- using distancing techniques
- encouraging questions
- avoiding personal disclosures

Pupils may ask anonymous questions through agreed classroom systems.

Teachers answer questions:

- honestly
- sensitively
- in an age-appropriate manner

If a question goes beyond the curriculum content or raises safeguarding concerns, staff will respond appropriately and follow safeguarding procedures.

Staff do not promote personal political or ideological views.

13. Equality, Inclusion and Accessibility

The school is committed to ensuring RSHE is inclusive and accessible for all pupils.

Teaching reflects:

- Equality Act 2010 requirements
- diversity within modern Britain
- protected characteristics
- different family structures
- respect for religious and cultural backgrounds

Teaching includes:

- LGBT+ families and relationships
- different cultures and beliefs
- disability awareness
- challenging stereotypes respectfully

Lessons are adapted where necessary to support:

- pupils with SEND
- pupils with communication needs
- pupils with social, emotional or sensory needs

We recognise that all pupils deserve access to accurate, respectful and inclusive RSHE.

14. Curriculum Links

RSHE links closely with:

- Science
- Computing
- PE
- Safeguarding
- Citizenship
- RE

Online safety objectives are also reinforced through Computing lessons and the Purple Mash 2BeSafe curriculum.

15. Right to Withdraw from Sex Education

Parents do not have the right to withdraw their child from:

- Relationships Education
- Health Education
- National Curriculum Science

Parents may request withdrawal from any non-statutory sex education content delivered beyond the science curriculum, which are focused in Upper Key-Stage 2.

Requests should be made to the headteacher in writing.

The school will discuss requests with parents and ensure pupils receive appropriate alternative learning where necessary.

16. Behaviour and Respectful Conduct

The school promotes:

- respectful discussion
- kindness
- inclusion
- tolerance

Bullying, discrimination or prejudice-based behaviour linked to RSHE content will be dealt with in line with:

- the Behaviour Policy
- Anti-Bullying Policy
- Safeguarding procedures

Pupils are expected to engage respectfully during lessons.

17. Staff Training

Staff receive regular RSHE training to ensure:

- curriculum knowledge is up to date
- safeguarding practice is secure
- lessons are taught confidently and sensitively
- staff understand current online risks and trends

Training may include:

- safeguarding
- online safety
- mental health awareness
- puberty education
- inclusion and equality

18. Confidentiality and Safeguarding

Teachers cannot offer complete confidentiality to pupils.

If a pupil discloses information suggesting they are at risk of harm, staff will follow safeguarding procedures and report concerns to the Designated Safeguarding Lead (DSL).

Visitors and external providers contributing to RSHE must:

- follow school safeguarding procedures
- work within this policy
- deliver age-appropriate content

RSHE supports the school's wider safeguarding responsibilities and links closely with:

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

19. Monitoring, Evaluation and Assessment

The RSHE Lead monitors provision through:

- lesson observations
- planning scrutiny
- pupil voice
- work scrutiny
- staff discussions
- curriculum reviews

Assessment in RSHE may include:

- discussion
- reflection activities
- quizzes
- pupil voice
- teacher assessment

Pupil feedback is used to adapt and improve the curriculum.

Governors receive regular updates regarding RSHE provision and effectiveness.

20. Policy Review

This policy will be reviewed every two years or sooner if required by changes to statutory guidance.

Approved by: Governing Committee

Policy Lead: RSHE/Wellbeing Lead

Date Approved: June 2026

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