

Tornedale Infant Academy



RELATIONSHIPS, SEX AND HEALTH EDUCATION (RSHE) POLICY

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1. SUMMARY

Updated to reflect current statutory requirements for Relationships Education and Health Education in primary schools, clarify sex education status, strengthen safeguarding, inclusivity and parental consultation procedures.

2. PURPOSE AND RATIONALE

- This policy sets out Toredale Infant Academy's approach to Relationships, Sex and Health Education (RSHE) in line with statutory requirements for Relationships Education and Health Education in primary schools.
- RSHE at Toredale supports the development of the whole child and builds on foundations from home. It promotes physical, emotional, social and moral development and helps pupils to develop respect for themselves and others.
- RSHE is delivered sensitively and age-appropriately, embedded across PSHE, Science, RE and other curriculum areas and through our Kapow scheme.

Important: Relationships Education and Health Education are statutory for all primary pupils. Sex education in primary schools beyond the national curriculum science content is non-statutory. This policy reflects those legal positions and local safeguarding expectations.

3. STATUTORY REQUIREMENTS AND SCHOOL POSITION

- **Relationships Education (statutory):** All primary pupils must be taught content that gives them the knowledge and skills to develop healthy relationships.
- **Health Education (statutory):** All primary pupils must be taught about physical health, mental wellbeing and aspects such as hygiene, healthy lifestyles, and change including simple puberty knowledge appropriate to the age group.
- **Sex Education (non-statutory in primary):** Biological aspects required by the national curriculum science are taught (for example, correct names of body parts, basic life cycles). Any additional sex education content beyond the national curriculum may be offered in an age-appropriate way; parents may request withdrawal from these elements. See section 7.
- The school will teach RSHE in a way that complies with equality duties and is inclusive of all pupils, including those with protected characteristics.

4. DEFINITIONS AND PRINCIPLES

- **RSHE** at Toredale = Relationships Education + Health Education + age-appropriate elements of Sex Education (where offered).
- Teaching will be:
 - Age-appropriate, progressive and developmentally appropriate
 - Evidence-informed and differentiated to meet pupil needs, including SEND
 - Inclusive of different family structures, genders, sexual orientations and cultural backgrounds
 - Underpinned by safeguarding, confidentiality boundaries and a child-centred approach

5. CURRICULUM CONTENT AND DELIVERY

- RSHE is delivered primarily through:
 - Kapow PSHE programme (key units listed below)
 - Science national curriculum

- RE and cross-curricular themes
- Kapow overarching themes:
 - Families and relationships
 - Health and wellbeing
 - Safety and the changing body
- Early Years Foundation Stage (EYFS) / Foundation Stage units include:
 - My feelings; My wellbeing; Listening and following instructions; Taking on challenges; Special relationships; My family and friends
- Key Stage 1 (Years 1-2) core RSHE elements:
 - Families and people who care for me
 - Caring friendships and respectful relationships
 - Health and wellbeing: hygiene, basic nutrition, physical activity, sleep and feelings
 - Safety including online safety and how to seek help
 - The changing body: using correct biological vocabulary for body parts, privacy, and simple age-appropriate understanding of growth and change
 - Citizenship and transition to Key Stage 2 (Year 2)
- Specific statutory learning outcomes the school will ensure by the end of primary include:
 - Knowledge of family and friendship types and healthy relationships
 - Practical strategies for physical and emotional wellbeing
 - Recognition of trusted adults and how to seek help
 - Understanding that bodies change as they grow and simple menstrual wellbeing language where age-appropriate

6. INCLUSIVITY AND EQUALITY

- RSHE will be inclusive of all pupils irrespective of sex, gender identity, sexual orientation, faith, culture, family structure, or disability.
- Teaching will reflect the diversity of modern British society and promote respect for others.
- We will not promote a particular sexual orientation but will ensure content is relevant and respectful to pupils with LGBT+ family members or identities.
- Reasonable adjustments will be made for pupils with SEND and for pupils for whom English is an additional language.

7. SAFEGUARDING, CONFIDENTIALITY AND CHILD PROTECTION

- RSHE lessons may lead to disclosures. Staff will follow the school safeguarding policy and reporting routes.
- Pupils will be made aware that confidentiality cannot be guaranteed where safety is at risk. Staff will explain, in an age-appropriate way, the limits of confidentiality.
- The Designated Safeguarding Lead (DSL) is responsible for ensuring actions are taken when disclosures or concerns arise.
- Where RSHE raises safeguarding concerns, staff will record and report according to the school's Safeguarding and Child Protection policy.

8. PARENTAL ENGAGEMENT AND RIGHT TO WITHDRAW

- Parents and carers will be informed about the RSHE curriculum and given opportunities to view materials and discuss content prior to delivery.
- For primary pupils, parents have the legal right to request that their child be withdrawn from sex education content that is not part of the national curriculum science. This school:

- Teaches the required science content including correct names for body parts and basic life cycles.
- May include additional, age-appropriate sex education content beyond science; parents will be consulted in advance.
- Will consider written requests for withdrawal. The headteacher will meet with parents to discuss the request and agree alternative arrangements for the pupil during the relevant lessons where appropriate.
- We will record parental requests and any alternative provision made.

Note: Withdrawal does not apply to Relationships Education or Health Education; statutory elements must be taught to all pupils.

9. TEACHING APPROACH AND RESPONDING TO PUPILS' QUESTIONS

- Staff will use a range of teaching strategies including discussion, story, role-play and scenario-based activities appropriate to young children.
- Teachers will answer questions honestly and simply, matching explanations to the child's level of understanding.
- If a child asks explicit questions beyond what is appropriate for the age group, the teacher will defer to a later age-appropriate lesson and inform the DSL if the question indicates risk or harm.

10. ROLES AND RESPONSIBILITIES

- Governing Body:
 - Approve and review the RSHE policy at least every three years.
 - Ensure statutory requirements are met and the policy is published.
- Headteacher:
 - Ensure RSHE is implemented and resources and staff training are provided.
 - Consider parental withdrawal requests and make final decisions in line with guidance.
- RSHE/PSHE Subject Leader:
 - Oversee curriculum planning, resources, staff support and quality assurance.
 - Monitor and report to governors on implementation and impact.
- Teachers:
 - Deliver RSHE sensitively and in line with this policy.
 - Follow safeguarding procedures for disclosures.
- Parents and carers:
 - Are recognised as primary educators and will be engaged in consultation about RSHE provision.

11. STAFF TRAINING AND SUPPORT

- Staff will receive training on statutory RSHE requirements, safeguarding links, inclusivity and appropriate subject knowledge.
- Opportunities for CPD and external expertise will be used where appropriate.
- Staff will be supported to manage difficult questions and to maintain professional boundaries.

12. ASSESSMENT, MONITORING AND EVALUATION

- RSHE is monitored through:
 - Lesson observations, learning walks and work sampling where appropriate
 - Pupil voice and age-appropriate evaluation
 - Subject leader review of planning and resources

- The Headteacher and subject leader will report annually to governors on RSHE implementation and any required actions.

13. RESOURCES

- The Kapow PSHE programme remains the core resource. Materials used are reviewed for age-appropriateness and inclusivity.
- External visitors may be used to supplement lessons. Visitors will be vetted, briefed and supervised and their input linked to learning objectives and safeguarding expectations.

14. LINKS TO OTHER POLICIES

This policy should be read in conjunction with:

- PSHE policy
- Science curriculum policy
- RE policy
- Safeguarding and Child Protection policy
- Equality policy
- SEND policy
- Online Safety policy
- Behaviour policy

15. COMPLAINTS

Any complaints about RSHE should be raised following the school's complaints procedure. Parents are encouraged to discuss concerns with class teachers or the headteacher in the first instance.

16. REVIEW

This policy will be reviewed every three years or sooner in response to changes in statutory guidance, local safeguarding requirements or changes to curriculum provision.