



# Relationship, Sex and Health Education (RSHE) Policy

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### 1. Aims

The aims of relationship, sex and health education (RSHE) at our school are to:

- Provide a framework in which sensitive discussions can take place
- Prepare pupils for puberty, and give them an understanding of sexual development and the importance of health and hygiene
- Help pupils develop feelings of self-respect, confidence and empathy
- Create a positive culture around issues of sexuality and relationships
- Teach pupils the correct vocabulary to describe themselves and their bodies

At Sherard Primary School we teach RSHE as set out in this policy and we also follow the Jigsaw ‘changing me’ section during the Summer term 2 from Year R to Year 6.

### 2. Statutory Requirements

This PSHE policy is informed by existing DfE guidance on **Relationships and Sex Education (RSE) and Health Education (2021)**, **Safeguarding (Keeping Children Safe in Education 2024; Working together to Safeguard Children 2023)** and **Equality (Equality Act 2010: Advice for school leaders, school staff, governing bodies and local authorities, revised 2018)** and the 2018 guidance for Governing bodies, proprietors, head teacher, principals, senior leadership teams, teachers entitled **Relationships Education, Relationships and Sex Education (RSHE) and Health Education**.

Effective RSHE can make a significant contribution to the development of the personal skills needed by pupils if they are to establish and maintain relationships. It also enables children and young people to make responsible and informed decisions about their health and well-being.

### 3. Policy development

This policy has been developed in consultation with staff, pupils and parents. The consultation and policy development process involved the following steps:

1. Review – the Headteacher and a working group consisting of a small group of parents pulled together all relevant information including relevant national and local guidance
2. Staff consultation – all school staff were given the opportunity to look at the policy and make recommendations
3. Parent/stakeholder consultation – parents and any interested parties were invited to attend a meeting about the policy
4. Pupil consultation – we investigated what exactly pupils want from their RSHE
5. Ratification – once amendments were made, the policy was shared with governance volunteers and ratified

### 4. Definition

RSHE is about the emotional, social and cultural development of pupils, and involves learning about relationships, sexual health, sexuality, healthy lifestyles, diversity and personal identity.

RSHE involves a combination of sharing information and exploring issues and values.

**RSHE is not about the promotion of sexual activity.**

### 5. Delivery of RSHE

RSHE is taught within the personal, social, health and economic (PSHE) education curriculum as part of the Jigsaw PSHE scheme. Biological aspects of RSHE are taught within the science curriculum, and other aspects are included in religious education (RE).

Across all Key Stages, pupils will be supported with developing the following skills:

- Communication, including how to manage changing relationships and emotions
- Recognising and assessing potential risks
- Assertiveness
- Seeking help and support when required
- Informed decision-making
- Self-respect and empathy for others
- Recognising and maximising a healthy lifestyle
- Managing conflict

- Discussion and group work

These skills are taught within the context of family life.

## **6. Roles and responsibilities**

### **6.1 The Trust Board**

The Trust Board has delegated the approval of this policy to the Local Governing Committee for Curriculum. The Panel and the Quality of Education Committee will hold the headteacher to account for its implementation.

### **6.2 The Headteacher**

The headteacher is responsible for ensuring that RSHE is taught consistently across the school, and for managing requests to withdraw pupils from components of RSHE

### **6.3 Staff**

Staff are responsible for:

- Delivering RSHE in a sensitiveway
- Modelling positive attitudes to RSHE
- Monitoring progress
- Responding to the needs of individual pupils
- Responding appropriately to pupils whose parents wish them to be withdrawn from the components of RSHE

Staff do not have the right to opt out of teaching RSHE. Staff who have concerns about teaching RSHE are encouraged to discuss this with the headteacher.

### **6.4 Pupils**

Pupils are expected to engage fully in RSHE and, when discussing issues related to RSHE, treat others with respect and sensitivity.

## **7. Parents' right to withdraw**

Parents' have the right to withdraw their children from the non-statutory components of RSHE.

Requests for withdrawal should be put in writing and addressed to the headteacher. A copy of withdrawal requests will be placed in the pupil's educational record. The headteacher will discuss the request with parents and take appropriate action.

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

## **8. Training**

Staff are trained on the delivery of RSHE as part of their induction and it is included in our continuing professional development calendar.

The headteacher will also invite visitors from outside the school, such as school nurses or sexual health professionals, to provide support and training to staff teaching RSHE where necessary.

### **9. Monitoring arrangements**

The delivery of RSHE is monitored by Helena Blumfield (Headteacher) through:

- Planning scrutinies
- Learning walks
- Pupil interviews
- Staff discussion
- Parent discussion

Pupils' development in RSHE is monitored by class teachers as part of our internal assessment systems.

This policy will be reviewed annually and approved by the Local Governing Committee for Curriculum, or sooner if required.

Log of Changes to Policy				
Version	Page	Change	Approver	Date
2.0	Whole Document	Updated reference to statutory guidance Updated branding in alignment with new MET branding	HB SB	October 2024
	2	Included reference to "Safeguarding (Keeping Children Safe in Education 2024; Working together to Safeguard Children 2023)"	Governance Professional	October 2024
2.1	All	Extended review date to Jan 26 allow for consultation of new policy.	Exec team	October 2025