

Haggonfields Primary

Relationships, Sex and Health Education (RSHE) Policy July 2026

Values

Believe in yourself, anything is possible,
Aspire to be the best you can be,
Excel in all that you do.

Mission

- All children develop the knowledge, skills and understanding needed to live happy, healthy and successful lives.
- All children are respected and treated equitably.
- All children develop resilience, confidence and aspiration.
- All children understand their responsibilities as active members of their community.
- All children are supported in their personal, social and moral development.

Purpose of this Policy

This policy outlines the school's approach to Relationships, Sex and Health Education (RSHE) and provides guidance for staff, parents and governors.

Definition of RSHE

Relationships Education supports positive relationships. Sex Education supports understanding of human reproduction and development. Health Education supports physical health, mental wellbeing and personal safety.

Aims of RSHE

Meet safeguarding responsibilities; prepare pupils for puberty; develop communication and relationship skills; promote wellbeing; support equality and inclusion; provide factual information about human development and reproduction.

Organisation of RSHE

RSHE is taught through PSHE, RSHE and Science lessons using age-appropriate and inclusive approaches.

Curriculum Resources

Oak National Academy is used as the core RSHE resource. Twinkl UKS2 Growing Up resources are used to support teaching about puberty, reproduction, conception, pregnancy and birth. Teachers also use the Church of England schools Resource – Goodness and Mercy. <https://goodnessandmercy.co.uk/> They also use resources that are part of our curriculum for areas that overlap with science. Heartsmart is also used for relationships, resilience and wellbeing development throughout the whole school. <https://church.heartsmart.school/>

Content of RSHE

Knowledge and understanding, personal and social skills, and values and attitudes are taught progressively across the school.

Reception

Keeping safe, feelings, friendships, families, life cycles and caring relationships.

Key Stage 1

Families, friendships, respect, bullying, personal boundaries, trusted adults, emotions, healthy lifestyles and online safety.

Years 3 and 4

Different family structures, positive friendships, bullying, stereotypes, healthy lifestyles, online safety and human life cycles.

Years 5 and 6 Relationships and Health Education

Healthy relationships, boundaries, equality, safety, puberty, emotional wellbeing, first aid, substances awareness and online safety.

Sex Education

By the end of Year 6, pupils will be taught age-appropriate sex education, including human reproduction, conception, pregnancy and birth. Content may be delivered across Years 5 and 6 according to pupils' maturity and the school's curriculum plan.

Teaching may include reproductive body parts, puberty, conception, pregnancy, foetal development, birth and parenthood.

Year 5 and 6 Delivery Model

Year 5: Puberty and body changes/ parts.

Years 5/6: Pregnancy, foetal development, birth and parenthood.

Year 6: Human reproduction, sexual intercourse, conception and fertilisation.

Sexuality and Gender Identity

Teaching promotes equality, inclusion and respect for diversity.

Answering Children's Questions

In all areas of the curriculum we encourage children to actively advance their understanding by means of asking questions. It must be recognised that questions about sex do provide a challenge for teachers since special sensitivities are involved. Possible strategies to use in dealing with sensitive questions include answering referring to material already used, gaining thinking time ('what do you mean by...?' 'can you tell me why you want to know....?'), balancing controversial issues ('some people think...and some would not agree, When you are older you will have to make your own mind up') and referring to others ('I'm not sure about the correct answer to that but we could find it out by asking...'). In Years 5 and Year 6 one of the teaching methods used will be the provision of a question box for children's anonymous questions, the answers to which may form part of the following teaching session. Questions raised in a lesson do not have to be answered directly and can be addressed individually later on. We believe that individual teachers should use their discretion and skill in these situations and refer to the head teacher if they are concerned. Children can be referred to their parents if the teacher feels they would be in a more appropriate position to answer the question. Parents are encouraged to communicate with school to let us know if there are certain sensitive issues that they prefer to discuss with their child themselves. This will be respected. Questions are answered honestly and age-appropriately using correct scientific **vocabulary**.

Safeguarding and Confidentiality

Staff follow safeguarding procedures and cannot offer unconditional confidentiality. Staff are aware of the procedures if a pupil discloses information where it is felt that this is a child protection issue and that the child's welfare is at risk or they are in danger. The school will ensure that staff understand that they cannot offer unconditional confidentiality to pupils. They will work within the school's agreed procedure for reporting and recording disclosures.

Assessment and Monitoring

Assessment may include discussion, observation, written work and pupil voice.

Involvement of Parents and Carers

Parents are informed of curriculum content and may view resources and ask staff any questions, at any point.

Right to Withdraw

Parents have the right to withdraw their children from some elements of the RSHE teaching programme. However, we would encourage all parents to include their children in all aspects of the RSHE teaching and learning, in the interest of all children experiencing the full, broad curriculum we have on offer at school. You cannot withdraw your child from Relationships Education because it is important that all children receive this content, covering topics such as friendships and how to stay safe. If you do not want your child to take part in some or all of the lessons on Sex Education, you can ask that they are withdrawn. At primary level, the head teacher must grant this request. The science curriculum in all maintained schools also includes content on human development, including reproduction, which there is no right to withdraw from.

Policy Review

Review Date: July 2026. Next Review: July 2027