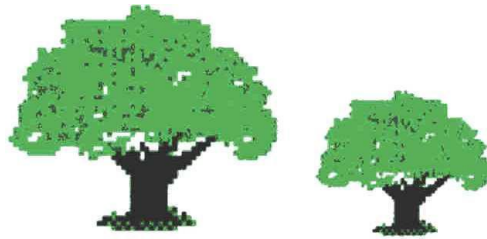


# Green Park Primary and Nursery School



## Relationships, Sex and Health Education Policy

Approved by the Governors on \_\_\_\_\_

Signed \_\_\_\_\_ Chair

September 2026

# **Green Park Primary and Nursery School: Relationships, Sex and Health Education (RSHE) Policy**

## **Rationale and Ethos**

This policy covers our school's approach to Relationships, Sex and Health Education (RSHE). High-quality, evidence-based teaching of RSHE prepares pupils for the opportunities and responsibilities of adult life, promoting their moral, social, mental, and physical development. Effective teaching supports the prevention of harms by helping young people understand and identify when things are not right.

We view the partnership of home and school as vital. We ensure RSHE is inclusive and meets the needs of all pupils, including those with Special Educational Needs and Disabilities (SEND), and complies with the Equality Act 2010 and the Public Sector Equality Duty.

## **Legislation and Statutory Status**

As a maintained primary school, we are required by law to provide a curriculum that is broad and balanced in accordance with Section 78 of the Education Act 2002. We must provide compulsory Relationships Education and Health Education to all pupils under the Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019.

This policy has regard to the statutory guidance issued by the Department for Education (updated July 2025) under Section 80A of the Education Act 2002 and section 403 of the Education Act 1996.

## **Related School Policies:**

- Child Protection and Safeguarding Policy
- Anti-Bullying Policy
- Equality Policy
- Digital Learning / Online Safety Policy
- Behaviour Policy

## **Curriculum Design and Resources**

Our RSHE curriculum is part of a whole-school approach to wellbeing and positive relationships. To ensure statutory coverage, we use two high-quality, complementary resource provisions:

**1. myHappyminds:** Delivered as a whole-school approach to build positive attitudes, mental wellbeing, resilience, and self-worth. It supports pupils to develop emotional awareness, understand the scale of emotions, and learn strategies for self-regulation and coping mechanisms.

**2. 1Decision:** Used to deliver structured, sequentially mapped lessons covering relationships, online safety, personal safety, and appropriate boundaries.

### **Primary Curriculum Progression Overview**

**Year 1 & 2:** Bullying and Friendships. Simple self-care, recognizing emotions, and digital footprint basics. Biological body parts, underwear rules, and age-appropriate awareness of appropriate touch (via NSPCC PANTS).

**Year 3 & 4** Body language, communication, and establishing healthy boundaries and personal space. Managing conflict with kindness.

**Year 5:** Puberty and adolescence, including physical and emotional changes. Menstrual health is taught preventatively before the average age of onset to avoid distress.

**Year 6:** Factual human reproduction, conception, and birth. (Sex education is non-statutory in primary schools; human reproduction is aligned with the factual descriptions in the National Curriculum for Science).

### **Openness with Parents and the Right to Withdraw**

We operate with complete transparency with parents regarding our RSHE materials.

Viewing Materials and Copyright Compliance. Parents are entitled to view a representative sample and all core curriculum materials used to teach RSHE on request. When contracting with external providers (such as 1Decision and myHappyminds), the school does not agree to any contractual restrictions that prohibit showing parents curriculum content. Any such restrictive clauses are legally void and unenforceable. To comply with copyright law, materials will be shared via a secure Parent Portal or through an in-school presentation. Parents must acknowledge the provider's authorship and agree as a condition of access that the content will not be copied, downloaded, or shared further.

### **Right to Request Withdrawal**

Parents do not have the right to withdraw their children from Relationships Education, Health Education, or any biological content taught as part of the National Curriculum for Science (including puberty). Parents do have the right to request that their child be withdrawn from non-statutory Sex Education delivered outside the science curriculum. Before granting a request, the Headteacher will meet with parents to clarify the purpose of the curriculum, discuss the benefits of the lessons, and address any social or emotional impacts of withdrawal. If the request is maintained, it will be automatically granted, and the school will provide purposeful education for the pupil during the period of withdrawal.

### **Safe and Reflective Practice**

**Ground Rules & Distancing:** Lessons are conducted in a safe environment using established ground rules. Distancing techniques (scenarios, puppets, and video clips) are used to help children discuss sensitive issues objectively.

**Answering Difficult Questions:** Pupils can ask questions anonymously using an 'Ask It Basket'. If a child asks a question that goes beyond the primary curriculum or relates to sex education from which they have been withdrawn, teachers will handle this with an emphasis on supporting the child. This may involve guiding the pupil to speak with their parents or a trusted adult.

### **Correct Terminology:**

To maintain good safeguarding practice, pupils are taught the correct, scientifically accurate terms for private body parts (including penis, vulva, vagina, testicles) to ensure they have the vocabulary and confidence to report any unsafe contact.

### **Safeguarding and Confident Disclosures**

RSHE lessons explore what is and is not appropriate in a relationship, which can increase the likelihood of a child making a safeguarding disclosure. Staff are trained to act immediately on any welfare concerns. Staff cannot promise absolute confidentiality to a child if abuse or neglect is suspected. All disclosures will be immediately referred to the Designated Safeguarding Lead (DSL) in accordance with Keeping Children Safe in Education (KCSIE). Any external visitors or agencies contributing to RSHE must read this policy and explicitly agree in advance how safeguarding protocols and reporting lines will be managed.

### **Monitoring, Governance, and Review**

The Governing Board is responsible for ensuring that the RSHE curriculum and materials are aligned with statutory DfE guidance, accessible to SEND pupils, and clearly communicated to parents. The curriculum leaders and SLT monitor the delivery of 1Decision and myHappyminds through ongoing assessments, teacher feedback, and pupil voice.

### **Review Date:**

This policy will be reviewed in September 2027 to ensure that it continues to meet the needs of pupils, staff and parents and that it is in line with current Department for Education advice and guidance.