




# Relationships and Sex Education and Health Education Policy (RSHE)

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**September 2025**

<b>Signed (Chair of Trust Board):</b>	
<b>Date:</b>	September 2025
<b>Review:</b>	September 2026

*Arbor Academy Trust reviews this policy annually. The Trustees may, however, review the policy earlier than this, if the Government introduces new regulations, or if the Trust receives recommendations on how the policy might be improved. This document is also available in other formats e.g. e-mail and enlarged print version, on request to the School Offices and is displayed on the schools' websites.*

## **Introduction**

Arbor Academy Trust considers that Relationships and Sex Education and Health Education Policy (RSHE) is an integral part of the Personal, Social and Health Education (PSHE) and Citizenship curriculum and is linked to that for Science and Physical Education. We aim to offer pupils a carefully planned programme on human development, relationships, sexuality and family life within a safe, comfortable atmosphere and in a relaxed relationship between teacher and pupil. The programme is set within a moral framework and matched to the pupils' level of maturity. This policy reflects the requirements of the DCSF Sex and Relationship Guidance.

## **Aims**

- The following aims complement those of the Science curriculum in KS1 and KS2.
- To have the confidence and self-esteem to value themselves and others
- To understand about the range of relationships, including the importance of family for the care and support of children
- To develop confidence in talking, listening and thinking about feelings and relationships
- To be able to name parts of the body and describe how their bodies work
- To be prepared for puberty
- To understand the consequences of their actions and behave responsibly within relationships
- To be able to recognise unsafe situations and be able to protect themselves and ask for help and support
- To understand the role the media plays in forming attitudes
- To understand how safe health routines can reduce the spread of disease

## **Objectives**

As part of RSHE, pupils will be taught about the nature and importance of marriage for family life and bringing up children. They also need to understand that there are strong and mutually supportive relationships outside of marriage. We try to ensure that no stigma is placed on children based on their home circumstances. We aim to provide accurate information and to help to develop skills to enable them to understand differences and respect themselves and others. We hope to prevent and remove prejudice. RSHE should contribute to promoting the spiritual, moral, cultural, mental and physical development of pupils at school and within society, thus preparing them for the responsibilities and experiences of adult life. We will work towards this aim in partnership with parents/carers.

## **Teaching and Learning including delivery of the Curriculum**

We teach RSHE through different aspects of the curriculum and carry out the main RSHE teaching in our PSHE curriculum. The scheme of work for RSHE at Arbor Academy Trust maps out a grid of lessons/units for each year group which progresses and returns to themes as children move through the school.

We also teach RSHE through other subject areas (eg Science, PE, Computing and R.E.), where we feel that they contribute significantly to a child's knowledge and understanding of his or her own body, and how it is changing and developing. Linked with R.E. children reflect on family relationships, different family groups and friendship. They learn about rituals and traditions associated with birth,

marriage and death and talk about the emotions involved. Computing children will learn about online safety and relationships.

Since RSHE incorporates the development of self-esteem and relationships, pupils' learning does not just take place through the taught curriculum but through all aspects of school life including the playground. It is important then that all staff understand they have a responsibility to implement this policy and promote the aims of the school at any time they are dealing with children.

### **Science Curriculum**

Early Years Foundation Stage children learn about life cycles. Through on-going personal, social and emotional development they develop the skills to form relationships and think about relationships with others.

In Key Stage 1 children learn:

- That animals including humans, move, feed, grow and use their senses and reproduce
- To recognise and compare the main external parts of the bodies of humans
- That humans and animals can produce offspring and these grow into adults
- To recognise similarities and differences between themselves and others
- To treat others with sensitivity

In Key Stage 2 children learn:

- There are life processes common to humans and other animals including nutrition, growth and reproduction
- About the main stages of the human life cycle

In Year 5 we place a particular emphasis on RSHE, as many children experience puberty at this age. We teach the children about the parts of the body and how they work. We also explain what will happen to their bodies during puberty. We encourage the children to ask for help if they need it and there are opportunities for single sex question sessions. Teachers do their best to answer all questions with sensitivity and care. By the end of Key Stage 2, we ensure that both boys and girls know how babies are born, how their bodies change during puberty, what menstruation is, and how it affects women. We always teach these with due regard for the emotional development of the children (as stated earlier in this policy).

### **The Role of Parents**

The school is well aware that the primary role in children's RSHE lies with parents and carers. We wish to build a positive and supporting relationship with the parents of children at our school through mutual understanding, trust and co-operation. In promoting this objective we:

- Inform parents about the school's RSHE policy and practice (See appendix B for our RSE Parent's Guide)
- Provide opportunities for parents to view teaching resources and materials
- Answer any questions that parents may have about the RSHE of their child
- Take seriously any issue that parents raise with teachers or governors about this policy or the arrangements for RSHE in the school

- Parents have the right to withdraw their children from the aspects of Sex education, not included in the Science Curriculum. However this rarely happens, by working in partnership with parents they recognise the importance of this aspect of their child's education
- If parents/carers do request their child be removed from these lessons, then that child will be provided with alternative work, linked with the PSHE and Citizenship programme, and be invited to join another class for that session. A register of any such pupils will be kept and distributed to all teachers involved. Parents must request in writing to the headteacher if they do not want their child to attend the lessons.

### **The Role of the /Headteacher or Head of School**

It is the responsibility of the Headteacher/ Head of School to:

- Ensure that parents and staff are informed about our RSHE policy
- The policy is implemented effectively.
- Ensure that members of staff are given sufficient training, so that they can teach effectively and handle any difficult issues with sensitivity.
- Monitor this policy on a regular basis and report to governors on the effectiveness of the policy.

### **The Role of the School and Other Members of the Community**

The school liaises with external agencies regarding the school RSHE programme and ensures that all adults who work with children on these issues are aware of the school policy, and that they work within this framework.

We encourage other valued members of the community to work with us to provide advice and support to the children with regard to health education. In particular, members of the Local Health Authority, such as the school nurse and other health professionals, give us valuable support with our health and sex education programme. Health professionals are expected to work within the school's RSE policy and on the instructions of the Headteacher/ Head of School.

### **Content**

Health Education including, personal safety, hygiene, physical and sexual development, growth and change, puberty, human reproduction, pregnancy and childbirth and child development and parenting.

Personal and social development, including relationships with family and friends, self-esteem, emotional development, gender roles and stereotyping.

The statutory guidance states that all pupils should receive teaching on LGBT relationships during their school years. This would be delivered, for example, through teaching about different types of family, including those with same sex parents.

Primary Health Education covers the following:

- Mental wellbeing
- Internet safety and harms
- Physical health and fitness

- Healthy eating
- Drugs, alcohol and tobacco
- Health and prevention
- Basic First Aid
- Changing adolescent body

Primary Relationships Education covers the following:

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe

Primary Sex Education covers:

- How a baby is conceived and born

(See RSE scheme of works for further details appendix A)

### **Language**

Children should be introduced, at appropriate stages, to the correct terminology in their programme of sex education. It is important that acceptable and unacceptable terminology is clarified. After initial discussion, correct biological terms will be used at all times for teaching.

### **Pupils' Questions**

Teachers will reply to, and answer, children's questions sensitively and openly. They will ensure that balanced information is provided which will take into account the different faiths' views and avoid any negative impressions. Teachers will need to answer questions that may arise through the direct teaching of sex education, as well as those that may be asked at other times. All questions will be handled sensitively and set within a general context. Questions which teachers feel uncertain about answering should be discussed with a senior member of staff and answered at a later date.

Consideration should be given to religious or cultural factors, and to parents' wishes before questions are answered. If the teacher decides to discuss the matter on an individual basis, a record must be kept of that discussion.

### **Harassment and bullying**

Pupils come from a variety of backgrounds and all are entitled to learn in a supportive environment, free from fear. RSE lessons will raise discussions around the protected characteristics in the 2010 equalities act. Any reported or identified bullying or harassment, including cyber bullying, related to the protected characteristics is unacceptable and will be dealt with as any other form of harassment, through the school behaviour and discipline procedures. An understanding of human difference, including gender and sexuality, is an important aspect of education and will be addressed as appropriate through the curriculum.

### **Visiting speakers**

Any visiting speakers to the school should be familiar with the Governor's Policy on Relationships, Health and Sex Education. All sessions run by a visiting speaker should also be attended by a teacher familiar with the policy.

### **Advising Parents/Carers**

Parents/Carers will be advised about forthcoming sex education lessons. Further details of the lessons will be provided to parents upon request and they will be invited to view any materials before the lesson.

The religious background of all pupils is taken into account when planning teaching of Relationships Education. This doesn't mean not teaching some subject matter but ensuring that we take particular care of the delivery of such subject matter. We ensure parents are clear about how subject matter is to be taught through parental workshops.

### **Confidentiality**

Teachers conduct sex education lessons in a sensitive manner. However, if a child makes a reference to being involved, or likely to be involved in sexual activity, then the teacher will take the matter seriously and deal with it as a matter of child protection. Teachers will respond in a similar way if a child indicates that they may have been a victim of abuse. In these circumstances, the teacher will talk to the child as a matter of urgency. If the teacher has concerns, they will draw these to the attention of the designated person responsible for child protection, or the Headteacher/ Head of School.

Legally, the school cannot offer or guarantee absolute confidentiality. We aim to ensure that pupils' best interests are maintained and try to encourage pupils to talk to their parents or carers to provide support. If confidentiality has to be broken, then pupils are informed first and then supported by the designated teacher throughout the whole process.

### **Special Needs**

Pupils with special educational needs will be given the opportunity to fully participate in RSE lessons, and support and scaffolds will be provided where necessary, to ensure that all pupils gain a full understanding.

### **Equal Opportunities**

RSHE will be given to ensure quality of access for all pupils, regardless of gender, race or disability, so giving equal opportunities and avoiding discrimination of the protected characteristics.

### **Monitoring and Evaluation**

This policy and scheme of work will be regularly monitored, reviewed and any feedback from teachers, parents/carers and pupils will be considered.

### **Complaints Procedure**

Any complaints about the Relationships and Sex Education and Health Education Policy (RSHE) programme should be made through the school's complaints procedure and in the first instance be directed to the Headteacher/ Head of School.

### **Resources**

Resources are stored in the PPA Room and copies of the resources can be sought from the PSHE and Citizenship Leader. Electronic resources are available on the school's internal electronic database. Any queries regarding resources should be directed to the PSHE and Citizenship Leader. Parents wishing to view resources can do so during the annual parent meetings or through making an appointment with the school.

### **Dissemination**

Copies of this policy will be provided for teachers. Parents/carers will be informed of its availability upon request.

### **Further Policies and documents**

In conjunction with this policy, please also see:

- Behaviour policy and procedures
- Safeguarding policy
- Anti-bullying policy and procedures
- Science curriculum
- P.E. curriculum
- R.E. curriculum
- P.S.H.E. and Citizenship curriculum
- Drugs Policy