

Brocklewood Primary School



Relationships, Sex and Health Education (RSHE) Policy

September 2026

1. Aims

At Brocklewood Primary School, we believe that Relationships, Sex and Health Education (RSHE) is an important part of preparing children for life in modern Britain. Through RSHE, pupils develop the knowledge, skills and attitudes needed to build positive relationships, keep themselves safe, understand their health and wellbeing, and become respectful and responsible members of society.

Our RSHE curriculum supports our school values of being Kind, Respectful, Inclusive and Safe (KRIS) and contributes to pupils' personal development, safeguarding and wellbeing.

The aims of our RSHE curriculum are to:

- Develop pupils' understanding of healthy and respectful relationships.
- Promote positive physical, emotional and mental wellbeing.
- Teach pupils how to stay safe, including online.
- Develop pupils' understanding of personal boundaries, consent and respectful behaviour.
- Prepare pupils for the physical and emotional changes associated with growing up.
- Promote equality, inclusion and respect for others.
- Ensure pupils know how and where to seek help if they have concerns about themselves or others.

2. Statutory Requirements

This policy has been developed in accordance with the Department for Education's statutory guidance *Relationships Education, Relationships and Sex Education (RSE) and Health Education*.

Relationships Education and Health Education are statutory in all primary schools.

The governing body has overall responsibility for ensuring that the school meets its statutory duties and that this policy is reviewed regularly.

3. Curriculum Content

The school delivers Relationships Education and Health Education through the Oak National Academy RSHE curriculum. Oak National Academy is a government-backed education organisation that provides curriculum resources developed by subject experts. Its RSHE curriculum is aligned with the September 2026 statutory guidance and undergoes rigorous quality assurance.

The curriculum is carefully sequenced and age-appropriate, enabling pupils to develop knowledge and understanding progressively throughout their primary education. Learning is knowledge-rich and vocabulary-rich, allowing pupils to build securely on prior learning, make meaningful connections between topics and develop a deeper understanding over time. The curriculum is designed to be accessible, inclusive and evidence-informed, ensuring that all pupils can develop the knowledge, skills and confidence needed to make informed decisions about their wellbeing, health and relationships.

The curriculum includes learning about:

Relationships

- Families and caring relationships.
- Friendships.
- Respectful relationships.
- Bullying and how to seek support.
- Personal boundaries.
- Online relationships and online safety.
- Respect for difference and diversity.

Health and Wellbeing

- Physical health and healthy lifestyles.
- Mental wellbeing and emotional health.
- Personal hygiene.
- Growing and changing.
- Keeping safe.
- First aid and emergency situations.
- Making informed and responsible choices.

Online Safety

Pupils are taught how to stay safe online, manage risks, recognise harmful content and seek support when needed. Online safety is taught throughout the curriculum and reinforced through wider safeguarding education.

4. Sex Education

Primary schools are not required to teach sex education beyond the National Curriculum for Science.

Brocklewood Primary School chooses to provide age-appropriate sex education to support pupils' understanding of human development and to prepare them for the transition to secondary education. Sex Education is delivered using Christopher Winter Project resources, adapted where necessary to meet the needs of pupils and to ensure compliance with statutory guidance. Teaching is factual, age-appropriate and sensitive to the maturity and needs of pupils.

The school does not promote any particular lifestyle or belief but teaches pupils to respect the views, beliefs and choices of others within the framework of the law and the Equality Act 2010.

The National Curriculum for Science includes statutory teaching about the human body, growth and development, life cycles, healthy lifestyles and the changes that occur as humans grow and develop.

Human reproduction is not taught as part of the school's Science curriculum. Parents do not have the right to withdraw their child from this statutory Science curriculum.

5. Inclusion and SEND

RSHE is taught to all pupils and is accessible to all learners.

Teaching is adapted where appropriate to meet the needs of pupils with special educational needs and disabilities (SEND). Staff consider pupils' developmental stage, communication needs and individual circumstances when planning and delivering learning.

All pupils are entitled to receive RSHE that enables them to stay safe, healthy and prepared for adult life.

6. Safeguarding

RSHE plays a vital role in safeguarding pupils.

Teaching helps pupils to:

- Recognise safe and unsafe situations.
- Understand personal boundaries.
- Recognise inappropriate behaviour.
- Know how to report concerns.
- Identify trusted adults who can help them.

Staff understand that disclosures may arise during RSHE lessons. Any safeguarding concerns will be managed in line with the school's Safeguarding and Child Protection Policy.

Pupils will be made aware that teachers cannot guarantee confidentiality if information is disclosed that indicates a pupil may be at risk of harm.

7. Equality and Respect

The school promotes respect for all people and values diversity.

Teaching reflects the requirements of the Equality Act 2010 and is delivered in a way that is age-appropriate, factual and inclusive.

Pupils are taught that families and relationships can take different forms and that everyone should be treated with dignity and respect.

Teaching encourages pupils to challenge prejudice, discrimination and bullying and to develop positive attitudes towards others.

8. Working with Parents and Carers

Parents and carers are the primary educators of their children in matters relating to relationships, health and sex education.

The school is committed to working in partnership with parents and carers and will:

- Publish this policy on the school website.
- Inform parents about the RSHE curriculum.
- Consult parents when reviewing the policy.
- Make curriculum materials available on request.
- Provide opportunities for parents to ask questions and discuss the curriculum.

The school recognises that open communication between school and home supports positive outcomes for children.

9. Right to Withdraw

Parents do not have the right to withdraw their child from Relationships Education or Health Education.

Parents have the right to request withdrawal from some or all of the school's non-statutory Sex Education.

Requests should be made in writing to the school.

The class teacher, or another appropriate member of staff, will discuss the request with parents and explain the content and purpose of the programme to support them in making an informed decision.

Pupils who are withdrawn will be provided with appropriate alternative learning during the relevant lessons.

10. Monitoring and Review

The implementation of this policy will be monitored by school leaders and governors through curriculum review, monitoring activities, pupil voice and feedback from staff and parents.

The policy will be reviewed every three years or sooner if there are changes to legislation, statutory guidance or school practice.

Review Date: September 2029