

Ravensworth

Terrace Primary School



Policy

Embedding an Inclusive Culture | Establishing Progressive Consistency | Enabling Cohesion | Ensuring Coherence

*We believe in the worth and potential
of every individual.*

*We have high expectations and goals
for ourselves and others.*

We will persevere even in the face of obstacles.

We believe that everyone can succeed.

Together, we are winners.

Respect Independence Perseverance Kindness Teamwork

Ravensworth Terrace Primary School

Respect Independence Perseverance Kindness Teamwork

Relationships, Sex and Health Education (RSHE) Policy

School: Ravensworth Terrace Primary School

Approved by: Governing Board

Date: June 2026

Review cycle: Every 2 years

Next review due: June 2028

1. Aims

The aims of Relationships, Sex and Health Education (RSHE) at our school are to:

- Provide pupils with accurate, age-appropriate knowledge about relationships, health and wellbeing
- Equip pupils with the skills to build positive, respectful relationships
- Support pupils to understand the importance of physical and mental health
- Prepare pupils for puberty and the changes of adolescence
- Enable pupils to stay safe, recognise risks and seek help when needed
- Promote equality, respect and inclusion

RSHE supports our school values of **Independence, Respect, Perseverance, Teamwork and Kindness** and contributes to safeguarding by helping pupils understand their rights and responsibilities.

2. Statutory Requirements

This policy is based on statutory guidance from the Department for Education:

- Children and Social Work Act 2017
- Relationships Education, Relationships and Sex Education (RSE) and Health Education Regulations
- Updated RSHE statutory guidance (effective from September 2026)

At primary level:

- Relationships Education and Health Education are **statutory**
- Sex Education is **non-statutory**, except for content included in the science curriculum

At Ravensworth Terrace Primary School:

- All statutory requirements are met
- We provide **additional age-appropriate sex education in Year 5 alongside the science curriculum**

3. Definition

RSHE is learning through which children develop the knowledge, skills and understanding to:

- Form positive and healthy relationships
- Understand physical and mental wellbeing
- Develop respect for themselves and others
- Stay safe and recognise risk

RSHE includes:

- Relationships Education
- Health Education
- Age-appropriate Sex Education

It does not promote sexual activity, but prepares pupils for the facts of life in a safe and appropriate way.

4. Curriculum

Our Relationships and Sex Education (RSE) curriculum is delivered through our wider PSHE programme and is outlined in Appendix 2. This curriculum may be adapted where necessary to meet the needs of our pupils.

The curriculum has been developed in consultation with both pupils and staff, taking into account the age, needs and feelings of our children. If pupils ask questions that fall outside the scope of this policy, teachers will respond in an age-appropriate manner to ensure pupils receive accurate information and are not directed to unreliable sources. Where appropriate, parents will be informed of these discussions.

From Year 2, children are introduced to the correct scientific terminology for naming the main external parts of the body, including external genitalia (e.g. vulva, vagina, penis, testicles).

In Year 4, pupils are taught key facts about puberty and the changing adolescent body, including both physical and emotional changes. They will also learn about menstrual wellbeing, including the basic facts about the menstrual cycle. These lessons are delivered in a sensitive and supportive manner.

The Year 5 National Curriculum for Science also complements this learning, covering topics such as identifying the main external parts of the body, understanding how the human body grows and changes from birth to old age (including puberty), and reproduction in some plants and animals.

The curriculum is:

- Age-appropriate
- Inclusive
- Responsive to pupil need
- Safeguarding-focused

Key Areas

Relationships Education

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

Health Education

- 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

See Appendix 1 for full content coverage by the end of primary school.

Sex Education (Year 5)

At Ravensworth Terrace Primary School, age-appropriate sex education is delivered in Year 5 alongside the science curriculum.

This includes:

- Understanding that a baby begins when a sperm from a male and an egg from a female join together
- Basic knowledge of human reproduction
- Learning presented in a factual, scientific and age-appropriate way

This content is taught:

- Without explicit detail or imagery
- Without discussion of sexual behaviour
- As part of understanding human development

FGM (Female Genital Mutilation)

FGM is taught in **Year 6** as part of safeguarding and health education.

Whilst not statutory at primary level, we recognise that:

- FGM is a serious safeguarding issue
- Children of primary age may be at risk

The statutory guidance states:

“Primary relationships education... should equip children to keep themselves and others safe... including recognising and reporting risks and abuse.”

Teaching focuses on:

- Personal safety
- Bodily autonomy
- Recognising unsafe situations
- Knowing how to seek help

This content is delivered in a **sensitive and age-appropriate way**.

5. Delivery of RSHE

RSHE is delivered through:

- Discrete PSHE lessons
- The science curriculum
- External professionals (e.g. school nurse, emergency services, health services)

Teaching approaches include:

- Discussion and reflection
- Scenario-based learning
- Structured questioning

Clear ground rules are established to ensure a safe and respectful environment.

6. Inclusion and Equalities

Our RSHE curriculum reflects the diversity of modern Britain and promotes respect for all, in line with the Equality Act 2010, including the protected characteristics of age, disability, race, religion or belief, sex and sexual orientation.

Through RSHE, we ensure that:

- Teaching reflects a range of families, relationships and communities
- Learning is accessible to all pupils, including those with SEND
- Pupils can recognise and challenge prejudice, stereotypes and discrimination
- Respect for others is consistently promoted

Teaching is adapted to ensure all pupils can fully access and benefit from the curriculum.

7. Roles and Responsibilities

Governing Board

- Approves the policy
- Monitors implementation

Headteacher

- Ensures effective delivery of RSHE

RSHE Leads

- Coordinate planning and delivery

- Monitor quality and impact

Staff

- Deliver RSHE sensitively
- Respond to pupil needs
- Uphold safeguarding responsibilities

Pupils

- Engage respectfully
- Follow agreed discussion rules

8. Safeguarding

RSHE is a key part of safeguarding.

Pupils are taught to:

- Recognise different forms of abuse
- Understand consent, privacy and boundaries
- Know how and where to seek help

All staff follow safeguarding procedures where concerns arise.

9. Parents' Right to Withdraw

Parents **cannot withdraw** their child from:

- Relationships Education
- Health Education (including FGM and safeguarding content)

Parents **can withdraw** their child from:

- Non-statutory sex education in Year 5

Requests must:

- Be made in writing to the Headteacher
- Be discussed with the school before a decision is confirmed

The school will explain the educational and safeguarding benefits of participation.

10. Parental Consultation

We recognise that parents and carers are the primary educators of their children and value their role in supporting RSHE.

We will:

- Inform parents about the RSHE curriculum and key content
- Provide opportunities to view materials where appropriate
- Share information about when key topics will be taught

Parents will be consulted when reviewing this policy through:

- Surveys
- Meetings or information sessions

Prior to teaching:

- **Year 5 sex education**
- **Year 6 safeguarding content (including FGM)**

parents will be informed in advance to support discussion at home.

11. Training

Staff receive:

- RSHE training as part of induction
- Ongoing CPD
- Safeguarding training

External specialists may support delivery where appropriate.

12. Monitoring and Evaluation

RSHE is monitored through:

- Lesson observations
- Planning and work scrutiny
- Pupil voice
- Staff feedback
- Parent consultation

This policy is reviewed every two years or sooner if required.

13. Links with Other Policies

- Safeguarding and Child Protection
- PSHE
- Behaviour
- Anti-Bullying
- Equality and Diversity
- Mental Health and Wellbeing

Appendix 1

Relationships Education: End of Primary Expectations

By the end of primary school, pupils at Ravensworth Terrace Primary School will have been taught and be able to demonstrate understanding of the following content, in line with statutory guidance:

Families and People Who Care for Me

Pupils should know:

- That families are important for children growing up, providing love, security and stability
- The characteristics of healthy family life (commitment, care, spending time together)
- That others' families may look different from their own, but should be respected
- How to seek help if family relationships make them feel unhappy or unsafe

Caring Friendships

Pupils should know:

- How to form and maintain healthy friendships
 - The importance of kindness, honesty, trust and respect
 - How to recognise and manage conflict in friendships
 - How to recognise friendships that are making them unhappy or unsafe
-

Respectful Relationships

Pupils should know:

- The importance of respecting others, even when they are different
 - Practical steps they can take in a range of contexts to improve or support respectful relationships
 - The importance of self-respect and how it links to happiness
 - That in school and wider society, people deserve respect
-

Online Relationships

Pupils should know:

- That people sometimes behave differently online
 - How to stay safe online, including protecting personal information
 - How to recognise risks, unsafe content or contact online
 - How to report concerns and seek help
-

Being Safe

Pupils should know:

- What constitutes appropriate and inappropriate physical contact
 - The importance of boundaries and privacy
 - That they have a right to their own personal space and body
 - How to recognise and report abuse (including emotional, physical and sexual abuse)
 - How to ask for help and identify trusted adults
-

Health Education: End of Primary Expectations

By the end of primary school, pupils at Ravensworth Terrace Primary School will have been taught and be able to demonstrate understanding of the following content, in line with statutory guidance:

Mental Wellbeing

Pupils should know:

- That mental wellbeing is a normal part of daily life, in the same way as physical health

- How to recognise and talk about their emotions
 - Simple self-care techniques (e.g. relaxation, seeking support)
 - That it is normal to experience a range of emotions and how to manage these appropriately
 - Where and how to seek help for themselves or others
-

Internet Safety and Harms

Pupils should know:

- How to stay safe online, including the risks associated with social media
 - How to recognise unsafe or harmful online situations
 - The importance of keeping personal information private
 - How to report concerns and seek help
-

Physical Health and Fitness

Pupils should know:

- The importance of regular physical activity
 - The benefits of exercise on physical and mental health
 - How to lead an active and balanced lifestyle
-

Healthy Eating

Pupils should know:

- What constitutes a healthy diet (including balance and moderation)
 - The importance of nutrition and hydration
 - How food choices can affect health
-

Drugs, Alcohol and Tobacco

Pupils should know:

- The facts about legal and illegal harmful substances
 - The risks associated with drugs, alcohol and tobacco
 - How to make safe and healthy choices
-

Health and Prevention

Pupils should know:

- The importance of personal hygiene
- How to prevent illness (e.g. handwashing, basic hygiene practices)
- The importance of dental health and regular check-ups

Basic First Aid

Pupils should know:

- How to make a clear and efficient call to emergency services
- Basic first aid concepts (e.g. dealing with common injuries)

Changing Adolescent Body

Pupils should know:

- The key facts about puberty and the changing adolescent body
- Physical and emotional changes that occur during puberty
- About menstrual wellbeing and the menstrual cycle
- How to manage changes in a positive and healthy way

Appendix 2 - Ravensworth Terrace Primary School PSHE Curriculum Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Making friends: playing and learning together	Mental health and wellbeing	Celebrating me, you and our families	Safety at home	Being healthy	Showing kindness to ourselves and others
Year 2	Mental health and wellbeing	Keeping safe online	Me, my body and staying safe	Money and work	Safety outside the home	Looking back and moving on
Year 3	Me, my friends and belonging	Mental health and wellbeing	Building healthy habits	Making choices online	Keeping safe out and about	Looking out for each other
Year 4	Mental health and wellbeing	Exploring ways to manage risk	Forming respectful relationships	Money matters and news literacy	Me, my body and growing up	Families and growing together
Year 5	Friendships, stereotypes and bullying	Mental health and wellbeing	Positively engaging with our world	Changes in puberty (and sex education)	Safe connections online	Embedding healthy habits and learning first aid
Year 6	Mental health and wellbeing	Managing money and online spending	Respecting boundaries	Drug education: assessing risk and managing influences	Developing our AI literacy	Looking to the future