



**Ashlands**  
Church of England  
Primary School

*Love of Learning, Love of Life, Love of One Another*  
*'Life in all its fullness' John 10:10.*



# Relationships and Health Education Policy

Date Agreed by Governing Body : This policy will be reviewed every year and is due for renewal in the 2024/2025 Academic Year at GB2

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Chair of Governors: Roger Evans

Distribution:	<ul style="list-style-type: none"> <li>• Shared Drive</li> <li>• Staff Room</li> <li>• Website</li> <li>• Paper copies are available upon request.</li> </ul>
Source:	This policy has been reviewed and rewritten using our previous policy, guidance from the School Bus RSHE Policy and the QET RSHE Policy

## Review History

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# Intent

## 1. Aims

At Ashlands CofE Primary School we will provide age-appropriate relationships and health education (RHE) to all pupils as part of the school's statutory curriculum. Our school aims to assure parents and pupils that all aspects of RHE will be delivered in a safe space, allowing time and compassion for questions at a level that every pupil understands. Sensitive topics relating to RHE will be delivered in a sensitive manner as part of a whole-school approach where parents and teachers work in partnership.

The aims of relationships, health and sex education (RHSE) at our school are to:

- Provide a framework in which children can grow up to be healthy, happy and safe with the resilience to manage the challenges and opportunities of modern Britain, particularly the various impacts of the COVID-19 pandemic and other anxiety provoking events.
- Prepare pupils for the wider world, giving them the confidence, knowledge and understanding to make informed choices around their personal, spiritual growth, health, well-being and sexual development.
- Facilitate the development of self-respect, kindness and empathy to all in our community.

RHE is compulsory in all primary schools in England. The key topics applicable for all key stages have been carefully planned in consultation with responses from parents, young people, schools and experts. Parents are given the opportunity to discuss this policy at any time and staff will be provided with accurate training and further resources to deliver lessons to pupils.

Relationships education focusses on giving pupils the knowledge they need to make informed decisions about their wellbeing, health and relationships, and ensures can talk to a trusted adult if there is anything worrying them. Health education focusses on equipping pupils with the knowledge they need to make informed decisions about their own health and ensures they receive factual information about the changes they will experience emotionally and physically during puberty.

We understand our responsibility to deliver a high-quality, age-appropriate and evidence-based RHE curriculum for all our pupils. This policy sets out the framework for our relationships and health curriculum, providing clarity on how it is informed, organised and delivered.

***'The evidence shows that personal, social, health and economic education can improve the physical and psychosocial wellbeing of pupils. A virtuous cycle can be achieved, whereby pupils with better health and well-being can achieve better academically, which in turn leads to greater success.'***

## **2. Statutory Requirements**

From September 2020 all primary age children will be taught Relationships and Health Education which will include three main strands:

- Health and wellbeing, this is mental and physical health, healthy lifestyles and first aid.
- Relationships education, providing the building blocks needed for positive and safe relationships including family, friends and online.
- Living in the wider world including understanding and accepting equality and diversity, understanding informed consent, respect and keeping oneself safe.

This will be complemented by the ongoing development of personal attributes including the promotion and practice of our school values: compassion, friendship, respect, trust and forgiveness and through a range of approaches, experiences and opportunities helping our children to grow and to make responsible and well-informed decisions about their lives.

## **3. Definition**

RHSE encompasses both Relationships Education and Health Education. It is about the physical, spiritual, emotional, social and cultural development of pupils and involves learning about relationships, sexual health, sexuality, healthy lifestyles, diversity and personal identity and faith.

RHSE involves a combination of sharing information and exploring issues and values, not only to prepare children for changes in puberty but to help them with maintaining healthy lifestyles, to make mature decisions, negotiate personal friendships and relationships involving social skills and to develop lively enquiring minds.

## 4. Roles and responsibilities

The governing board is responsible for:

- Playing an active role in monitoring, developing and reviewing the policy and its implementation in school.
- Appointing a link governor for RHE who supports the school and monitors any aspects of RHE included within the SIP.
- Ensuring all pupils make progress in achieving the expected educational outcomes.
- Ensuring the curriculum is well led, effectively managed and well planned.
- Evaluating the quality of provision through regular and effective self-evaluation.
- Ensuring teaching is delivered in ways that are accessible to all pupils with SEND.
- Providing clear information for parents on subject content and their rights to request that their children are withdrawn.
- Making sure the subjects are resourced, staffed and timetabled in a way that ensures the school can fulfil its legal obligations.
- Ensuring the religious ethos of the school is maintained and developed through the subjects.
- Creating and keeping up-to-date a separate written statement of this policy and ensuring the statement is published on the school's website and provided free of charge to anyone who requests it.
- Ensuring that all staff receive ongoing training on issues relating to PSHE and RHE and how to deliver lessons on such issues.
- Ensuring that all staff are up to date with policy changes, and familiar with school policy and guidance relating to RHE.

The headteacher is responsible for:

- The overall implementation of this policy.
- Ensuring adequate time on school timetable to deliver RHE as a statutory curriculum subject.
- Providing support to staff members who feel uncomfortable or ill-equipped to deal with the delivery of RHE to pupils; for example, if staff do not feel that their training has been adequate or that aspects of the curriculum conflict with their religious beliefs.
- Ensuring that parents are fully informed of this policy and the RHE resources are available to parents beforehand.
- Reviewing requests from parents to withdraw their children from the subjects.
- Discussing requests for withdrawal with parents.
- Organising alternative education for pupils, where necessary, that is appropriate and purposeful.
- Reporting to the governing board on the effectiveness of this policy.
- Reviewing this policy on an **annual** basis.

The RHE subject leader is responsible for:

- Overseeing the delivery of the subjects.

- Ensuring that staff values and attitudes will not prevent them from providing a balanced RHE in school.
- Providing the agreed vocabulary to be used during the lessons to ensure a consistent approach.
- Ensuring the subjects are age-appropriate and high-quality and up-to-date.
- Ensuring teachers are provided with adequate resources to support teaching of the subjects.
- Ensuring the school meets its statutory requirements in relation to the relationships, and health curriculum.
- Ensuring the relationships and health curriculum, as well as any optional sex education, is inclusive and accessible for all pupils.
- Working with other subject leaders to ensure the relationships and health curriculum complements, but does not duplicate, the content covered in the national curriculum.
- Liaising and working in partnership with parents and carers to support further conversations at home and to share the resources ahead of teaching upon request.
- Monitoring and evaluating the effectiveness of the subjects and providing reports to the headteacher.

The SENCO is responsible for:

- Advising teaching staff how best to identify and support pupils' individual needs.
- Advising staff on the use of TAs in order to meet pupils' individual needs.
- Ensuring that the needs of vulnerable pupils are taken into consideration in designing and teaching these subjects.

The appropriate teachers are responsible for:

- Delivering a high-quality and age-appropriate relationships and health curriculum in line with statutory requirements.
- Using a variety of teaching methods and resources to provide an engaging curriculum that meets the needs of all pupils.
- Ensuring they do not express personal views or beliefs when delivering the programme.
- Modelling positive attitudes to relationships, sex and health.
- Responding to any safeguarding concerns in line with the Child Protection and Safeguarding Policy.
- Acting in accordance with planning, monitoring and assessment requirements for the subjects.
- Liaising with the SENCO to identify and respond to individual needs of pupils with SEND.
- Working with the RHE subject leader to evaluate the quality of provision.

Parents are responsible for:

- Enabling their children to grow and mature and to form healthy relationships.
- Supporting their children through their personal development and the emotional and physical aspects of growing up.
- Ensuring that they are aware of aspects of the curriculum, including when it is going to be delivered and the content.
- Supporting their children's personal, social and emotional development, by working with the school to create an open home environment where pupils can engage, discuss and continue to learn about matters that have been raised through school PSHE.
- Seeking additional support in this from the school where they feel it is needed.

## 5. Organisation of the curriculum

Every primary school is required to deliver statutory relationships education and health education. The delivery of the relationships education and of health education coincide with one another and will be delivered as part of the school's **PSHE curriculum**.

For the purpose of this policy:

- **"Relationships education"** is defined as teaching pupils about healthy, respectful relationships, focussing on family and friendships, in all contexts, including online.
- **"Health education"** is defined as teaching pupils about physical health and mental wellbeing, focussing on recognising the link between the two and being able to make healthy lifestyle choices.
- **"Sex education"** is defined as teaching pupils about developing healthy sexuality, and will cover issues, beyond those covered in the science and health curricula, that will be determined in response to the needs of the relevant cohort.

The relationships and health curriculum takes into account the views of teachers, pupils and parents. The school has organised a curriculum that is appropriate for the age and developmental stages of pupils within each year group. When organising the curriculum, the religious backgrounds of all pupils will be considered, so that the topics that are covered are taught appropriately.

The school is dedicated to ensuring our curriculum meets the needs of the whole-school community; therefore, the curriculum is informed by issues in the school and wider community to ensure it is tailored to pupils' needs. For example, if there were to be a local prevalence of specific sexually transmitted infections, our curriculum would be tailored to address this issue.

The school will consult with parents, pupils and staff in the following ways:

- **Questionnaires and surveys**
- **Newsletters and letters**

Any parent, teacher or pupil wishing to provide feedback about the curriculum can do so at any time during the academic year by:

- Organising a meeting with the headteacher.
- Submitting written feedback into the mail box in the school office.

## 6. Training **AMENDED tbc**

Staff are trained on the delivery of RHSE as part of their induction, they meet with the RSHE Lead and training materials are available through our SCARF subscription. Updates are included throughout the year as part of our continuing professional development. The Headteacher / RSHE Lead may also invite visitors from outside the school, such as school nurse or sexual health professionals to provide support and training to staff teaching RHSE.

## 7. Consultation with parents

The school understands the important role parents play in enhancing their children's understanding of relationships and health and how important parents' views are in shaping the curriculum. The school will provide parents with frequent opportunities to understand and ask questions about the school's approach to RHE.

The school will consult closely with parents when reviewing the content of the school's RHE curriculum and will give them regular opportunities to voice their opinions. The school will use the views of parents to inform decisions made about the curriculum content and delivery; however, parents will not be granted a 'veto' on curriculum content, and all final decisions will be made by school. The school will permit parents access to all curriculum materials and the school will not enter into contracts with outside providers that seek to prevent parents from seeing materials.

Parents will be provided with the following information:

- The content of the relationships and health curriculum
- The delivery of the relationships and health curriculum, including what is taught in each year group
- The legalities surrounding withdrawing their child from the subjects
- The resources that will be used to support the curriculum

The school will work closely with parents in reviewing the sex education curriculum and will consult with them **annually** with regard to what is covered.

The school aims to build positive relationships with parents by inviting them into school to discuss what will be taught, address any concerns, and help parents in managing conversations with their children on the issues covered by the curriculum. Parents will also be consulted in the review of this policy and encouraged to provide their views at any time.

## **8. Parents Right to Withdraw**

Parents do not have the right to withdraw their children from Relationships Education.

Parents have the right to withdraw their children from the non-statutory/non-science components of sex education within RHSE.

Following discussion with class and headteacher, requests for withdrawal should be put in writing and addressed to the headteacher.

Alternative work will be given to pupils who are withdrawn from sex education.

## **9. Relationships education overview**

### **Families and people who care for me.**

By the end of primary school, pupils will know:

- That families are important for them growing up because they can give love, security and stability.
- The characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives.
- That others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care.
- That stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up.
- That marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong.
- How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.

### **Caring friendships**

By the end of primary school, pupils will know:

- How important friendships are in making us feel happy and secure, and how people choose and make friends.
- The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences, and support with problems and difficulties.
- That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.

- That most friendships have ups and downs, but that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right.
- How to recognise who to trust and who not to trust.
- How to judge when a friendship is making them feel unhappy or uncomfortable.
- How to manage conflict.
- How to manage different situations and how to seek help from others if needed.

### **Respectful relationships**

By the end of primary school, pupils will know:

- The importance of respecting others – even when they are very different from them, make different choices, or have different preferences or beliefs.
- Which practical steps they can take in a range of different contexts to improve or support respectful relationships.
- The conventions of courtesy and manners.
- The importance of self-respect and how this links to their own happiness.
- That in school and wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority.
- About the different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying to an adult, and how to seek help.
- What a stereotype is, and how they can be unfair, negative or destructive.
- The importance of permission-seeking and giving in relationships with friends, peers and adults.

### **Online relationships**

By the end of primary school, pupils will know:

- That people sometimes behave differently online, including pretending to be someone they are not.
- That the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online, even when we are anonymous.
- The rules and principles for keeping safe online.
- How to recognise harmful content and contact online, and how to report these.
- How to critically consider their online friendships and sources of information.
- The risks associated with people they have never met.
- How information and data is shared and used online.

### **Being safe**

By the end of primary school, pupils will know:

- What sorts of boundaries are appropriate in friendships with peers and others – including in a digital context.
- About the concept of privacy and the implications of it for both children and adults.

- That it is not always right to keep secrets if they relate to being safe.
- That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.
- How to respond safely and appropriately to adults they may encounter, including online, who they do not know.
- How to recognise and report feelings of being unsafe or feeling bad about any adult.
- How to ask for advice or help for themselves and others, and to keep trying until they are heard.
- How to report concerns or abuse, and the vocabulary and confidence needed to do so.
- Where to seek advice, for example, from their family, their school and other sources.

## **10. Health education overview**

The focus of health education at primary level is teaching the characteristics of good physical health and mental wellbeing.

### **Mental wellbeing**

By the end of primary school pupils will know:

- That mental wellbeing is a normal part of daily life, in the same way as physical health.
- That there is a normal range of emotions, e.g. happiness, sadness, anger, fear, surprise and nervousness.
- The scale of emotions that humans experience in response to different experiences and situations.
- How to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings.
- How to judge whether what they are feeling, and how they are behaving, is appropriate and proportionate.
- The benefits of physical exercise, time outdoors, community participation, and voluntary and service-based activity on mental wellbeing and happiness.
- Simple self-care techniques, including the importance of rest, time spent with friends and family, and the benefits of hobbies and interests.
- How isolation and loneliness can affect children, and that it is very important they seek support and discuss their feelings with an adult.
- That bullying, including cyberbullying, has a negative and often lasting impact on mental wellbeing.
- Where and how to seek support, including recognising the triggers for seeking support, extending to who in school they should speak to if they are worried about themselves or others.
- That it is common to experience mental ill health and, for the many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough.

### **Internet safety and harms**

By the end of primary school, pupils will know:

- That for most people, the internet is an integral part of life and has many benefits.
- About the benefits of rationing time spent online.
- The risks of excessive time spent on electronic devices.

- The impact of positive and negative content online on their own and others' mental and physical wellbeing.
- How to consider the effect of their online actions on others.
- How to recognise and display respectful behaviour online.
- The importance of keeping personal information private.
- Why some social media, some computer games and online gaming are age-restricted.
- That the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health.
- How to be a discerning consumer of information online, including understanding that information, inclusive of that from search engines, is ranked, selected and targeted.
- Where and how to report concerns and get support with issues online.

### **Physical health and fitness**

By the end of primary school, pupils will know:

- The characteristics and mental and physical benefits of an active lifestyle.
- The importance of building regular exercise into daily and weekly routines and how to achieve this, for example by walking or cycling to school, a daily active mile, or other forms of regular, vigorous exercise.
- The risks associated with an inactive lifestyle, including obesity.
- How and when to seek support, including which adults to speak to in school, if they are worried about their health.

### **Healthy eating**

By the end of primary school, pupils will know:

- What constitutes a healthy diet, including an understanding of calories and other nutritional content.
- The principles of planning and preparing a range of healthy meals.
- The characteristics of a poor diet and risks associated with unhealthy eating, including obesity, and other behaviours, e.g. the impact of alcohol on health.

### **Drugs, alcohol and tobacco**

By the end of primary school, pupils will know the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.

### **Health and prevention**

By the end of primary school, pupils will know:

- How to recognise early signs of physical illness, such as weight loss or unexplained changes to the body.
- About safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer.
- The importance of sufficient good-quality sleep for good health, and that a lack of sleep can affect weight, mood and ability to learn.

- About dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist.
- About personal hygiene and germs, including bacteria and viruses, how they are spread and treated, and the importance of hand washing.
- The facts and science relating to immunisation and vaccination.

### **Basic first aid**

By the end of primary school, pupils will know:

- How to make a clear and efficient call to emergency services if necessary.
- Concepts of basic first-aid, for example dealing with common injuries, including head injuries.

### **Changing adolescent body**

By the end of primary school, pupils will know:

- Key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.
- About menstrual wellbeing and key facts relating to the menstrual cycle.

## **11. Sex education**

All pupils must be taught the aspects of sex education outlined in the primary science curriculum – this includes teaching about the main external parts of the human body, how it changes as it grows from birth to old age, including puberty, and the reproductive process in some plants and animals.

The school is free to determine whether pupils should be taught sex education beyond what is required of the national curriculum. At our school, we **do** teach pupils sex education beyond what is required of the science curriculum.

Parents are fully consulted in the organisation and delivery of our sex education curriculum, in accordance with the '[Organisation of the curriculum](#)' and '[Consultation with parents](#)' sections of this policy. Parents are given the opportunity to advise on what should be taught through sex education.

### **QUESTION – WHAT DO WE TEACH THAT IS BEYOND?**

The age and development of pupils is always considered when delivering sex education.

## **12. Delivery of the curriculum**

The relationships and health curriculum will be delivered as part of our **PSHE curriculum**.

The school will ensure that keeping children safe and preventative education remain at the heart of PSHE subjects.

Sex education will be delivered through the **science curriculum** and the **PSHE curriculum**.

Through effective organisation and delivery of the subject, the school will ensure that:

- Core knowledge is sectioned into units of manageable size.
- The required content is communicated to pupils clearly, in a carefully sequenced way, within a planned scheme of work.
- Teaching includes sufficient and well-chosen opportunities and contexts for pupils to embed new knowledge so that it can be used confidently in real-life situations.

The curriculum is delivered proactively, such that it addresses issues in a timely way in line with current evidence on children's physical, emotional development. The school will ensure that all teaching and materials are appropriate for the ages of the pupils, their religious backgrounds, their developmental stages and any additional needs, such as SEND. Lesson plans will provide appropriate challenge for pupils and be differentiated for pupils' needs.

### **Curriculum organisation**

Pupils will receive their entitlement for learning PSHE through a spiral curriculum which demonstrates progression. The RHE programme is delivered through a variety of opportunities including:

- Designated PSHE time as part of a spiral curriculum
- Circle time
- Use of external agencies and/or services
- School ethos
- Small group work
- Cross curricular links
- Assemblies
- Enrichment days and weeks
- Residential trips

### **Terminology**

In recognition of the fact that the use of code names for body parts can facilitate the normalisation of child sexual abuse, teaching staff will use and teach pupils the anatomically correct names for body parts.

### **Dealing with difficult questions**

The school will support teaching staff to feel comfortable to answer questions from pupils, by providing regular CPD training in how to deliver sex education, including sessions on confidentiality, setting ground rules, handling controversial issues, responding to 'awkward' questions and an introduction to the rationale of why teaching RHE is so important. The school will encourage teaching staff to refer questions they feel ill-equipped to answer to the RHE subject leader for advice or support in handling the question.

Teachers will stop full class discussions where pupils begin to reveal personal, private information related to sensitive issues. If teachers feel concerned about anything shared by a pupil, they will follow the appropriate response as laid out in the Child Protection and Safeguarding Policy.

The programme will be designed to incorporate all pupils, and activities will be planned to ensure all are actively involved.

Teachers will focus heavily on the importance of healthy relationships, though sensitivity will always be given as to not stigmatise pupils based on their home circumstances.

### **13. Working with external experts**

The school may invite guest speakers into school to talk on issues related to RHE, e.g. an expert or experienced health professional who can challenge pupil's perceptions. A teacher will be present throughout these lessons.

Visitors will be given a copy of this policy and expected to comply with the guidelines outlined within it. All resources used by guest speakers will be available to parents to view prior to lesson delivery.

Before delivering the session, the school will:

- Ensure the lesson the external expert has planned fits with the school's planned curriculum and this policy.
- Ensure the expert's credentials are checked before they are able to participate in delivery of the curriculum, in line with the Visitor Policy.
- Discuss the details of the expert's lesson plan and ensure that the content is age-appropriate and accessible for the pupils.
- Ask to see the materials the expert intends to use, as well as a copy of the lesson plan, to ensure it meets all pupils' needs, including those with SEND.
- Agree with the expert the procedures for confidentiality, ensuring that the expert understands how safeguarding reports should be dealt with in line with the Child Protection and Safeguarding Policy.

### **14. Equality and accessibility**

The school understands its responsibilities in relation to the Equality Act 2010; specifically, that it must not unlawfully discriminate against any pupil based on their protected characteristics.

The school is committed to making reasonable adjustments wherever possible to promote accessibility and inclusivity of the curriculum. The school will ensure that RHE programme is inclusive, and caters to the needs, of pupils with SEND or other support needs, such as those with SEMH needs.

Teachers will understand that they may need to adapt their planning of work and teaching methods in order to appropriately deliver the programme to pupils with SEND or other support needs.

Provisions under the Equality Act 2010 allow our school to take positive action, where it can be evidenced to be proportionate, to respond to particular disadvantages affecting a group because of a protected characteristic. For example, we could consider taking positive action to support girls if there was evidence that they were being disproportionately subjected to sexual violence or sexual harassment.

When deciding whether support is necessary to support pupils with a particular protected characteristic, we will consider our pupils' needs, including the gender and age range of our pupils.

In order to foster healthy and respectful peer-to-peer communication and behaviour between all pupils, the school implements a robust Behaviour Policy, as well as a Child Protection and Safeguarding Policy, which sets out expectations of pupils.

The school understands that RHE may include topics which are triggers for teaching staff, and could relate to historic, recent, or current trauma. If this is the case, the school encourages staff to approach their line manager or the wellbeing lead to discuss this.

## 15. Curriculum links

The school seeks opportunities to draw links between RHE and other curriculum subjects wherever possible to enhance pupils' learning. RHE will be linked to the following subjects in particular:

- **Science** – pupils learn about the main external parts of the body and changes to the body as it grows from birth to old age, including puberty.
- **Computing and ICT** – pupils learn about e-safety, including how to use technology safely, responsibly, respectfully and securely, how to keep personal information private and how to access help and support.
- **PE** – pupils explore various physical activities, are physically active for sustained periods of time, engage in competitive sport and understand how exercise can lead to healthier lifestyles.
- **Citizenship** – pupils learn about the requirements of the law, their responsibilities and the possible consequences of their actions.
- **PSHE** – pupils learn about respect and difference, values and characteristics of individuals.

## 16. Behaviour

The school aims to foster a culture based on mutual respect and understanding for one another, and as such, has a zero-tolerance approach to bullying. Any bullying incidents caused as a result of the RHE programme, such as those relating to sexual orientation, will be dealt with as seriously as other bullying incidents within the school. Any occurrence of these incidents will be reported to a member of school staff, who will then discipline the pupil once

they are on school premises. These incidents will be dealt with following the processes in our Behaviour Policy and Anti-bullying Policy.

The headteacher will decide whether it is appropriate to notify the police or an anti-social behaviour coordinator in their LA of the action taken against a pupil.

## **17. Staff training AMENDED tbc**

The RSHE Lead will update staff on the renewed policy and ensure staff who are teaching RSHE are up to date and confident to lead and teach the units that academic year. The RSHE Lead will be available for support, and training support materials will be available through our SCARF programme.

Training of staff will also be scheduled around any updated guidance on the programme and any new developments, such as 'sexting', which may need to be addressed in relation to the programme.

## **18. Confidentiality**

The school will aim to provide a safe and supportive school community where pupils feel comfortable seeking help and guidance on anything that may be concerning them about life either at school or at home. Training around confidentiality will be provided to all teachers.

It may be the case that discussion around what is acceptable and not acceptable in relationships may lead to the disclosure of a child protection issue. If this is the case, the school's Child Protection and Safeguarding Policy should be followed.

Pupils will be informed prior to delivery of RHE lessons that confidentiality will remain unless school staff feel that a child is at risk of harm. This information will need to be passed on to the DSL and the pupils will be informed of the procedure. Staff who breach the right to a child's privacy by disclosing or sharing confidential information with no reason to do so will be dealt with under the school's Disciplinary Policy and Procedure.

## **19. Quality of education**

The RHE subject leader is responsible for monitoring the quality of teaching and learning for the subjects. They will conduct subject assessments on a **termly** basis, which may include a mixture of the following:

- **Self-evaluations**
- **Lesson observations**
- **Topic feedback forms**
- **Learning walks**

The RHE subject leader will create annual subject reports for the headteacher and governing board to report on the quality of the subjects.

The governing board is responsible for approving this policy.

This policy will be reviewed on an **annual** basis by the RHE subject leader and headteacher. The next scheduled review date for this policy is **January 2025**. This policy will also be reviewed in light of any changes to statutory guidance; feedback from parents, staff or pupils; and issues in the school or local area that may need addressing.

Any changes made to this policy will be communicated to all staff, parents and, where necessary, pupils.

### **Appendices 1 – Overviews of learning (SCARF)**

We have recently received clarification from the Secretary of State for Education around the requirement to share curriculum materials used to teach relationships, sex and health education (RSHE) with parents. This is an expectation for all schools and should be built into our policies for RSHE.

It is recommended that these documents are made available through an online portal. The curriculum plans will be available on our RSHE curriculum page. These lesson plans are copyrighted by SCARF and are made available under the condition that parents agree as a condition of access, that the content should not be copied or shared further except as authorised under copyright law.

## Reception

### Me and My Relationships

#### Lesson Plans

All about me  
 What makes me special  
 Me and my special people  
 Who can help me?  
 My feelings  
 My feelings (2)

### Valuing Difference

#### Lesson Plans

I'm special, you're special  
 Same and different  
 Same and different families  
 Same and different homes  
 I am caring  
 I am a friend

### Keeping Safe

#### Lesson Plans

What's safe to go onto my body  
 Keeping Myself Safe - What's safe to go into my body (including medicines)  
 Safe indoors and outdoors  
 Listening to my feelings  
 Keeping safe online  
 People who help to keep me safe

### Rights and Respect

#### Lesson Plans

Looking after my special people  
 Looking after my friends  
 Being helpful at home and caring for our classroom  
 Caring for our world  
 Looking after money (1): recognising, spending, using  
 Looking after money (2): saving money and keeping it safe

### Being my Best

#### Lesson Plans

Bouncing back when things go wrong  
 Yes, I can!  
 Healthy eating  
 My healthy mind  
 Move your body  
 A good night's sleep

### Growing and Changing

#### Lesson Plans

Seasons  
 Life stages - plants, animals, humans  
 Life Stages: Human life stage - who will I be?  
 Where do babies come from?  
 Getting bigger  
 Me and my body - girls and boys

## Y1

### Me and My Relationships

#### Lesson Plans

Why we have classroom rules  
 How are you listening?  
 Thinking about feelings  
 Our feelings  
 Feelings and bodies  
 Good friends

#### Assessment Plans

Me and My Relationships - Pre and Post Unit Assessment: Y1/P2

### Valuing Difference

#### Lesson Plans

Same or different?  
 Unkind, tease or bully?  
 Harold's school rules  
 It's not fair!  
 Who are our special people?  
 Our special people balloons

#### Assessment Plans

Valuing Difference - Pre and Post Unit Assessment: Y1/P2

### Keeping Safe

#### Lesson Plans

Super sleep  
 Who can help? (1)  
 Good or bad touches?  
 Sharing pictures  
 What could Harold do?  
 Harold loses Geoffrey

#### Assessment Plans

Keeping Safe - Pre and Post Unit Assessment: Y1/P2

### Rights and Respect

#### Lesson Plans

Harold has a bad day  
 Around and about the school  
 Taking care of something  
 Harold's money  
 How should we look after our money?  
 Basic first aid

#### Assessment Plans

Rights and Respect - Pre and Post Unit Assessment: Y1/P2

### Being my Best

#### Lesson Plans

I can eat a rainbow  
 Eat well  
 Harold's wash and brush up  
 Catch it! Bin it! Kill it!  
 Harold learns to ride his bike  
 Pass on the praise!  
 Inside my wonderful body! (OPTIONAL)

#### Assessment Plans

Being My Best - Pre and Post Unit Assessment: Y1/P2

### Growing and Changing

#### Lesson Plans

Healthy me  
 Then and now  
 Taking care of a baby  
 Who can help? (2)  
 Surprises and secrets  
 Keeping privates private

#### Assessment Plans

Growing and Changing - Pre and Post Unit Assessment: Y1/P2

## Y2

Me and My Relationships	Valuing Difference	Keeping Safe
<p><b>Lesson Plans</b></p> <p>Our ideal classroom (1) Our ideal classroom (2) (OPTIONAL) How are you feeling today? Let's all be happy! Being a good friend Types of bullying Don't do that! Bullying or teasing? (OPTIONAL)</p> <p><b>Assessment Plans</b></p> <p>Me and My Relationships - Pre and Post Unit Assessment: Y2/P3</p>	<p><b>Lesson Plans</b></p> <p>What makes us who we are? My special people How do we make others feel? When someone is feeling left out An act of kindness Solve the problem</p> <p><b>Assessment Plans</b></p> <p>Valuing Difference - Pre and Post Unit Assessment: Y2/P3</p>	<p><b>Lesson Plans</b></p> <p>Harold's picnic How safe would you feel? What should Harold say? I don't like that! Fun or not? Should I tell?</p> <p><b>Assessment Plans</b></p> <p>Keeping Safe - Pre and Post Unit Assessment: Y2/P3</p>
Rights and Respect	Being my Best	Growing and Changing
<p><b>Lesson Plans</b></p> <p>Getting on with others When I feel like erupting Feeling safe Playing games Harold saves for something special Harold goes camping (OPTIONAL) How can we look after our environment?</p> <p><b>Assessment Plans</b></p> <p>Rights and Respect - Pre and Post Unit Assessment: Y2/P3</p>	<p><b>Lesson Plans</b></p> <p>You can do it! My day Harold's postcard - helping us to keep clean and healthy Harold's bathroom What does my body do? My body needs... (OPTIONAL) Basic first aid</p> <p><b>Assessment Plans</b></p> <p>Being My Best - Pre and Post Unit Assessment: Y2/P3</p>	<p><b>Lesson Plans</b></p> <p>A helping hand Sam moves away Haven't you grown! My body, your body Respecting privacy Some secrets should never be kept</p> <p><b>Assessment Plans</b></p> <p>Growing and Changing - Pre and Post Unit Assessment: Y2/P3</p>

## Y3

Me and My Relationships	Valuing Difference	Keeping Safe
<p><b>Lesson Plans</b></p> <p>As a rule Looking after our special people How can we solve this problem? Tangram team challenge (OPTIONAL) Friends are special Thanks Dan's dare My special pet (OPTIONAL)</p> <p><b>Assessment Plans</b></p> <p>Me and My Relationships - Pre and Post Unit Assessment: Y3/P4</p>	<p><b>Lesson Plans</b></p> <p>Respect and challenge Family and friends My community Our friends and neighbours Let's celebrate our differences Zeb</p> <p><b>Assessment Plans</b></p> <p>Valuing Difference - Pre and Post Unit Assessment: Y3/P4</p>	<p><b>Lesson Plans</b></p> <p>Safe or unsafe? Danger or risk? The Risk robot Super Searcher Help or harm? Alcohol and cigarettes: the facts Raisin challenge (1) (OPTIONAL)</p> <p><b>Assessment Plans</b></p> <p>Keeping Safe - Pre and Post Unit Assessment: Y3/P4</p>
Rights and Respect	Being my Best	Growing and Changing
<p><b>Lesson Plans</b></p> <p>Helping each other to stay safe Recount task Our helpful volunteers Can Harold afford it? Earning money Harold's environment project Let's have a tidy up! (OPTIONAL)</p> <p><b>Assessment Plans</b></p> <p>Rights and Respect - Pre and Post Unit Assessment: Y3/P4</p>	<p><b>Lesson Plans</b></p> <p>Derek cooks dinner! (healthy eating) Poorly Harold Body team work For or against? I am fantastic! Top talents Getting on with your nerves! (OPTIONAL)</p> <p><b>Assessment Plans</b></p> <p>Being My Best - Pre and Post Unit Assessment: Y3/P4</p>	<p><b>Lesson Plans</b></p> <p>Relationship tree Body space None of your business! Secret or surprise? My changing body Basic first aid</p> <p><b>Assessment Plans</b></p> <p>Growing and Changing - Pre and Post Unit Assessment: Y3/P4</p>

## Y4

Me and My Relationships	Valuing Difference	Keeping Safe
<p><b>Lesson Plans</b></p> <p>Human machines Ok or not ok? (part 1) Ok or not ok? (part 2) An email from Harold! Different feelings When feelings change (OPTIONAL) Under pressure</p> <p><b>Assessment Plans</b></p> <p>Me and My Relationships - Pre and Post Unit Assessment: Y4/P5</p>	<p><b>Lesson Plans</b></p> <p>Can you sort it? What would I do? The people we share our world with That is such a stereotype! Friend or acquaintance? Islands</p> <p><b>Assessment Plans</b></p> <p>Valuing Difference - Pre and Post Unit Assessment: Y4/P5</p>	<p><b>Lesson Plans</b></p> <p>Danger, risk or hazard? How dare you! Keeping ourselves safe Raisin challenge (2) Picture wise Medicines: check the label Know the norms (OPTIONAL) Traffic lights (OPTIONAL)</p> <p><b>Assessment Plans</b></p> <p>Keeping Safe - Pre and Post Unit Assessment: Y4/P5</p>
Rights and Respect	Being my Best	Growing and Changing
<p><b>Lesson Plans</b></p> <p>Who helps us stay healthy and safe? It's your right How do we make a difference? In the news! Safety in numbers Harold's expenses (OPTIONAL) Why pay taxes? Logo quiz (OPTIONAL)</p>	<p><b>Lesson Plans</b></p> <p>What makes me ME! Making choices SCARF hotel Harold's Seven Rs My school community (1) Basic first aid Volunteering is cool (OPTIONAL)</p>	<p><b>Lesson Plans</b></p> <p>Moving house My feelings are all over the place! All change! Preparing for changes at puberty (formerly Period positive/preparing for periods) Secret or surprise? Together</p>

## Y5

Me and My Relationships	Valuing Difference	Keeping Safe
<p><b>Lesson Plans</b></p> <p>Collaboration Challenge! Give and take Communication (OPTIONAL) How good a friend are you? Relationship cake recipe Our emotional needs Being assertive</p> <p><b>Assessment Plans</b></p> <p>Me and My Relationships - Pre and Post Unit Assessment: Y5/P6</p>	<p><b>Lesson Plans</b></p> <p>Qualities of friendship Kind conversations Happy being me The land of the Red People Is it true? Stop, start, stereotypes It could happen to anyone (OPTIONAL)</p> <p><b>Assessment Plans</b></p> <p>Valuing Difference - Pre and Post Unit Assessment: Y5/P6</p>	<p><b>Lesson Plans</b></p> <p>Spot bullying Play, like, share Decision dilemmas Ella's diary dilemma Vaping: healthy or unhealthy? Would you risk it? 'Thinking' about habits (OPTIONAL) Drugs: true or false? (OPTIONAL) Smoking: what is normal? (OPTIONAL)</p> <p><b>Assessment Plans</b></p> <p>Keeping Safe - Pre and Post Unit Assessment: Y5/P6</p>
Rights and Respect	Being my Best	Growing and Changing
<p><b>Lesson Plans</b></p> <p>What's the story? Fact or opinion? Mo makes a difference Rights, respect and duties Spending wisely Lend us a fiver! Local councils (OPTIONAL)</p>	<p><b>Lesson Plans</b></p> <p>It all adds up! Different skills My school community (2) Independence and responsibility Star qualities? Basic first aid, including Sepsis Awareness</p> <p><b>Assessment Plans</b></p>	<p><b>Lesson Plans</b></p> <p>How are they feeling? Taking notice of our feelings Dear Ash Growing up and changing bodies Changing bodies and feelings Help! I'm a teenager - get me out of here! Dear Hetty (OPTIONAL)</p>

Me and My Relationships	Valuing Difference	Keeping Safe
<p><b>Lesson Plans</b></p> <p>Working together Let's negotiate (OPTIONAL) Solve the friendship problem Dan's day (OPTIONAL) Behave yourself Assertiveness skills (formerly Behave yourself - 2) Don't force me Acting appropriately</p> <p><b>Assessment Plans</b></p> <p>Me and My Relationships - Pre and Post Unit Assessment: Y6/P7</p>	<p><b>Lesson Plans</b></p> <p>OK to be different We have more in common than not Respecting differences Tolerance and respect for others Advertising friendships! Boys will be boys? - challenging gender stereotypes</p> <p><b>Assessment Plans</b></p> <p>Valuing Difference - Pre and Post Unit Assessment: Y6/P7</p>	<p><b>Lesson Plans</b></p> <p>Think before you click! It's a puzzle (OPTIONAL) To share or not to share? Rat Park What sort of drug is...? Drugs: it's the law! Alcohol: what is normal? Joe's story (part 1) (OPTIONAL) Joe's story (part 2) (OPTIONAL)</p> <p><b>Assessment Plans</b></p> <p>Keeping Safe - Pre and Post Unit Assessment: Y6/P7</p>
Rights and Respect	Being my Best	Growing and Changing
<p><b>Lesson Plans</b></p> <p>Two sides to every story Fakebook friends What's it worth? Jobs and taxes (OPTIONAL) Happy shoppers - caring for the environment Action stations! (OPTIONAL) Project Pitch (parts 1 &amp; 2) (OPTIONAL) Democracy in Britain 1 - Elections Democracy in Britain 2 - How (most) laws are made Community art (OPTIONAL)</p>	<p><b>Lesson Plans</b></p> <p>This will be your life! Our recommendations What's the risk? (1) What's the risk? (2) Basic first aid, including Sepsis Awareness Five Ways to Wellbeing project</p> <p><b>Assessment Plans</b></p> <p>Being My Best - Pre and Post Unit Assessment: Y6/P7</p>	<p><b>Lesson Plans</b></p> <p>I look great! Media manipulation Pressure online Helpful or unhelpful? Managing change Is this normal? Making babies What is HIV? (OPTIONAL)</p> <p><b>Assessment Plans</b></p> <p>Growing and Changing - Pre and Post Unit Assessment: Y6/P7</p>