Ashgate Primary School

Relationships, Sex and Health Education (RSHE) Policy

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Approved by:	**Governing Body**	**Date:**
Last reviewed on:	**November 2026**	
Next review due by:	**November 2027**	

At Ashgate Primary School, we believe that Relationships, Sex and Health Education (RSHE) is an essential part of every child's personal development and wellbeing. RSHE supports children to form positive relationships, stay safe, respect themselves and others, understand changes that occur during growth and development, and prepare for the opportunities and challenges of life in modern Britain.

Our RSHE curriculum is delivered within a framework of safeguarding, inclusion, equality and mutual respect. It reflects our school values and supports children to become confident, responsible and respectful citizens.

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2. Aims

The aim of RSHE at Ashgate is to enable pupils to:

- Develop positive and healthy relationships.
- Build self-esteem, confidence and resilience.
- Understand physical, emotional and social development.
- Recognise and manage risks.
- Respect diversity and difference.
- Understand consent, boundaries and personal safety.
- Stay safe online and offline.
- Develop knowledge and skills to support good physical and mental health.
- Prepare for the transition to secondary school and adulthood.

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3. Legislation and Guidance

This policy has been developed in accordance with:

- Children and Social Work Act 2017.
- Relationships Education, Relationships and Sex Education and Health Education Regulations 2019.
- Statutory Guidance for Relationships Education, Relationships and Sex Education (RSE) and Health Education.
- Equality Act 2010.
- SEND Code of Practice 2015.
- Keeping Children Safe in Education (current edition).
- Working Together to Safeguard Children.
- Derby Safeguarding Children Partnership guidance.
- National Curriculum for Science.

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4. Roles and Responsibilities

Governing Board

The Governing Board will:

- Ensure statutory compliance.
- Approve and review the policy.
- Monitor the effectiveness of RSHE provision.
- Ensure RSHE reflects the needs of pupils and the wider community.

Headteacher

The Headteacher will:

- Ensure effective implementation of the policy.
- Provide appropriate staffing and resources.
- Monitor delivery and impact.
- Ensure staff receive relevant training.

RSHE Lead

The RSHE Lead will:

- Oversee curriculum planning and progression.
- Support staff.
- Monitor delivery and quality assurance.
- Liaise with external agencies where appropriate.
- Review provision regularly.

Staff

All staff delivering RSHE will:

- Deliver lessons professionally and sensitively.
- Maintain an inclusive learning environment.
- Follow safeguarding procedures.
- Promote respect, equality and inclusion.

Parents and Carers

Parents and carers are recognised as children's primary educators and partners in supporting children's understanding of relationships, health and wellbeing. The school will work closely with families and provide opportunities for consultation and communication regarding RSHE provision.

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5. Equality, Diversity and Inclusion

Ashgate Primary School is committed to ensuring that RSHE reflects our duties under the Equality Act 2010 and promotes equality, diversity and inclusion.

Teaching will be:

- Inclusive.
- Age appropriate.
- Accessible to all pupils.
- Sensitive to children's backgrounds and experiences.

RSHE will reflect and respect:

- Different family structures.
- Religious and cultural beliefs.
- Disabilities and SEND.
- Protected characteristics under equality legislation.
- Individual differences and identities.

Children will be taught that all people deserve respect and that discrimination, bullying and prejudice are unacceptable.

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6. Safeguarding

RSHE plays a vital role in safeguarding children and promoting their welfare.

Through RSHE pupils will learn:

- How to stay safe.
- How to recognise unsafe situations.
- How to seek help from trusted adults.
- The importance of personal boundaries.
- Appropriate and inappropriate touch.
- How to recognise abuse and exploitation.
- How to stay safe online.
- The characteristics of healthy and unhealthy relationships.

Any safeguarding concerns arising from RSHE lessons will be managed in accordance with the school's Child Protection and Safeguarding Policy.

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7. Protective Behaviours

Ashgate incorporates principles of Protective Behaviours to support Derby safeguarding priorities.

Children will be taught:

- We all have the right to feel safe all of the time.
- We can talk with someone about anything, even if it feels awful or small.
- How to recognise early warning signs.
- How to identify trusted adults.
- Strategies for keeping themselves safe.

These principles support personal safety, wellbeing and resilience.

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8. Curriculum Intent

RSHE is delivered through:

- PSHE education.
- Science curriculum.
- Assemblies.
- Safeguarding curriculum.
- Online Safety education.
- Protective Behaviours work.
- Curriculum enrichment opportunities.

Learning is carefully sequenced and progressive from EYFS to Year 6.

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9. Relationships Education

Relationships Education is statutory in all primary schools.

Pupils will learn about:

- Families and people who care for us.
- Caring friendships.
- Respectful relationships.
- Online relationships.
- Being safe.
- Respect and inclusion.
- Bullying and discrimination.

- Seeking support when needed. Children will learn that families can look different and that loving, caring and stable relationships are important to children's wellbeing.

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10. Health Education

Health Education includes:

- Physical health and fitness.
- Healthy eating.
- Mental wellbeing.
- Emotional literacy.
- Managing change.
- Personal hygiene.
- Puberty education.
- Sleep and healthy lifestyles.
- Basic first aid.
- Substance awareness appropriate to age.

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11. Sex Education

Although Sex Education is not statutory in primary schools, Ashgate provides age-appropriate sex education to Year 6 pupils to support transition to secondary school.

This may include:

- Human reproduction.
- Conception.
- Pregnancy.
- Birth.
- Puberty and body changes.
- Personal hygiene.

Teaching will be:

- Age appropriate.
- Factually accurate.
- Delivered sensitively.
- Set within the context of healthy relationships and family life.

12. Online Safety

Children live in an increasingly digital world and online safety forms a key element of RSHE.

Pupils will learn about:

- Online relationships.
- Digital footprints.
- Privacy settings.
- Cyberbullying.
- Online grooming.
- Gaming safety.
- Social media.
- Image sharing.
- Consent online.
- Reporting concerns.

Links are made to the school's Online Safety Policy and safeguarding curriculum.

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13. Inclusion and SEND

The school recognises that some pupils may require adapted approaches to RSHE due to:

- SEND.
- Communication needs.
- Learning difficulties.
- Social, emotional and mental health needs.
- Disabilities.

Appropriate differentiation and reasonable adjustments will be made to ensure all pupils can access learning and make progress.

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14. Managing Sensitive Questions

RSHE may generate questions that pupils wish to explore.

Staff will:

- Create a safe and respectful environment.
- Use age-appropriate language.
- Answer questions honestly and factually.
- Use professional judgement regarding appropriateness.
- Avoid personal opinions.

- Refer safeguarding concerns appropriately.

Anonymous question opportunities may be provided where appropriate.

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15. Working with Parents and Carers

The school values positive relationships with parents and carers.

Parents will:

- Have access to this policy.
- Be informed about curriculum content.
- Have opportunities to discuss provision.
- Be supported to continue conversations at home.

The school recognises parents as key partners in children's learning and development.

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16. Right to Withdraw

Parents do not have the right to withdraw their child from:

- Relationships Education.
- Health Education.
- National Curriculum Science.

Parents do have the right to request withdrawal from the non-statutory sex education elements delivered beyond National Curriculum Science.

Requests should be made in writing to the Headteacher and will be discussed with parents prior to any decision being implemented.

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17. Confidentiality and Safeguarding

Staff cannot guarantee confidentiality where safeguarding concerns are identified.

Children will be supported to understand that:

- Trusted adults can help keep them safe.
- Some information must be shared if there is a risk of harm.
- Safeguarding procedures exist to protect children.

Any disclosures will be managed in accordance with the school's safeguarding procedures.

18. Monitoring and Evaluation

The effectiveness of RSHE will be monitored through:

- Pupil voice.
- Staff feedback.
- Curriculum monitoring.
- Learning walks.
- Book scrutiny.
- Governor monitoring.
- Parent feedback where appropriate.

The Governing Board will receive periodic reports regarding RSHE provision and statutory compliance.

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19. Linked Policies

This policy should be read alongside:

- Child Protection and Safeguarding Policy.
- Behaviour and Conduct Policy.
- Attendance Policy.
- Equality, Diversity, Inclusion and Community Cohesion Policy.
- Online Safety Policy.
- Anti-Bullying Policy.
- SEND Policy.
- Supporting Pupils with Medical Conditions Policy.
- PSHE Policy.

At Ashgate Primary School, our RSHE curriculum helps pupils develop the knowledge, understanding, skills and values needed to build positive relationships, stay safe, respect diversity and thrive as confident members of their community.