Relationships & Health Education Policy

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*subject to any relevant changes in legislation or other appropriate guidelines

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Statement of intent

At Vantage Academy Trust, we understand that pupils must be provided with an education that prepares them for the opportunities, responsibilities and experiences of adult life. A key part of this relates to relationships education, which must be delivered to every primary-aged pupil. Primary schools also have the option to decide whether pupils are taught sex education. State-funded primary schools are also required to teach health education.

Relationships education focusses on giving pupils the knowledge they need to make informed decisions about their wellbeing, health and relationships, and to build their self-efficacy. Health education focusses on equipping pupils with the knowledge they need to make good decisions about their own health and wellbeing.

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

Signed by:

_____ Principal Date: _____

_____ Chair of LAB Date: _____

Legal framework

This policy has due regard to legislation and statutory guidance including, but not limited to, the following:

- Section 80A of the Education Act 2002
- Children and Social Work Act 2017
- The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019
- Equality Act 2010
- DfE (2019) 'Relationships Education, Relationships and Sex Education (RSE) and Health Education'
- DfE (2013) 'Science programmes of study: key stages 1 and 2'
- DfE (2020) 'Teaching about relationships, sex and health'

This policy operates in conjunction with the following school policies:

- Child Protection and Safeguarding Policy
- Behavioural Policy
- SEND Policy
- Inclusion Policy
- Equal Opportunities Policy
- Anti-Bullying Policy
- Social, Emotional and Mental Health (SEMH) Policy
- E-safety Policy
- Visitor Policy

Roles and responsibilities

The Local Advisory Board (LAB) is responsible for:

- 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 Each school can fulfil its legal obligations.

The Principal is responsible for:

- The overall implementation of this policy.
- Ensuring staff are suitably trained to deliver the subjects.
- Ensuring that parents are fully informed of this policy.
- 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 PSHE Lead is responsible for:

- Overseeing the delivery of the subjects.
- Ensuring the subjects are age-appropriate and high-quality.
- Ensuring teachers are provided with adequate resources to support teaching of the subjects.
- Ensuring Each school meets its statutory requirements in relation to the relationships, sex and health curriculum.
- Ensuring the relationships, sex and health curriculum is inclusive and accessible for all pupils.
- Working with other subject leaders to ensure the relationships, sex and health curriculum complements, but does not duplicate, the content covered in the national curriculum.
- Monitoring and evaluating the effectiveness of the subjects and providing reports to the Principal.

The class teachers are responsible for:

- Delivering a high-quality and age-appropriate relationships, sex 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 education.
- 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 PSHE Lead to evaluate the quality of provision.

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.

Organisation of the curriculum

Every primary school is required to deliver statutory relationships education and health education.

For the purpose of this policy, **"relationships and sex education"** is defined as teaching pupils about healthy, respectful relationships, focussing on family and friendships, in all contexts, including online, as well as developing an understanding of human sexuality.

For the purpose of this policy, **"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.

The delivery of the relationships education and of health education coincide with one another and will be delivered as part of Each school's PSHE curriculum.

The relationships and health curriculum has been organised in line with the statutory requirements outlined in the DfE (2019) 'Relationships, Education, Relationships and Sex Education (RSE) and Health Education' guidance.

The relationships and health curriculum takes into account the views of teachers, pupils and parents. We are dedicated to ensuring our curriculum meets the needs of the whole-school community.

The relationships and health curriculum is informed by issues in Each 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.

We consult with parents, pupils and staff in the following ways:

- Questionnaires and surveys
- Website
- 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 Principal.
- Emailing our schools

Each school has organised a curriculum that is age-appropriate for pupils within each year group, based on the views of teachers, parents and pupils.

When organising the curriculum, the religious backgrounds of all pupils will be considered, so that the topics that are covered are taught appropriately.

Early Years Foundation Stage (EYFS)

In the Early Years Foundation Stage, Relationships and Health Education is delivered through the EYFS Framework, primarily through the areas of Personal, Social and Emotional Development (PSED), Communication and Language, and Understanding the World. Learning is embedded within daily interactions, continuous provision, class discussions, stories and planned teaching opportunities.

Children are supported to:

- Develop positive relationships with adults and peers.
- Build confidence, resilience and independence.
- Recognise, understand and talk about their feelings and the feelings of others.
- Learn how to take turns, share and cooperate with others.
- Understand the importance of kindness, respect and inclusion.
- Develop an awareness of personal boundaries and understand that their body belongs to them.
- Identify trusted adults who can help them if they are worried or upset.
- Learn basic strategies for keeping themselves safe, including online and in everyday situations.
- Develop healthy habits relating to personal hygiene, physical activity, healthy eating and self-care.
- Celebrate similarities and differences between themselves and others, fostering respect for diversity within the school and wider community.

Through high-quality interactions and carefully planned learning experiences, children begin to develop the knowledge, skills and attitudes that provide the foundation for future Relationships, Sex and Health Education learning as they progress through the school.

Consultation with parents

Each school understands the important role parents play in enhancing their children's understanding of relationships, sex and health. Similarly, we also understand how important parents' views are in shaping the curriculum.

Each school works closely with parents by establishing open communication – all parents are consulted in the development and delivery of the curriculum, as outlined in section 3 of this policy.

Parents are provided with the following information:

- The content of the relationships, sex and health curriculum
- The delivery of the relationships, sex 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

Each 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 are consulted in the review of the curriculum and this policy, and are encouraged to provide their views at any time.

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 (for example, physically, in character, personality or backgrounds), 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 safety and awareness

Pupils will be taught about emerging technologies, including artificial intelligence, and how such technologies can be used positively whilst also presenting risks through misinformation, manipulated content, deepfakes, online scams and inappropriate interactions. They will be encouraged to question the reliability of online information and seek guidance from trusted adults whenever they are unsure.

The curriculum will support pupils to understand emerging online risks, including misinformation, artificial intelligence (AI)-generated content, online exploitation, harmful online challenges, inappropriate contact, and the responsible use of technology.

By the end of primary school, pupils will know:

- That people should be respectful in online interactions, and that the same principles apply to online relationships as to face-to-face

relationships, including where people are anonymous. For example, the importance of avoiding putting pressure on others to share information and images online, and strategies for resisting peer pressure.

- How to critically evaluate their online relationships and sources of information, including awareness of the risks associated with people they have never met. For example, that people sometimes behave differently online, including pretending to be someone else, or pretending to be a child, and that this can lead to dangerous situations. How to recognise harmful content or harmful contact, and how to report this.
- That there is a minimum age for joining social media sites (currently 13), which protects children from inappropriate content or unsafe contact with older social media users, who may be strangers, including other children and adults.
- The importance of exercising caution about sharing any information about themselves online. Understanding the importance of privacy and location settings to protect information online.
- Online risks, including that any material provided online might be circulated, and that once a picture or words has been circulated there is no way of deleting it everywhere and no control over where it ends up.
- That the internet contains a lot of content that can be inappropriate and upsetting for children, and where to go for advice and support when they feel worried or concerned about something they have seen or engaged with 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 online. This can include learning about boundaries in play and in negotiations about space, toys, books, resources etc.
- The concept of privacy and its implications for both children and adults; including 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 contact, including physical contact.
- How to respond safely and appropriately to adults they may encounter (in all contexts, including online), including those they do and do not know.
- How to recognise when a relationship is harmful or dangerous, including skills for recognising who to trust and who not to trust.
- How to report abuse, concerns about something seen online or experienced in real life, or feelings of being unsafe or feeling bad

about any adult and the vocabulary and confidence needed to do so.
- How to ask for advice or help for themselves or others, and to keep trying until they are heard. Where to get advice e.g. family, school and/or other sources.

Relationships education per year group

The school delivers Relationships, Health and Sex Education through the Jigsaw PSHE programme. Learning is organised around six half-termly themes which are revisited annually to build knowledge and understanding progressively as pupils move through the school.

These themes are:
- Being Me in My World
- Celebrating Difference
- Dreams and Goals
- Healthy Me
- Relationships
- Changing Me

Relationships, Health and Sex Education Curriculum Overview	
Reception	Children learn to: • Build positive relationships with adults and peers. • Recognise and manage feelings. • Understand classroom rules and routines. • Celebrate similarities and differences. • Keep themselves healthy and safe. • Understand friendships and family relationships. • Learn about growth, change and personal hygiene.
Y1	Children learn to: • Understand belonging and responsibilities. • Celebrate individual differences. • Set simple goals and persevere. • Make healthy choices. • Develop positive friendships. • Understand life cycles, growth and changes in their bodies.
Y2	Children learn to: • Recognise their place within a community. • Challenge stereotypes and unkind behaviour. • Build resilience when faced with challenges. • Understand healthy lifestyles and safety. • Develop healthy relationships and trust. • Learn about growing up and the changes that occur as they get older.
Y3	Children learn to: • Understand rights, responsibilities and democracy. • Appreciate diversity and challenge discrimination. • Develop aspirations and perseverance. • Understand physical and emotional health. • Recognise healthy and unhealthy relationships.

	• Learn about body changes and personal hygiene during puberty.
Y4	Children learn to: • Contribute positively to their community. • Show respect for differences and individuality. • Develop strategies for overcoming barriers. • Understand the risks associated with unhealthy choices. • Explore friendships, family relationships and conflict resolution. • Learn about puberty and emotional changes.
Y5	Children learn to: • Recognise their role as responsible citizens. • Understand equality, inclusion and protected characteristics. • Build resilience and prepare for transition. • Understand physical, emotional and online safety. • Explore healthy relationships, consent and personal boundaries in an age-appropriate way. • Learn about puberty, reproduction and preparing for adolescence.
Y6	Children learn to: • Demonstrate leadership and responsibility. • Challenge prejudice and discrimination. • Set goals and prepare for future transitions. • Understand how to manage risks to physical and emotional wellbeing. • Explore complex friendships, family relationships and online relationships. • Learn about human reproduction, puberty, conception, birth and preparing for secondary school.

Statutory Requirements

The curriculum ensures that all statutory Relationships Education and Health Education requirements are met. Sex education beyond the National Curriculum for Science is taught through the **Changing Me** unit in Upper Key Stage 2 and is delivered in an age-appropriate manner. Parents are informed before this content is taught and retain the right to withdraw their child from the non-statutory elements of sex education.

Curriculum Progression

Learning is carefully sequenced so that pupils:

- Develop secure knowledge of healthy relationships.
- Build understanding of physical and mental wellbeing.
- Learn how to stay safe, including online.
- Develop respect for themselves and others.
- Understand changes associated with growing up and puberty.
- Are prepared for the opportunities, responsibilities and experiences of later life.

Health education overview

The focus 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 are 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.

Health education per year group

Each school is free to determine, within the statutory curriculum content outlined in section 7, what pupils are taught during each year group.

Each school always considers the age and development of pupils when deciding what will be taught in each year group.

Each school plans a progressive curriculum, in which topics are built upon prior knowledge taught in previous years as pupils progress through school, with a view to providing a smooth transition to secondary school.

Sex education

Sex education in primary school includes age-appropriate teaching about human reproduction, conception, birth, puberty and healthy relationships.

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.

Each school is free to determine whether pupils should be taught sex education beyond what is required of the national curriculum.

In our schools, we do teach pupils sex education in line with our PHSE JIGSAW scheme of work

Parents are fully consulted in the organisation and delivery of our sex education curriculum, in accordance with section 3 and section 4 of this policy.

Parents are given the opportunity to advise on what should be taught through sex education.

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

Delivery of the curriculum

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

Through effective organisation and delivery of the subject, we 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 and sexual development.

Teaching of the curriculum reflects requirements set out in law, particularly the Equality Act 2010, so that pupils understand what the law does and does not allow, and the wider legal implications of the decisions they make.

Pupils will be taught the facts and the law about sex, sexuality, sexual health and gender identity in an age-appropriate, inclusive and respectful way. We will endeavour to support all pupils to feel that the content is relevant to them and their developing sexuality.

At the point we consider it appropriate to teach pupils about sexual relationships, we will ensure that LGBTQ+ content is fully integrated into the relationships, sex and health curriculum, rather than delivered as a standalone unit or lesson.

Each 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.

Classes may be taught in smaller groups, dependent upon the nature of the topic being delivered at the time, and the cultural background of pupils where it is appropriate to deal with these issues with heightened sensitivity.

Throughout every year group, appropriate diagrams, videos, books, games, discussion and practical activities will be used to assist learning.

Inappropriate images, videos, etc., will not be used, and resources will be selected with sensitivity given to the age, developmental stage and cultural background of pupils.

Pupils will be prevented from accessing inappropriate materials on the internet when using such to assist with their learning. The prevention measures taken to ensure this are outlined in each school's E-safety Policy.

Teachers will establish what is appropriate for one-to-one and whole-class settings, and alter their teaching of the programme accordingly.

Teachers will ensure that pupils' views are listened to and will encourage them to ask questions and engage in discussion. Teachers will answer questions sensitively, honestly and in a manner appropriate to the pupil's age.

Teachers will ensure pupils are aware of the expectation of them to participate sensitively and respectfully in class discussions of sensitive issues.

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.

Teachers will ensure that lesson plans are centred around reducing stigma, particularly in relation to mental wellbeing, and encouraging openness through discussion activities and group work.

Teachers will ensure lesson plans focus on challenging perceived views of pupils based on protected characteristics, through exploration of, and developing mutual respect for, those different to themselves.

Any resources or materials used to support learning will be formally assessed by the PSHE Lead before use to ensure they are appropriate for the age and maturity of pupils, and sensitive to their needs.

In teaching the curriculum, teachers will be aware that pupils may raise topics such as self-harm and suicide. When talking about these topics in lessons, teachers will be aware of the risks of encouraging these behaviours and will avoid any resources or material that appear as instructive rather than preventative.

At all points of delivery of this programme, parents will be consulted, and their views will be valued. What will be taught and how, will be planned in conjunction with parents.

Assessment

Assessment within Relationships, Sex and Health Education is primarily formative and is used to inform future teaching and support pupils' personal development. The aim of assessment is not to measure attitudes or personal beliefs, but to evaluate pupils' understanding of the knowledge, skills and vocabulary taught through the curriculum.

Teachers will assess learning through:

- Classroom discussion and questioning.
- Observation of pupil participation and engagement.
- Written work and recorded activities where appropriate.
- Reflection activities and pupil self-assessment.
- Retrieval activities to assess retention of key knowledge.
- Floor books, learning journals and class displays where relevant.
- Pupil voice activities, including surveys and interviews.
- Informal assessment opportunities embedded within lessons.

Assessment information will be used to:

- Identify gaps and misconceptions in pupils' learning.
- Inform future curriculum planning and sequencing.
- Ensure the curriculum meets the needs of all pupils, including those with SEND.
- Support monitoring and evaluation of the effectiveness of the Relationships, Sex and Health Education curriculum.
- Inform subject leadership reviews and school improvement priorities.

The PSHE Lead will regularly review assessment information alongside monitoring activities, including lesson visits, planning scrutiny and pupil voice, to evaluate the impact of the curriculum and identify areas for further development.

For pupils in the Early Years Foundation Stage, assessment will be undertaken through observations, interactions and ongoing assessment of children's Personal, Social and Emotional Development, helping staff to support children's wellbeing, relationships and personal development from the earliest stages of learning.

Safeguarding and Emerging Risks

The delivery of Relationships, Sex and Health Education forms an important part of the school's wider safeguarding curriculum. Teaching is delivered in line with current safeguarding guidance, including *Keeping Children Safe in Education (KCSIE 2026)*, and aims to equip pupils with the knowledge and skills needed to stay safe in an increasingly complex world.

Through the curriculum, pupils will be supported to:

- Understand how to recognise unsafe, unhealthy or inappropriate behaviours in both online and offline relationships.
- Recognise the signs of bullying, cyberbullying, child-on-child abuse and harmful behaviour, and know how to report concerns.
- Develop an understanding of consent, personal boundaries and respectful behaviour in an age-appropriate manner.
- Understand the risks associated with sharing personal information, photographs, videos and messages online.
- Recognise that online content may not always be accurate, trustworthy or appropriate and develop critical thinking skills when engaging with digital media.
- Understand the potential risks associated with artificial intelligence (AI), including manipulated images, deepfakes, misinformation, online scams and inappropriate content generation. Pupils will be taught how to seek support if they encounter concerning or harmful content.
- Learn how filtering and monitoring systems help to keep children safe online whilst recognising that technology alone cannot eliminate all risks.
- Understand age restrictions on social media platforms, gaming applications and online communication tools.
- Learn how to identify trusted adults and access support when worried about their own safety or the safety of another child.
- Develop awareness of vulnerabilities that may increase safeguarding risks, including exploitation, coercion, serious violence, online grooming and exposure to harmful content.

Pupils will learn about healthy relationships, consent, respectful behaviour and how to recognise and report inappropriate behaviour, including bullying, harassment and child-on-child abuse, in an age-appropriate manner.

All staff delivering the curriculum remain alert to safeguarding concerns and follow the school's safeguarding procedures when disclosures are made or concerns arise. Staff recognise that discussions within Relationships, Sex and Health Education may

lead to disclosures and will respond in accordance with the school's Child Protection and Safeguarding Policy.

The curriculum is regularly reviewed to ensure it reflects emerging safeguarding themes, local safeguarding priorities, developments in technology and current statutory guidance.

Working with external experts

External experts may be invited to assist from time-to-time with the delivery of the programme and will be expected to comply with the provisions of this policy.

Each school will ensure all visitor credentials are checked before they are able to participate in delivery of the curriculum, in line with the Visitor Policy.

Each school will ensure that the teaching delivered by the external expert fits with the planned curriculum and this policy.

Before delivering the session, each school will discuss the details of the expert's lesson plan and ensure that the content is age-appropriate and accessible for the pupils.

Each school will also 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.

Each school will 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.

The intended use of external experts is to enhance the curriculum delivered by teachers, rather than as a replacement for teachers.

Equality and accessibility

Each school understands its responsibilities in relation to the Equality Act 2010, specifically that it must not unlawfully discriminate against any pupil because of their protected characteristics. These include:

- Age
- Sex or sexual orientation
- Race
- Disability
- Religion or belief
- Gender reassignment
- Pregnancy or maternity
- Marriage or civil partnership

Each school is committed to making reasonable adjustments wherever possible to promote accessibility and inclusivity of the curriculum.

Each school understands that pupils with SEND or other needs, such as those with social, emotional or mental health needs, are entitled to learn about relationships, sex and health education, and the programme will be designed to be inclusive of all pupils.

Teachers will understand that they may need to be more explicit and adapt their planning of work and teaching methods in order to appropriately deliver the programme to pupils with SEND or other 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 of 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, each school implements a robust Behavioural Policy, as well as a Child Protection and Safeguarding Policy, which set out expectations of pupils.

Each school understands that relationships, sex, and health education may include topics which are triggers for teaching staff, and could relate to historic, recent, or current trauma. If this is the case, each school encourages staff to approach their line manager or each school's designated wellbeing lead to discuss this.

Curriculum links

Each school seeks opportunities to draw links between relationships, sex and health education and other curriculum subjects wherever possible to enhance pupils' learning.

Relationships, sex and health education 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.

Withdrawing from the subjects

Relationships and health education are statutory at primary and parents **do not** have the right to withdraw their child from the subjects.

As sex education is not statutory at primary level, other than what must be taught as part of the science curriculum, parents have the right to request to withdraw their child from all or part of the sex education curriculum.

The Principal will automatically grant withdrawal requests in accordance with point 14.2; however, the Principal will discuss the request with the parent and, if appropriate, their child, to ensure that their wishes are understood and to clarify the nature and purpose of the curriculum.

The Principal will discuss with the parent, the benefits or receiving this important education and any adverse effects that withdrawal may have on the pupil – this could include, for example, social and emotional effects of being excluded.

The Principal will keep a record of the discussion between themselves, the pupil and the parent.

The Principal will grant a parent's request to withdraw their child from sex education, other than the content that must be taught as part of the science curriculum.

The parent will be informed in writing of the Principal's decision.

Where a pupil is withdrawn from sex education, the Principal will ensure that the pupil receives appropriate alternative education.

Behaviour

Each school has a zero-tolerance approach to bullying. We aim to foster a culture based on mutual respect and understanding for one another.

Any bullying incidents caused as a result of the relationships, sex and health education programme, such as those relating to sexual orientation, will be dealt with as seriously as other bullying incidents within each 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 Behavioural Policy and Anti-Bullying Policy.

The Principal 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.

Staff training

All staff members at each school will undergo training on an annual basis to ensure they are up-to-date with the relationship, sex and health education programme and associated issues.

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.

Confidentiality

Confidentiality within the classroom is an important component of relationships, sex and health education, and teachers are expected to respect the confidentiality of their pupils as far as is possible.

Teachers will, however, alert the Principal about any suspicions of inappropriate behaviour or potential abuse as per each school's Child Protection and Safeguarding Policy.

Pupils will be fully informed of each school's responsibilities in terms of confidentiality and will be aware of what action may be taken if they choose to report a concern or make a disclosure.

Any reports made during lessons, or as a result of the content taught through the curriculum, will be reported to the DSL and handled in accordance with the Child Protection and Safeguarding Policy.

Monitoring quality

The PSHE Lead is responsible for monitoring the quality of teaching and learning for the subjects.

The PSHE Lead will create annual subject reports for the Principal and governing board to report on the quality of the subjects.

Monitoring and review

This policy will be reviewed on an annual basis by the School Improvement Team. The next scheduled review date for this policy is September 2027.

This policy will also be reviewed in light of any changes to statutory guidance, feedback from parents, staff or pupils, and issues in each 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.