


<p align="center">Shirley Warren Primary and Nursery School Policy statement</p>	<p>Effective Date:</p>	<p>March 2024</p>
<p align="center">Relationships and Health Education Policy</p> <p align="center">(incorporating PSHE and SRE)</p>	<p>Revision Date:</p>	<p>March 2025 (or in accordance with DfE guidance)</p>
	<p>Page No:</p>	<p>1 of 5</p>
	<p>Approval by the FGB Signed:  (Chair of Governors)</p>	<p>12th March 2024</p>
<p align="center">Head Teacher</p>	<p align="center">Mrs Zoe Newton</p>	
<p align="center">DSL's</p>	<p align="center">Zoe Newton, Sophia Ship, Crystal Hall Matt Goodchild, Will Lyon Tom Humphreys</p>	
<p align="center">RSE/PSHE Lead</p>	<p align="center">Mr Frank Sims</p>	

This policy sets out the way Relationships and Health education has been taught at Shirley Warren Primary and Nursery school since Summer term 2021.

This policy is in line with DfE guidance Life lessons: PSHE and SRE in schools; updated 2019, the Sex and Relationships Education Guidance July 2000 and the Relationships Education and Health Education DfE statutory guidance September 2000

1. Definition

Relationships and Health Education (RHE) gives children essential skills for building positive, enjoyable, respectful and non-exploitative relationships and staying safe both on and off line. RHE is also learning and accurate and age-appropriate skills, attitudes and knowledge about the body, reproduction, sex and sexual health. RHE is about the emotional, social and cultural development of pupils, and involves learning about:

- valuing families and different family structures,
- creating and maintaining positive friendships,
- developing safe and respectful relationships,
- understanding the changes that take place during puberty,
- promoting good health and carrying out first aid,
- the ability to make independent choices and not to be influenced by others,
- operating safely in a digital world

Through our RHE lessons we actively promote a positive, safe culture where the children will be involved in a combination of sharing information, and exploring issues and values in a safe environment. This is matched appropriately to the age and development of each year group, cohort and/or individual children; including taking account of any religious and cultural beliefs, additional learning needs and being sensitive to any personal, social and emotional needs.

RHE is not about the promotion of sexual activity.

2. Aims

We believe that RHE forms an integral part of children's growing knowledge of life and the world around them. At Shirley Warren Primary and Nursery school we aim to provide this within a developmentally appropriate framework which is integrated with the curriculum and taught within a caring context.

Building a strong foundation in our pupils, gives them the skills to negotiate through life confidently, safely and in an educated and informed way. Enabling our children to respect themselves and others, taking responsibility for their own actions; helps them to understand the longevity of their choices, which affect themselves and their community around them. Keeping their bodies safe and their mental wellbeing healthy is an important challenge in our modern day society, starting in childhood, through to adolescence and adulthood.

In order to do this we aim to:

- Provide a framework in which sensitive discussions can take place
- Prepare pupils for puberty, and give them an understanding of sexual development and the importance of health and hygiene
- Help pupils develop feelings of self-respect, confidence and empathy
- Create a positive culture around issues of sexuality and relationships

- Teach pupils the correct vocabulary to describe themselves and their bodies
- Improve the lives of pupils, families and the community

4. Curriculum

Our curriculum is planned following the National Curriculum and the PSHE Association's PSHE/RSE curriculum (see appendix 1). *NB: The full curriculum content is available on request from the school.* This is taught under the main headings:

Health and Well-being

Relationships

Living in the Wider World

It is reviewed and adapted to suit the needs of our school. There may be times that we need to adapt it depending on cohorts and individuals and in response to children's questions or in response to local/ national issues.

Alongside the PSHE Association's planning biological aspects of RHE are taught within the science curriculum, and other aspects are included in religious education (RE).

Pupils in Year 6 also receive stand-alone sex education sessions delivered by their class teacher using the Medway Public Health Directorate planning as advised by the PSHE Association. They may also have an additional visit from a health professional.

There is specific vocabulary relating to RHE and also Sex and Relationships that will be taught in each year group. This vocabulary can be found in (appendix 2).

Staff are aware that views the sex education part of RHE are varied however, while personal views are respected, all issues taught are without bias. Topics are presented using a variety of views and beliefs so that pupils are able to form their own, informed opinions but also respect others who may have a different opinion. If pupils ask questions outside the scope of our curriculum, teachers will respond in an age appropriate manner so pupils are fully informed.

At Shirley Warren RHE sessions are taught in a safe non-judgmental environment where utmost respect is shown.

5. Statutory requirements

The teaching of RHE is compulsory and therefore all children are taught RHE within the guidelines stated within this policy.

6. Right to be excused from sex education (commonly referred to as the right to withdraw)

Parents have the right to request that their child be withdrawn from some or all of **just** the sex education part of statutory RHE taught in Year 6. There is no right to withdraw from RHE lessons.

Parents will be informed prior to sex education lessons being taught. There will be an opportunity for them to view materials to be used and ask any questions.

If there are any concerns about the content of the materials being taught then parents should phone the school to book an appointment with the Headteacher. If after discussions with the Headteacher, parents still wish to withdraw their child from sex education lessons then this must be put in writing and addressed to the Headteacher.

7. Policy development

This policy has been developed by the Headteacher - Zoe Newton in conjunction with the RSE and PSHE Lead. It was first sent to all parents and staff for consultation in 2021 and is reviewed annually by the governing body.

8. Roles and responsibilities

8.1 The governing board

The governing board annually approves all policies and holds the headteacher to account for its implementation.

8.2 The headteacher

The headteacher is responsible for ensuring that RHE is taught consistently across the school, and for managing requests to withdraw pupils from the non-statutory components of Sex Education

8.3 Staff

Staff are responsible for:

- Delivering RHE in a sensitive way
- Modelling positive attitudes to RHE

- Monitoring progress
- Responding to the needs of individual pupils
- Responding appropriately to pupils whose parents wish them to be withdrawn from the non-statutory sex education components

Staff do not have the right to opt out of teaching RHE. Staff who have concerns about teaching RHE are encouraged to discuss this with the headteacher.

8.4 Pupils

Pupils are expected to engage fully in RHE and, when discussing issues related to RSE, treat others with respect and sensitivity.

9. Training

All staff will be trained on the delivery of RHE. External trainers such as the PSHE Association or representatives from Local Authority will be invited to lead the training where relevant.

11. Monitoring arrangements

The delivery of RHE will be monitored by the Head Teacher and Frank Sims as RSE/PSHE lead.

This policy will be reviewed annually. At every review, the policy will be approved by the governing board.

Appendix 1. Relationships and Health Education (RHE) Curriculum Overview

RHE Termly Overview of Topics 2023/2024

Early Years: Nursery and Reception

Term	Theme	Strand
All year, ongoing	Personal, Social and Emotional Development	1. Making Relationships
		2. Sense of Self
		3. Understanding Emotions
	Understanding the World	1. People and Communities
		2. The World
		3. Technology
	Physical Development	1. Moving and Handling
		2. Health and Self-Care

Primary: Years 1-6

Term	Theme	Strand
Autumn	Relationships	1. Families and Friendships
		2. Safe Relationships
		3. Respecting Ourselves and Others
Spring	Living in the Wider World	1. Belonging to a Community
		2. Media Literacy and Digital Resilience
		3. Money and Work
Summer	Health and Wellbeing	1. Physical Health and Mental Wellbeing
		2. Growing and Changing
		3. Keeping Safe

Appendix 2 - RHE Vocabulary Progression Plan

EARLY YEARS						
Personal, Social and Emotional Development Understanding the World	<ul style="list-style-type: none"> - boy, girl, family, different, same, face, skin, hair, body, like, don't like, clean, smelly, sponge, towel, hands, washing, brushing teeth, getting dressed, undress, safe/unsafe. - mum, dad, sister, brother, grandparents, auntie, uncle, sharing, bullying, family, jobs, relationship. - kind, gentle, different, friends, feelings, falling out, making up, listening, argument, happy, sad, worried, angry, apologize, fair, unfair, lonely, calm, taking turns, rules, school, community, classroom, rights. - grow, young, old, change, hungry, healthy, tired, rest, play, safety, risk. - good/bad choice, school rules, local area, money, notes, coins, bank, spending, shopping, saving, selling, shops. 					
	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6
Belonging to a community	Rules, needs, care, living things, environment, recycling	Groups, belong, role, rights, responsibility, community, equal, different	Freedom, laws, responsibility, consequences, human rights,	Community, shared responsibility, compassion, contribution	compassion, shared responsibility, spending decisions	prejudice, discrimination, stereotypes, diversity
Respecting ourselves and others	Kind, unkind, behaviour, actions, feelings, respect, polite, share, turn taking	Common, classmates, similar, situation, sharing, important, listening, understanding	Respectful, self-respect, courtesy,	Differences, similarities, traditions, beliefs	equality, lifestyle, discrimination, trolling, harassment, self respect, anonymous	constructive challenge, conflict, personal behavior, debate, topical

<p>Physical health and mental wellbeing</p>	<p>healthy, unhealthy, washing, physical activity, play, sun safety</p>	<p>healthy, unhealthy, habit, routine, growing, medicines, dentist, dental health, mood</p>	<p>Health choices, feelings, informed decisions, healthy lifestyle, healthy diet, exercise benefits,</p>	<p>Balanced lifestyle, hygiene, dental care, oral hygiene,</p>	<p>lifestyle, sleep hygiene, mental health, sun exposure, heat stroke, disease prevention, vaccination, immunization, bacteria, virus, skin cancer</p>	<p>mental ill- health, adverse experiences, conflicted feelings, grieving process, bereavement mental health and wellbeing</p>
<p>Safe relationships</p>	<p>hurt, private, touch, uncomfortable, ask, vagina, penis,</p>	<p>hurtful, behavior, bullying, online, surprise, secret, worried, pressured, unsafe, worried</p>	<p>Personal boundaries, impact, privacy,</p>	<p>Confidentiality, online risks, support, appropriate, permission consent, peer pressure</p>	<p>consent, appropriate and inappropriate contact, acceptable, unacceptable, confidential</p>	<p>healthy and unhealthy friendship, shared responsibility, risk assessment, personal safety, consent</p>

<p>Media literacy and digital resilience</p>	<p>internet, digital, device, communicate, safely</p>	<p>internet access, purpose, value, content, online information</p>	<p>Online information, sources, reliability</p>	<p>Data sharing,</p>	<p>media, opinion, stereotype, suspicious content, reliability, sources, ranked</p>	<p>manipulated, altered, fake, restrictions, regulations, compliance, commercial purpose, misinformation</p>
---	---	---	---	----------------------	---	--

Keeping safe	restrictions, online safety, feelings, keeping safe	risks, medicine, familiar, unfamiliar, potentially, electrical appliance, household products, accident, emergency	Risks, hazards, reduce risks	Medicines, legal drugs, habit, vaccinations, immunization, allergies,	risky, positive risk taking, predict, assess and manage risk in different situations	personal information, impact, misuse, legal and illegal drugs, complying
Families and friendships	people, family, families, different, love	friend, positive play, argument, resolved, lonely, unhappy	Family structures, relationships, stability, security, commitment,	Positive friendships, friendship qualities,	peer influence, peer approval, positive resolution, reconciliation, consent	loving relationships, gender, ethnicity, faith, gender identity, sexual orientation, healthy relationships, family, commitment, marriage, civil partnership, emotionally, romantically
Money and work	strength, interest, jobs, community, different jobs, (examples of different jobs e.g. teacher, doctor, fireman, bus driver, etc)	money, kept, looked after, job, paid, need, want, spends	Skills, job stereotypes, personal goals, aspirations, career, teamwork	Money decisions, tracking money,	career ambition, diversity, inclusion, career opportunities, stereotyping, workplace, aspiration, voluntary work	'value for money', critical consumer, emotions, health and wellbeing, fraud, debt and gambling financial risk

<p>Growing and changing</p>	<p>special, wrong, same, different, feelings, act</p>	<p>Human life cycle, needs, body parts, opportunities, grow up, goals body parts including vulva, vagina, penis, testicles</p>	<p>Achievements, personal strengths, setbacks, personal qualities, individuality</p>	<p>personal hygiene, physical changes, puberty, sperm, egg, testicles, penis, vagina, vulva, womb, ovaries, ejaculation, menstruation, period, external genitalia, emotional wellbeing</p>	<p>physical changes, puberty, gender identity, biological sex, intensity, genitalia, personal identity, transition, individuality, personal quality, emotional wellbeing, FGM</p>	<p>FGM, puberty, menstruation, conception, periods, making love, sanitary, sexual intercourse, fallopian tubes, ovary, fertilisation, vagina, pregnancy, womb/uterus, embryo, sperm, umbilical cord, semen, testicles, fertile/fertility, erection, ejaculation, wet dream, hair, hormones, contraception, masturbation, labour, placenta, cervix, contractions, foetus, pregnancy</p>
------------------------------------	---	--	--	--	---	--

