CAVERSHAM PARK PRIMARY SCHOOL

Relationships, Sex and Health Education (RSHE) Policy

Under the Children and Social Act 2017 the government committed to making relationships and health education statutory in primary schools from September 2020. The Department of Education continues to recommend that all schools should have a relationships and health education programme tailored to the age and the physical and emotional maturity of the children. It should ensure that children learn key building blocks of healthy, respectful relationships focusing on family and friendships, both on and offline. It should ensure that children know that animals, including humans, have offspring which grow into adults and that they learn about the changes experienced in puberty as set out in Key Stages 1 and 2 of the National Science Curriculum (2014).

At Caversham Park Primary School, we believe it is important to offer RSHE to our children because we want them to have accurate knowledge and information to enable them to become well-adjusted adults. We want our children to build healthy attitudes towards relationships, sex and health, be aware of the dangers and be able to make informed and healthy choices in the future. We want our children to understand from an early age how their bodies will change during puberty and to accept healthy messages without embarrassment. And this is why we opt to include non-mandatory health and sex education for every year group. We believe that RSHE is an important part of adult life and should be a partnership between home and school. Crucially, we believe it is vital that our children are prepared for their transition to secondary school and the statutory KS3 RSHE curriculum.

Child Protection and Safeguarding

As a school, we understand the important role we play in preventative education. Our RSHE policy and curriculum are underpinned by and compliment the school's child protection & safeguarding and behaviour policies. Children have a right to expect schools to provide a safe and secure environment. Children should be made aware of the school's duty of care to act upon any concerns regarding their safety and wellbeing. Any fears or worries they bring into the classroom should not go unnoticed by staff. Teachers need to be aware that effective RSHE brings an understanding of what is and is not acceptable in a relationship and can lead to the disclosure of a child protection issue.

If a member of the school's staff (teaching or non–teaching) suspects that a child is a victim or perpetrator of abuse or they have reason to believe that he/she is at risk of abuse, they are aware of the procedures for reporting their concerns to the person responsible for child protection. In the case of Caversham Park Primary School, this is the Headteacher. *See school Safeguarding (including Child Protection)* Policy.

Equality, Inclusion and Support

The Equality Act 2010 covers the way the curriculum is delivered, as schools and other education providers must ensure that issues are taught in a way that does not subject pupils to discrimination. Also, in line with latest DfE guidance (July 2025), RSHE at Caversham Park Primary school will foster good relations between pupils, tackle all types of prejudice and promote understanding and respect regardless of age, sex, gender, race, disability, religion or belief. Teaching and learning will be inclusive, acknowledging the full spectrum of diversity in society and messages will be positive, healthy and unbiased. Staff will be aware of and respond to vulnerable groups including: young carers, children with mental health needs and children questioning their gender as outlined in the school's Safeguarding Policy (2026).

A range of different families and relationships will be explored within RSHE. All children whatever their identity, developing identity, or family background need to feel that RSHE is relevant to them and sensitive to their needs. This means that resources and books used will show families of all kinds, including mum/dad, two mums, two dads, fostering, adoption, single parent, extended family and others. This reflects both our school community and wider society.

Parental / Carer Responsibility

As a school community we believe it is important to maintain an open dialogue between parents/carers and teachers from the moment your child starts school. By working in partnership, we aim to enable parents/carers to have a good understanding of government guidelines surrounding RSHE and of the content of the curriculum. We aim to develop shared values and increased confidence in the programme of teaching.

In promoting this objective, we will:

- inform parent/carers about the school's RSHE policy and practice
- answer any questions that parent/carers may have about the relationships, sex and health education of their child
- take seriously any issue that parent/carers raise with teachers or governors about this policy or the arrangements for sex education in the school
- Consider parent/carer feedback when reviewing the school's policy
- inform parents/carers about the resources used regarding RSHE

Although there is likely to be a range of attitudes towards RSHE across the local community, the school aims to reflect the key messages that parents and carers give to children at home.

This can only be done through mutual exchange of knowledge and information. Children benefit from being given consistent messages about their changing body and their increasing responsibilities.

Parents/carers will be updated about the RSHE curriculum in Term 5 along with an opportunity to view animations and resources used in school before lessons take place. Parent/carer views from the meeting will be considered to evaluate the aims and objectives of policy and practice.

Child Withdrawal

The Department for Education Guidance (March 2019) acknowledges that whilst parents/carers have the right to withdraw their child/ren from all or part of the **sex education** provided at primary school level, except for those parts included in the statutory Science National Curriculum, a parent/carer wishing to exercise this right should make an appointment to see the headteacher.

However, from September 2020, parents/carers can no longer withdraw their child/ren from any aspect of **Relationships Education or Health Education** (which includes learning about the changing adolescent body and puberty in KS2).

Teaching and Learning

RSHE is taught within the personal, social, health, citizenship and economic (PSHCE) education curriculum. Biological aspects may also be taught within the science curriculum.

Across all Key Stages, pupils will be supported with developing the following skills:

- Be aware of and prioritise their own mental health and emotional wellbeing, and know who to ask for support
- Set ground rules and understand the importance of creating a safe, respectful space for RSHE lessons and discussions
- Communication, including how to manage changing relationships, emotions and bodies
- Recognising and assessing potential risks to avoid harmful situations
- Assertiveness
- Consent
- Equality
- That sexual harassment and sexual violence are always wrong
- Seeking help and support when required
- Informed decision-making
- Self-respect and empathy for others
- Positive feelings towards self-worth, self-image and self-esteem
- Using correct vocabulary when describing themselves and their bodies
- Recognising and maximising a healthy lifestyle
- Learning and understanding physical development
- Understanding of basic human reproduction
- Managing conflict

- Recognising appropriate behaviours
- Understanding the implications of certain behaviours
- Discussion and group work
- Taking responsibility for their own learning
- Managing change, loss and grief

At Caversham Park Primary School, we will teach RSHE using a variety of approaches. RSHE will be delivered when and where outlined in the science curriculum (2014). Our PSHCE curriculum broadens children's learning of RSHE and supports pupil progress from Foundation Stage through to Year 6 preparing them for life in modern Britain. It is taught in a sensitive and age-appropriate manner and considers the stage of development of individual learners (especially the cognitive understanding of children with special educational needs or disabilities). RSHE will be taught throughout the school year through formal and discrete lessons. Mandatory and non-mandatory sex education lessons are taught to all year groups in the summer term ('Growing and Changing' topic), with some parts integrated at other points in the year where appropriate. Our bespoke curriculum planning for RSHE is guided by the high quality and well-known scheme of work exemplars from PSHE Association. Teachers will continually review and endeavour to ensure learning opportunities meet the needs of pupils within their class and successfully support them both on and offline and within the local and wider community. Please see the guidelines in Appendix 1 for an outline of the programme of study for each year group.

Opportunities for paired and shared teaching, small group work and single sex discussion will take place, where relevant. Children are entitled to appropriate responses and support, and they will be dealt with in a way which will suit their needs.

Spontaneous discussion or questions that might go beyond what is set out for relationships, sex and health education is unavoidable. A child may want to share that someone they know is having a baby. Any questions will be answered factually and sensitively according to the age, stage and ability of the children. Pupil voice will be influential in adapting and amending planned learning activities.

We believe that the best possible form of education is offered by the teachers who know your children well and can understand their needs. High-quality teaching resources will be used to support the delivery of RSHE. They may be story books, poems, teaching packs, leaflets, models or films. We will ensure that we preview resources before we use them.

Any approved outside visitors will adhere to and agree to support this policy. They will work closely and communicate well with the teacher and be made aware of the sensitivity needed when working with particular children.

Internet Safety & Child Sexual Exploitation

At Caversham Park Primary School, we recognise an integral part of the internet in today's society. In line with our E-safety Policy, children at this school will be taught, as appropriate, how to manage:

- the sharing of personal and private information (including photographs and videos) online critically engaging with what they see online and recognising their rights in relation to privacy, consent and personal data (incl. importance of location settings)
- the dangers of social networking platforms
- cyber-bullying
- sexual harassment, sexting, grooming, pornography and inappropriate material
- financial harms such as gaming, video game monetisation, scams and fraud– as well as the reasons for age restrictions on online content such as gambling websites and social media

At Caversham Park Primary School Staff members understand that they should report any suspicions of Child Sexual Exploitation to the school's designated person for safeguarding.

Monitoring and Review

The Governing Body monitors and reviews the RSHE policy by:

- ensuring parents / carers are aware of our RSHE policy and are fully informed of any changes;

- requiring the Headteacher to report to the governors on the way the RSHE policy is implemented.

Policy Date	Review Date	Review Committee
September 2026	September 2027	FGB

Appendix 1 Overview of RSHE curriculum content for parent/carers

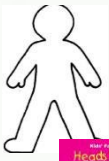
Reception

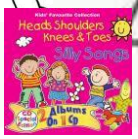
Relationships and our bodies





Changes
e.g. starting school, having a baby brother or sister, transition into Year 1





Parts of the body
head, eyes, ears, mouth, tongue, nose, shoulder, arms, stomach, knees, legs, toes, feet







Life stages
Baby, child, adult

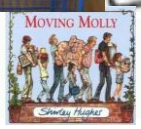


Respecting our bodies
e.g. the 'pants rule'

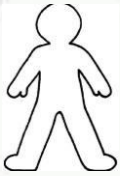
Year 1

Relationships and our bodies





Changes
e.g. starting Year 1,
moving house,
transition into Year 2



Parts of the body
Differences between boys and girls including;
Penis, testicles, vagina, vulva







Different types of families



Life stages
Baby, toddler, child,
teenager, adult, elderly

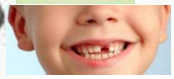




Appropriate touch
e.g. greeting people,
consent, underwear rule

Year 2
Relationships and our bodies





Changes
e.g. losing teeth, moving house, transition into Year 3



Parts of the body
Differences between boys and girls including; penis, testicles, vagina, vulva







Different types of families







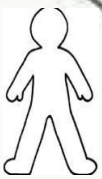
Secrets – good or bad?
Who do I feel comfortable talking to?



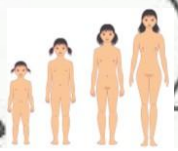
Behaviour choices

Year 3

Relationships Sex & Health



Parts of the body
Including; penis, testicles, vagina, vulva, breasts, pubic hair, puberty



Changes: Know how my body will change. Changes I can and can't control. Outside changes to female and male bodies.



Stages of development in pregnancy





Challenging stereotypes



What babies need to grow and develop



Transition to Year 4

Year 4

Relationships





Who or what is special to me?

How to deal with changes

What babies need to grow and develop

Transition to Year 5

Sex & Health



Parts of the body Including; penis, testicles, vagina, vulva, breasts, pubic hair, puberty



Genetics
Characteristics we get from our parents.



Puberty – changes to female bodies and male bodies on the outside

Year 5

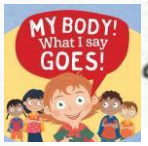
Relationships

Sex & Health

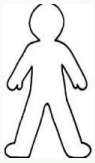




Relationships – friendship, physical attractions



Consent and appropriate touch



Vocabulary – Including: menstruation, pubic hair, facial hair, erection, ejaculation, wet dream, breasts, hormones, ovulation, fallopian tube, sperm, semen, eggs, ovaries, vagina, testicles, womb, uterus, penis, sanitary towel and tampon,



Puberty – including periods



Body Image – self esteem, media

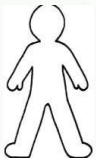


Transition to Year 6

Year 6

Relationships

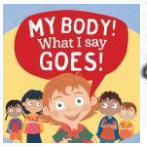
Sex & Health



Vocabulary – Including: menstruation, pubic hair, facial hair, erection, ejaculation, wet dream, breasts, hormones, ovulation, fallopian tube, sperm, semen, eggs, ovaries, vagina, testicles, womb, uterus, penis, sanitary towel and tampon, trust, respect, pregnancy, embryo, foetus, placenta, cervix, midwife, IVF



Puberty – including periods



Consent and appropriate touch



Conception to birth
Including the act of conception



Dealing with change
Becoming a teenager



Transition to Secondary school