



## **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 policy and the school's Behaviour & Anti-Bullying 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.

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/carers feedback when reviewing the school's policy
- inform parents/carers about the resources used with regard to 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/carers views from the meeting will be considered in order 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/carers

wishing to exercise this right should make an appointment to see the headteacher.

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 and economic (PSHE) 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

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 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 are able to 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 the 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 personal and private information (including photographs and videos) online
- the dangers of social networking platforms
- cyber-bullying
- sexual harassment, sexting, grooming, pornography and inappropriate material

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.

<b>Policy Date</b>	<b>Review Date</b>
September 2025	September 2026

# 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



### Secrets - good or bad?

Who do I feel comfortable talking to?



### Different types of families

Right or Wrong?



### Behaviour choices

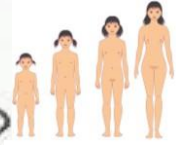
# Year 3

## 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**



**Transition to Year 4**



**What babies need to grow  
and develop**

# Year 4

## Relationships

## Sex & Health



Who or what is special to me?



How to deal with changes



What babies need to grow and develop



Transition to Year 5



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



Genetics  
Characteristics we get from our parents.

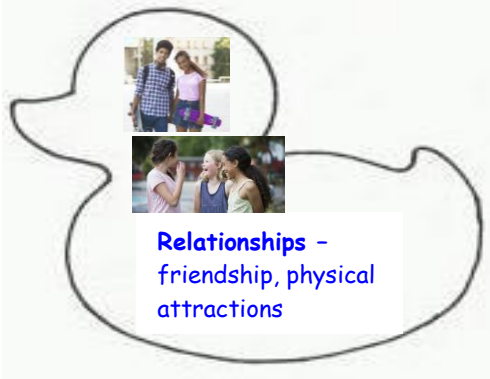


Puberty - changes to female bodies and male bodies on the outside

# Year 5

## Relationships

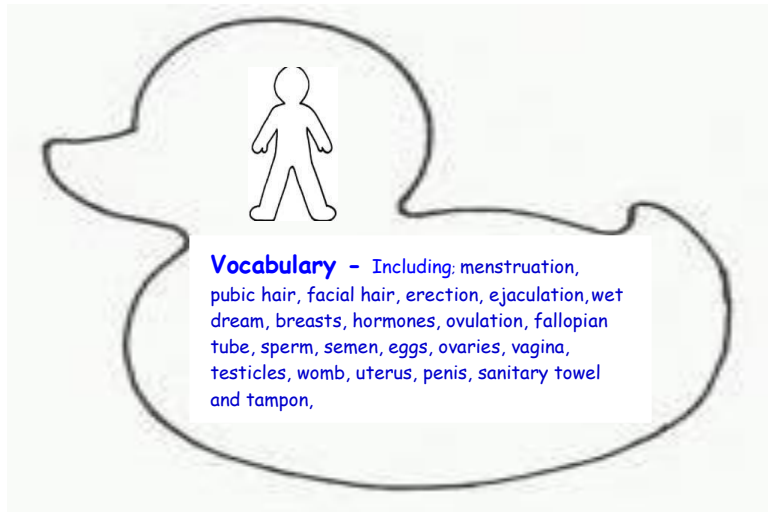
## Sex & Health



**Relationships -**  
friendship, physical attractions



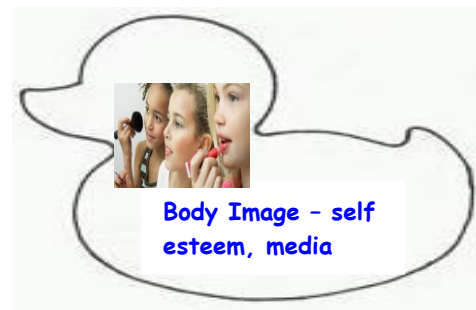
**Consent and appropriate touch**



**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**



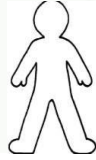
**Body Image - self esteem, media**



**Transition to Year 6**

# Year 6

## Relationships



**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

## Sex & Health



**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**