



Relationships, Sex and Health Education (RSHE) Policy

Review Date: July 2027

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Introduction

This policy has been developed in accordance with the statutory guidance for Relationships and Sex Education (RSHE) and Health Education (Department for Education, effective from September 2026). It also reflects the Equality Act 2010, the Children Act 1989 and 2004, Keeping Children Safe in Education, and relevant safeguarding legislation. The policy is underpinned by the Christian vision and values of North Cadbury Church of England Primary School and our commitment to enabling every child to flourish academically, spiritually, socially and emotionally.

As a Church of England school, we believe that every person is uniquely created in the image of God and is therefore of equal worth, dignity and value. Our RSHE curriculum promotes respect, compassion, responsibility and loving relationships while preparing pupils to live safely and confidently in modern Britain.

Relationships Education provides the essential building blocks for developing healthy, respectful relationships.

Through carefully planned, age-appropriate teaching, pupils learn about family life, friendships, kindness, honesty, respect, responsibility and the importance of treating others with dignity.

Teaching also develops pupils' understanding of personal boundaries, bodily privacy, appropriate and inappropriate touch, trusted adults, and the importance of speaking out if something makes them feel unsafe or uncomfortable.

These foundations prepare children for later learning about consent in secondary education.

The curriculum explicitly teaches pupils to recognise unsafe, abusive or coercive behaviours, both offline and online, including grooming, bullying, cyberbullying and inappropriate online content. Children are taught how to seek help confidently and understand that safeguarding is everyone's responsibility.

Teaching reflects the diversity of modern British society whilst remaining rooted in our Christian vision and is delivered in a factual, balanced and age-appropriate manner.

Rationale

At North Cadbury Church of England Primary School, we believe that positive relationships, good character and personal wellbeing are central to human flourishing.

Our RSHE curriculum supports pupils to develop:

- resilience, perseverance and self-regulation
- compassion, integrity, honesty and courage
- respect for themselves and others
- responsibility as active members of their communities
- confidence to make safe and informed choices

RSHE contributes significantly to pupils':

- spiritual, moral, social and cultural development
- mental health and emotional wellbeing
- understanding of healthy, respectful relationships
- ability to recognise risk, exploitation and abuse
- preparation for life in modern Britain

Safeguarding is central to all RSHE teaching. Pupils learn to recognise the signs of abuse, including emotional, physical and sexual abuse, neglect, coercive behaviour and exploitation, in ways appropriate to their age and stage of development. They are taught how and when to seek help from trusted adults.

Definition of RSHE

Relationships, Sex and Health Education is lifelong learning about relationships, health, emotional wellbeing, personal development and keeping safe.

In primary schools:

- Relationships Education is statutory.
- Health Education is statutory.
- Sex Education beyond the National Curriculum for Science is non-statutory.

Our curriculum includes learning about:

- families and caring relationships
- friendships and respectful behaviour
- kindness, inclusion and belonging
- physical and mental health
- online relationships and digital safety

- privacy, boundaries and personal safety
- growing and changing, including puberty
- recognising unsafe situations and knowing how to seek help

Scientific aspects of reproduction, human development and puberty are taught through the National Curriculum for Science. Any additional sex education provided by the school is delivered sensitively and parents retain the legal right to request withdrawal from these non-statutory lessons.

Aims

Our RSHE curriculum enables every pupil to flourish as a unique individual created in God's image.

We aim to ensure pupils:

- develop healthy, respectful and caring relationships
- understand the importance of kindness, dignity and mutual respect
- recognise the characteristics of healthy and unhealthy relationships
- understand personal boundaries and bodily privacy
- develop confidence to report worries and seek support
- understand the importance of online safety and responsible digital behaviour
- recognise misleading, harmful or inappropriate online content
- prepare confidently for physical and emotional changes during puberty
- develop respect for all people whilst understanding that teaching is based upon factual, evidence-based information
- become responsible, resilient and compassionate citizens.

Curriculum Content

The curriculum is progressive and carefully sequenced to ensure learning builds over time.

Key themes include:

Relationships

- families and caring relationships
- friendships
- respectful behaviour
- anti-bullying
- inclusion and belonging
- resolving conflict

Health and Wellbeing

- mental wellbeing
- physical health
- healthy lifestyles
- medicines
- hygiene
- puberty
- emotional regulation

Keeping Safe

- safeguarding
- trusted adults
- personal boundaries
- privacy
- online safety
- inappropriate content
- grooming
- exploitation
- recognising abuse
- seeking help

Teaching reflects current safeguarding risks, including age-appropriate learning about online harms, harmful influence, coercion, misogyny where relevant, and the importance of respectful behaviour towards women and girls.

Working with Parents and Carers

Parents and carers are the primary educators of their children and we value working in close partnership with them.

The school will:

- publish this policy on the school website
- make curriculum information available to parents
- provide opportunities to view teaching materials where appropriate
- communicate clearly before teaching puberty and any non-statutory sex education
- respond openly to parental questions and concerns

Parents may request that their child is withdrawn from any non-statutory sex education lessons. There is no right to withdraw from statutory Relationships Education, Health Education or the National Curriculum for Science.

Inclusion

Our curriculum is inclusive, accessible and ambitious for every pupil.

Teaching:

- reflects the protected characteristics within the Equality Act 2010
- promotes dignity and respect for every individual
- challenges prejudice, discrimination and stereotypes
- is adapted appropriately for pupils with SEND
- recognises the diversity of family life within British society

All teaching is delivered in a factual, age-appropriate and non-partisan manner.

Safeguarding

RSHE is an essential part of the school's safeguarding curriculum.

Teachers create safe learning environments while making clear that confidentiality cannot be guaranteed if a child is at risk of harm. Any safeguarding concerns or disclosures are managed in accordance with the school's Child Protection and Safeguarding Policy.

Staff receive regular safeguarding and RSHE training to ensure teaching remains accurate, sensitive and compliant with statutory guidance.

Monitoring and Review

The staff team, supported by the Local Governing Body, monitors the effectiveness of this policy. It will be reviewed annually, or sooner if statutory guidance changes.

Monitoring includes:

- curriculum quality
- statutory compliance
- safeguarding practice
- staff training
- pupil voice
- parental feedback
- governor oversight

The Headteacher and RSHE Subject Leader are responsible for ensuring the curriculum remains fully compliant with statutory requirements from September 2026.