



Personal Development, PSHE and RSHE Policy

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PARTNERSHIP LEARNING
RIVERSIDE PRIMARY SCHOOL

Excellence for All



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1. Policy Statement

At Riverside Primary School, we are committed to providing a broad, balanced and inclusive curriculum that supports pupils' personal development, wellbeing and preparation for life in modern Britain.

Through our Personal Development, PSHE and RSHE curriculum, pupils develop the knowledge, understanding, skills and attributes needed to build healthy relationships, maintain positive physical and mental health, stay safe both online and offline and become active, responsible citizens.

We believe that Personal Development, PSHE and RSHE contribute significantly to safeguarding, equality, inclusion and the promotion of positive attitudes, values and behaviours.

Our curriculum is delivered within a whole-school culture that promotes respect, kindness, resilience, aspiration and belonging.

2. Statutory Requirements

This policy has been developed in accordance with:

- Relationships Education, Relationships and Sex Education (RSE) and Health Education Guidance (DfE)
- Children and Social Work Act 2017
- Education Act 2002
- Equality Act 2010
- Keeping Children Safe in Education
- SEND Code of Practice
- Working Together to Safeguard Children



Relationships Education and Health Education are compulsory in primary schools.

The school also provides age-appropriate Sex Education to prepare pupils for puberty and transition to secondary education.

3. Curriculum Intent

At Riverside Primary School our curriculum aims to ensure that all pupils:

- Develop confidence, self-esteem and resilience.
- Build healthy, respectful relationships.
- Understand how to maintain positive physical and mental health.
- Recognise and manage risk.
- Stay safe online and offline.
- Develop empathy, kindness and respect for others.
- Understand equality, diversity and inclusion.
- Make informed decisions.
- Become responsible citizens.
- Prepare successfully for secondary education and adult life.

Learning is carefully sequenced and progressive, enabling pupils to revisit key concepts and deepen their understanding over time.

4. Guiding Principles

The curriculum is underpinned by the following principles:



Safeguarding First

Children's safety and wellbeing remain central to all curriculum decisions.

Inclusion

All pupils are entitled to access high-quality learning regardless of need, background, religion, culture, gender or ability.

Respect

Teaching promotes mutual respect, kindness, empathy and understanding.

Age Appropriateness

Content is delivered in a manner that reflects pupils' developmental stage and maturity.

Accuracy

Information provided is factual, evidence-informed and appropriate.

Partnership with Families

The school works openly and transparently with parents and carers.

Preparation for Modern Life

Teaching reflects contemporary issues and the realities of life in a rapidly changing world.



5. Curriculum Implementation

Riverside Primary School uses the Jigsaw PSHE Programme as the primary framework for delivering Personal Development, PSHE and RSHE.

Learning is delivered through:

- Weekly PSHE lessons
- Assemblies
- Circle discussions
- Cross-curricular opportunities
- Educational visits
- Enrichment activities
- External specialist input where appropriate

Staff create a safe and respectful learning environment through agreed classroom expectations and age-appropriate teaching approaches.

6. Curriculum Content

The curriculum is organised through six Jigsaw themes:

- Being Me in My World
- Celebrating Difference
- Dreams and Goals
- Healthy Me
- Relationships
- Changing Me



Together these themes provide comprehensive coverage of statutory Relationships Education, Health Education, Personal Development and wider PSHE outcomes.

Detailed curriculum coverage is provided in Appendix A.

7. Relationships Education

Teaching includes:

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe
- Boundaries
- Consent in age-appropriate contexts
- Respect for diversity and difference

Pupils develop an understanding of healthy, respectful relationships and learn how to seek support when needed.

8. Health Education

Teaching includes:

Mental Wellbeing

- Emotional literacy



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- Self-regulation
- Resilience
- Self-esteem
- Seeking support

Physical Health and Fitness

- Active lifestyles
- Sleep
- Personal hygiene
- Healthy routines

Healthy Eating

- Nutrition
- Balanced diets
- Healthy choices

Health Protection and Prevention

- Personal hygiene
- Dental health
- Basic first aid
- Preventative healthcare

Growing and Changing

- Puberty



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- Physical development
- Emotional development
- Menstruation

Substance Education

- Drugs
- Alcohol
- Tobacco
- Vaping awareness

9. Sex Education

The school provides age-appropriate Sex Education to prepare pupils for puberty and secondary education.

Teaching may include:

- Human reproduction
- Conception
- Pregnancy
- Birth
- Physical and emotional changes during adolescence

Teaching is delivered sensitively and appropriately in line with pupils' age and stage of development.



10. Online Safety and Emerging Technology

Recognising the increasing role of technology in children's lives, pupils are taught how to navigate the digital world safely and responsibly.

Teaching includes:

Online Safety

- Safe communication
- Privacy and personal information
- Digital footprints
- Online relationships
- Cyberbullying

Artificial Intelligence and Emerging Technology

Pupils will develop an age-appropriate understanding of:

- Artificial Intelligence (AI)
- AI-generated content
- Deepfakes
- Manipulated images and videos
- Misinformation
- Disinformation



Online Influences

Pupils will learn:

- How social media can influence beliefs and behaviours
- How to critically evaluate online content
- How to recognise unrealistic portrayals online
- How to seek support when online content causes concern

Harmful Content

Pupils will develop an understanding of:

- Online exploitation
- Grooming
- Harmful stereotypes
- Misogyny and discrimination
- Inappropriate online communities

II. Safeguarding

Personal Development, PSHE and RSHE contribute significantly to the school's safeguarding responsibilities.

Teaching helps pupils understand:

- Healthy and unhealthy relationships
- Personal boundaries
- Consent in age-appropriate contexts
- Bullying and harassment
- Child-on-child abuse



- Grooming
- Exploitation
- Online harms
- How to seek help

Any disclosures made during lessons will be managed in accordance with the school's Child Protection and Safeguarding Policy.

12. Inclusion, Equality and SEND

Riverside Primary School is committed to ensuring that all pupils can access the curriculum.

Teaching reflects:

- Equality Act 2010 requirements
- Protected characteristics
- Diverse communities and family structures
- Respect for different beliefs and experiences

Reasonable adjustments may include:

- Adapted resources
- Additional adult support
- Visual aids
- Pre-teaching vocabulary
- Alternative communication approaches



All pupils are entitled to high-quality and accessible learning.

13. Working in Partnership with Parents

Riverside Primary School values open and transparent communication with parents and carers.

The school will:

- Consult parents during policy review.
- Share curriculum information.
- Provide opportunities to view curriculum resources.
- Hold information sessions and coffee mornings.
- Inform parents when Sex Education is due to be taught.
- Respond openly to questions and concerns.

Prior to the delivery of the Summer 2 "Changing Me" unit, parents and carers will be invited to attend curriculum information sessions and coffee mornings to learn more about the content being taught.

Requests for withdrawal from non-statutory Sex Education will be managed through the school's online Microsoft Forms process.

14. Responding to Pupils' Questions

Children's questions are welcomed and encouraged as part of learning.



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Staff will:

- Answer questions honestly and appropriately.
- Consider age and developmental stage.
- Use professional judgement.
- Maintain safeguarding responsibilities.

No member of staff can offer absolute confidentiality if a safeguarding concern is identified.

15. Right to Withdraw from Sex Education

Parents have the right to request withdrawal from some or all non-statutory Sex Education.

Parents cannot withdraw children from:

- Relationships Education
- Health Education
- National Curriculum Science

The school will provide information about the withdrawal process annually before relevant lessons are taught.

16. Roles and Responsibilities

Governing Body

Responsible for approving and monitoring this policy.



Headteacher

Responsible for implementation and quality assurance.

PSHE Leads

Responsible for curriculum leadership, staff support and monitoring.

Teaching Staff

Responsible for delivering the curriculum safely and effectively.

17. Monitoring, Evaluation and Review

The effectiveness of this policy will be evaluated through:

- Monitoring of teaching and learning
- Pupil voice
- Parent feedback
- Staff feedback
- Curriculum review
- Governor monitoring

The policy will be reviewed every three years or sooner if statutory guidance changes.

18. External Visitors

External visitors may enhance learning but do not replace the role of the class teacher.



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Visitors must:

- Follow safeguarding procedures
- Deliver content consistent with school values
- Work under teacher supervision

The school remains responsible for all curriculum content delivered to pupils.

19. Appendices

Appendix A – Jigsaw Curriculum Overview

Riverside Primary School delivers Personal Development, PSHE and RSHE through the Jigsaw PSHE Scheme of Work. The curriculum follows a progressive, spiral approach, enabling pupils to revisit and deepen their understanding of key concepts throughout their primary education.

Term	Jigsaw Puzzle	Key Areas of Learning
Autumn 1	Being Me in My World	Identity, belonging, rights and responsibilities, behaviour, emotional literacy, citizenship
Autumn 2	Celebrating Difference	Equality, diversity, protected characteristics, anti-bullying, inclusion, respect
Spring 1	Dreams and Goals	Aspirations, resilience, perseverance, enterprise, financial awareness and personal achievement
Spring 2	Healthy Me	Physical health, mental wellbeing, healthy lifestyles, personal safety, online safety and risk management
Summer 1	Relationships	Families, friendships, respectful relationships, online relationships, communication and safeguarding
Summer 2	Changing Me	Puberty, growing up, emotional changes, human reproduction, transition to secondary school



The Jigsaw curriculum is taught progressively from Reception to Year 6 and provides comprehensive coverage of statutory Relationships Education, Health Education, age-appropriate Sex Education and wider Personal Development.

Appendix B – Statutory Coverage Map

Riverside Primary School delivers Personal Development, PSHE and RSHE through the Jigsaw PSHE Scheme of Work, supported by wider curriculum opportunities. The curriculum has been designed to meet the statutory requirements of the Department for Education Relationships, Sex and Health Education Guidance (2025), effective from September 2026, whilst reflecting the school's values, safeguarding responsibilities and commitment to pupils' personal development.

Relationships Education

Statutory Requirement	Jigsaw Unit(s)	Wider Curriculum Opportunities
Families and people who care for me	Relationships, Celebrating Difference	Assemblies, class texts, pastoral support
Caring friendships	Relationships	Behaviour curriculum, restorative practice
Respectful relationships	Relationships, Celebrating Difference	British Values, pupil leadership
Online relationships	Relationships, Healthy Me	Computing curriculum
Being safe	Healthy Me, Relationships, Changing Me	Safeguarding curriculum



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Health Education

Statutory Requirement	Jigsaw Unit(s)	Wider Curriculum Opportunities
Mental wellbeing	Being Me in My World, Healthy Me	Wellbeing activities, assemblies, pastoral support
Internet safety and harms	Healthy Me, Relationships	Computing
Physical health and fitness	Healthy Me	Physical Education
Healthy eating	Healthy Me	Science
Drugs, alcohol, tobacco and vaping	Healthy Me	Science, safeguarding curriculum
Health protection and prevention	Healthy Me	Science
Basic first aid	Healthy Me	Visitors, assemblies
Changing adolescent body	Changing Me	Science



Age-Appropriate Sex Education

Content	Jigsaw Unit	Year Groups
Puberty	Changing Me	Years 4–6
Human reproduction	Changing Me	Years 5–6
Conception and birth	Changing Me	Years 5–6

Parents have the right to request that their child be withdrawn from the non-statutory Sex Education elements of the curriculum. Parents cannot withdraw their child from statutory Relationships Education, Health Education or the National Curriculum for Science.

Wider Personal Development

Theme	Delivered Through
British Values	All Jigsaw units, assemblies, pupil leadership
SMSC Development	Whole curriculum
Protected Characteristics	Celebrating Difference, Relationships
Safeguarding	All six Jigsaw units
Financial Education	Dreams and Goals
Careers Awareness	Dreams and Goals
Online Safety	Healthy Me, Relationships, Computing
Emotional Literacy	All six Jigsaw units

Appendix C – Glossary of Terms

Term	Definition
Personal Development	Learning that supports pupils to develop confidence, resilience, wellbeing, character, independence and preparation for life.
PSHE	Personal, Social, Health and Economic Education.
RSHE	Relationships, Sex and Health Education.



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Relationships Education	Statutory learning about families, friendships, respectful relationships and staying safe.
Health Education	Statutory learning about physical health, mental wellbeing and healthy lifestyles.
Sex Education	Non-statutory learning beyond the National Curriculum Science Programme, delivered in an age-appropriate way to prepare pupils for puberty and secondary education.
Protected Characteristics	Characteristics protected under the Equality Act 2010. Pupils develop an age-appropriate understanding of these through the curriculum, promoting equality, respect and inclusion.
Consent	Permission or agreement. In primary school this is taught through personal boundaries, asking permission, respecting others' choices and understanding that everybody has the right to say no.
Safeguarding	The actions taken to protect children from harm, promote their welfare and ensure they know how to seek help when needed.
Artificial Intelligence (AI)	Technology that enables computers to generate text, images, audio and other content. Pupils learn that AI-generated content may not always be accurate or trustworthy.
Deepfake	Digitally altered or generated images, videos or audio that appear genuine but may be misleading or false.
Digital Footprint	The information created by a person's activities online, which may remain accessible over time.
Misinformation	False or inaccurate information shared without the intention to deceive.
Disinformation	False information deliberately created or shared to mislead others.
Critical Thinking	The ability to question, evaluate and reflect on information before accepting it as true or acting upon it.

Appendix D – Curriculum Principles

Personal Development, PSHE and RSHE at Riverside Primary School are underpinned by the following principles.



Progressive Curriculum

Learning is carefully sequenced from Reception to Year 6 through the Jigsaw PSHE Scheme of Work, enabling pupils to revisit and deepen their understanding of key concepts over time.

Safeguarding

Safeguarding is central to the curriculum. Pupils learn how to recognise risks, develop healthy relationships, understand personal boundaries and know how to seek help when they need it.

Inclusion

The curriculum is inclusive and accessible to all pupils. Teaching reflects the Equality Act 2010 and celebrates diversity, ensuring that every child feels represented, respected and valued.

Partnership with Parents and Carers

Parents and carers are recognised as children's first educators. The school works in partnership with families through curriculum information evenings, coffee mornings and opportunities to view learning resources before the delivery of the Changing Me unit.

Evidence-Informed Practice

The curriculum is based on the Jigsaw PSHE Scheme of Work, which has been updated to reflect the Department for Education's 2025 Relationships, Sex and Health Education guidance and current safeguarding expectations.

Preparing Pupils for Modern Life

Teaching reflects the realities of contemporary life, helping pupils to understand healthy relationships, physical and mental wellbeing, online safety, digital technologies, artificial intelligence, misinformation



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and responsible citizenship in an age-appropriate manner. The Jigsaw programme has been updated to strengthen learning in areas such as online safety, AI, health protection and safety education in preparation for September 2026.

Respect and Equality

The curriculum promotes equality, mutual respect and inclusion. Pupils develop an age-appropriate understanding of the protected characteristics defined by the Equality Act 2010 and learn to challenge discrimination, bullying and prejudice, reflecting current Ofsted expectations for Personal Development.