



# Relationships, Sex and Health Education (RSHE) Policy

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PARTNERSHIP LEARNING  
**RIVERSIDE PRIMARY SCHOOL**

Excellence for All



Headteacher: Sarah Kinnaird | Address: Renwick Road, Barking, IG11 0FU | Web: [www.riversidecampus.com](http://www.riversidecampus.com)

Email: [primary@riverside.bardaglea.org.uk](mailto:primary@riverside.bardaglea.org.uk) | Tel: 020 3946 5888

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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 Relationships, Sex and Health Education (RSHE), pupils develop the knowledge, understanding, skills and values needed to build positive relationships, maintain physical and emotional wellbeing, stay safe and become responsible members of society.

We believe that effective RSHE contributes significantly to safeguarding, promotes respect for self and others, and prepares children for the opportunities, responsibilities and experiences of later life.

RSHE is delivered within a whole-school ethos that promotes kindness, inclusion, resilience, equality and respect.

## 2. Statutory Requirements

This policy has been developed in accordance with:

- Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019
- DfE Relationships Education, Relationships and Sex Education (RSE) and Health Education Statutory Guidance (2019)
- Children and Social Work Act 2017
- Education Act 2002
- Equality Act 2010
- SEND Code of Practice
- Keeping Children Safe in Education



Relationships Education and Health Education are compulsory in all primary schools.

Sex Education beyond the National Curriculum Science Programme of Study is not compulsory in primary schools. However, Riverside Primary School believes that children should be appropriately prepared for puberty and secondary education and therefore provides age-appropriate Sex Education.

### 3. Aims

The aims of Relationships, Sex and Health Education at Riverside Primary School are to enable pupils to:

- Develop confidence, self-esteem and resilience.
- Build positive and respectful relationships.
- Understand the importance of family and friendship.
- Communicate effectively and respectfully.
- Recognise healthy and unhealthy relationships.
- Understand and respect differences.
- Develop an understanding of personal safety.
- Stay safe online and offline.
- Understand physical and emotional changes associated with growing up.
- Know how and where to seek support when needed.
- Prepare for the opportunities, responsibilities and experiences of later life.

### 4. Curriculum Delivery

RSHE is delivered primarily through the Jigsaw PSHE Programme and through relevant aspects of the National Curriculum Science curriculum.



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Riverside Primary School follows the Jigsaw PSHE Scheme of Work to ensure a progressive and comprehensive programme of learning that meets statutory Relationships Education and Health Education requirements and supports pupils' personal development.

Learning is delivered through:

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

Class teachers usually deliver RSHE to their own classes.

Visitors may contribute to learning where appropriate but will always work under the supervision of school staff and within the school's safeguarding procedures.

Teaching is delivered in an age-appropriate, inclusive and sensitive manner.

Teachers establish clear ground rules to ensure a safe and respectful learning environment.



## 5. Relationships Education

Relationships Education forms the foundation of the curriculum and supports children to develop healthy, positive relationships.

### Families and People Who Care for Me

Children learn:

- The importance of family relationships.
- That families can look different from one another.
- The characteristics of caring family relationships.
- Where to seek help if they feel unsafe.

### Caring Friendships

Children learn:

- The qualities of healthy friendships.
- Kindness, trust and respect.
- Conflict resolution.
- Inclusion and empathy.

### Respectful Relationships

Children learn:

- Respect for themselves and others.
- The importance of boundaries.
- Respecting differences.
- Challenging bullying and discrimination.



## Online Relationships

Children learn:

- Safe online communication.
- Appropriate online behaviour.
- Privacy and personal information.
- How to seek help online.

## Being Safe

Children learn:

- Personal boundaries.
- Appropriate and inappropriate contact.
- Trusted adults.
- How to report concerns.

## 6. Health Education

Health Education supports pupils to develop the knowledge and skills needed to make informed choices about their health and wellbeing.

Teaching includes:

### Mental Wellbeing

- Recognising and managing feelings.
- Building resilience.
- Developing self-esteem.



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- Seeking support when needed.

### Physical Health and Fitness

- Exercise and active lifestyles.
- Sleep and rest.
- Personal hygiene.

### Healthy Eating

- Balanced diets.
- Healthy choices.
- Nutrition.

### Drugs, Alcohol and Tobacco

- Understanding risks.
- Developing decision-making skills.
- Managing peer influence.

### Health and Prevention

- Personal hygiene.
- Dental health.
- Basic first aid awareness.



## Changing Adolescent Body

- Puberty.
- Physical development.
- Emotional changes.
- Menstruation.

### 7. Sex Education (Non-Statutory)

Although Sex Education is not compulsory in primary schools, Riverside Primary School believes children should be appropriately prepared for puberty and transition to secondary school.

The school therefore teaches age-appropriate Sex Education which may include:

- Human reproduction.
- Conception.
- Pregnancy.
- Birth.
- Physical changes during puberty.
- Emotional changes associated with growing up.

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

Parents will be informed before non-statutory Sex Education lessons are taught.



## 8. Safeguarding

Relationships, Sex and Health Education plays a vital role in safeguarding children.

Teaching supports pupils to:

- Recognise unsafe situations.
- Understand personal boundaries.
- Recognise bullying and abuse.
- Identify trusted adults.
- Stay safe online.
- Report concerns and seek help.

Pupils are regularly reminded that there are adults in school who can help them if they are worried about themselves or others.

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

## 9. Equality, Inclusion and SEND

Riverside Primary School is committed to ensuring that all pupils can access high-quality RSHE.

Teaching promotes:

- Respect for all people.
- Equality of opportunity.
- Inclusion.



- Understanding of diversity.
- Respect for different family structures and backgrounds.

The needs of pupils with SEND will be considered when planning and delivering lessons.

Reasonable adjustments may include:

- Adapted resources.
- Additional adult support.
- Visual supports.
- Alternative communication approaches.
- Differentiated activities.

All pupils are entitled to access learning that is appropriate to their needs.

## 10. Working with Parents and Carers

The school values positive partnerships with parents and carers.

We will:

- Consult parents when reviewing this policy.
- Share information about the curriculum.
- Provide opportunities to discuss RSHE provision.
- Inform parents when Sex Education lessons are planned.
- Make curriculum materials available upon request.



Parents and carers are encouraged to support their child's learning through open discussion at home.

## II. Responding to Pupils' Questions

Children are encouraged to ask questions and seek clarification as part of their learning.

Staff will:

- Answer questions honestly and appropriately.
- Consider pupils' age and stage of development.
- Use professional judgement.
- Maintain safeguarding responsibilities.

Where appropriate, children may be encouraged to discuss questions further with parents or carers.

Staff cannot guarantee confidentiality if a safeguarding concern is identified.

## 12. Right to Withdraw from Sex Education

Parents have the right to request that their child be withdrawn from some or all non-statutory Sex Education.

Parents do not have the right to withdraw children from:

- Relationships Education
- Health Education
- National Curriculum Science



Parents wishing to withdraw their child should contact the Senior Leadership Team.

The Senior Leadership Team will discuss the request with parents and explain the purpose and content of the curriculum.

Alternative educational provision will be provided where appropriate.

### 13. Roles and Responsibilities

#### Governing Body

The Governing Body is responsible for:

- Approving this policy.
- Monitoring implementation.
- Ensuring statutory compliance.

#### Headteacher

The Headteacher is responsible for:

- Implementing the policy.
- Supporting staff.
- Monitoring provision.



## PSHE Lead

The PSHE Lead is responsible for:

- Curriculum leadership.
- Staff support.
- Monitoring and evaluation.

## Teaching Staff

Teaching staff are responsible for:

- Delivering the curriculum effectively.
- Maintaining a safe learning environment.
- Following safeguarding procedures.

## 14. Monitoring and Review

The effectiveness of this policy will be monitored through:

- Lesson observations.
- Planning scrutiny.
- Pupil voice.
- Staff feedback.
- Parent feedback.
- Governor monitoring.

The policy will be reviewed in July 2026 to ensure continued compliance with statutory requirements and to support transition to the revised Personal Development, PSHE and RSHE Policy due for implementation from September 2026.



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The policy may be reviewed sooner if changes in legislation or guidance require amendment.

## 15. External Visitors

External visitors may enhance curriculum provision.

All visitors must:

- Follow school safeguarding procedures.
- Work under teacher supervision.
- Deliver content that is consistent with school values and policy.

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

## 16. Appendices

Appendix A – Jigsaw Curriculum Overview

| Term     | Jigsaw Unit            |
|----------|------------------------|
| Autumn 1 | Being Me in My World   |
| Autumn 2 | Celebrating Difference |
| Spring 1 | Dreams and Goals       |
| Spring 2 | Healthy Me             |
| Summer 1 | Relationships          |
| Summer 2 | Changing Me            |