



Relationships Education, Relationships Sex Education (RSE) and Health Education Policy

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Approved By: CEO

Date: September 24

Start Date: September 24

Review Date: September 26

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1. Introduction and statutory guidance

This Policy is written in line with the Relationships Education, Relationships and Sex Education (RSE) and Health Education Statutory Guidance September 2021. The policy has been produced in partnership with Hamwic Education Trust.

The statutory guidance used to inform this policy is listed below

- As an infant academy school we must provide relationships education to all pupils as per section 34 of the [Children and Social work act 2017](#).
- We do not have to follow the National Curriculum but we are expected to offer all pupils a curriculum that is of similar breadth and depth to the National Curriculum. This includes the requirement to teach the elements of sex education contained in the science curriculum. At Upton Infant School we follow the national curriculum for science.
- In teaching Relationships and Health Education, we are required by our funding agreements to have regard to [guidance](#) issued by the secretary of state as outlined in section 403 of the [Education Act 1996](#).

2. Definitions and key areas of teaching

Relationship Education – Primary

Relationship Education will focus on teaching the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships, and relationships with other children and adults.

All teaching will reflect the Equality Act 2010 ensuring there is no discrimination for any pupil or family with protected characteristics. This does not prevent church schools from teaching about a faith perspective regarding relationships as part of the wider teaching.

Children will be taught in an age-appropriate way about the characteristics and values of healthy relationships, including area such as differences, boundaries, respect, trust and kindness. Teaching will focus on both face-to-face and online relationships recognising the significance of the digital world we now embrace. Teachers will also take all opportunities to discuss positive emotional and mental well-being with children. The characteristics that will be taught are also reflected in the school values of...

- Be Ready
- Be Responsible
- Be Kind

Learning will be planned to meet the objectives set out in the Relationships Education, Sex Education (RSE) and Health Education Statutory Guidance 2021 (see appendix 1), under the broad headings of

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships



- Being safe

3. The Science Curriculum - body changes and life cycles

Sex Education beyond the requirements of the science national curriculum is not compulsory in primary schools; however, we recognise the importance of preparing children well for secondary school. At Upton Infant school, children will be taught about puberty as set out in the expectations of the science National Curriculum. In line with year group expectations, children will learn about external body parts, changes in the human body from birth to old age, and reproduction in some plants and animals. [Science | Upton Infants' School](#)

We recognise that during such lessons, children may have questions as a result of their learning. We are mindful that unanswered questions often lead to misconceptions and will aim to avoid this where possible.

When questions arise, they will be dealt with as follows.

- Questions directly linked with the science taught will be answered factually for the class or individual. Children will be given the opportunity to write anonymous questions submitted via a question box
- Questions of a personal nature directly linked to the teaching may need to be dealt with by talking directly to the child with an additional adult also present. If deemed necessary, teachers will inform parents of the questions asked. Wherever possible, questions will be answered in front of all pupils via the question box.
- Where a question relates to sex education beyond the scientific teaching, children will be advised to ask their parents or carers.

In addition to the science curriculum, we will also teach Hamwic Education Trust PSHCE Curriculum as part of our SRE. We have decided to do this because we believe Hamwic Education Trust PSHCE Curriculum encompasses important aspects of SRE and these areas are covered in an age appropriate way. Parents have the right to withdraw children from Sex Education aspects that are not part of the science curriculum. In the first instance, parents should contact the Headteacher who will advise parents on how to withdraw.

4. Health and wellbeing

Health and wellbeing education will focus on the characteristics of good physical health and mental wellbeing. It will include aspects such as the importance of exercise, good nutrition and the normal range of emotions we experience. Pupils will be taught about moderation, including online and the positive two-way relationship between good physical health and good mental wellbeing.

Learning will be planned at an age-appropriate level to meet the objectives set out in the Relationships Education, Sex Education (RSE) and Health Education Statutory Guidance 2021 (see appendix 2), under the broad headings of

- General wellbeing
- Internet safety and harms
- Physical health and fitness
- Healthy eating



- Drugs, alcohol and tobacco
- Health protection and prevention
- Personal safety
- Basic first aid
- Developing bodies

5. Relationships and health curriculum delivery-primary

Relationships and Health Education (RHE) is taught through weekly lessons linked to the Hamwic Education Trust PSHCE personal, social and health education programme and links with the whole school assembly programme. An overview of the broad topics covered and the linked Relationship and Health objectives can be found in appendix 3.

Biological aspects of sex education are taught within the science curriculum in line with the age expectations set out in the National curriculum. A number of aspects of the RHE link closely to science, computing, PE and DT. Where this is the case, messages will be reinforced within these subjects (appendix 4).

The areas of learning are taught within the context of family life taking care to ensure that there is no stigmatisation of children based on their home circumstances (families can include single parent families, LGBT parents, families headed by grandparents, adoptive parents, foster parents/carers amongst other structures) along with reflecting sensitively that some children may have a different structure of support around them (for example: looked after children or young carers).

We are mindful that some children with SEND may need additional support to understand the themes and learning within the relationships and health education curriculum. Teachers will draw on their knowledge of the child to ensure learning is differentiated appropriately.

We will keep abreast of local contextual issues and support these through our curriculum where possible.

In Dorset, depression and suicide figures remain above national averages for England, reflecting a growing problem of mental health for people of all ages. Whilst crime rates in Dorset are lower than national placing 7th in the county statistics, we know that in 2022 violence towards others and sexual offenses accounted for a high proportion of crimes committed. The impact of these crimes on families and young people is significant. The council will be concluding their 2020-2023 well-being and mental health strategy at the end of the year.

In Poole we are mindful of the Local Authority plan to tackle health inequalities and promote health and well-being, particularly in areas of higher deprivation. 5,350 children and young people aged 0-25 in BCP (5% of the population) live in the 10% most deprived areas in England. The Children and young people plan 2021-2024 has identified a number of key areas of focus which include: children and young people being fulfilled, happy, included. Enc. 1 for The BCP Children and Young Peoples Plan.pdf (bpcouncil.gov.uk)

6. Roles and responsibilities

The local governing committee

The local governing committee will consult parents, suggest amendments to the headteacher and approve the RHE policy. They will hold the headteacher to account for its implementation.



The headteacher

The headteacher is responsible for ensuring that RHE is taught consistently across the school, and for managing requests to withdraw pupils from any non-scientific components of sex education (in line with the science national curriculum).

The Headteacher will determine whether any aspects of the curriculum will be delivered by professionals outside of the school (e.g., the school nurse may deliver information about menstruation).

Staff

Teaching staff are responsible for:

- Delivering Relationships and Health Education in a sensitive way and in accordance with their year group expectations
- Modelling positive attitudes to Relationships and Health Education
- Monitoring progress
- Responding to the needs of individual pupils
- Responding appropriately to pupils whose parents wish them to be withdrawn from non-statutory components of RSE and Health Education

Staff do not have the right to opt out of teaching RHE. Staff who have concerns about teaching RHE are encouraged to discuss this with the headteacher. The leader for RHE at Upton Infant School is Sinead Elliott.

Pupils

Pupils are expected to engage fully in RHE and, when discussing issues related to RHE, treat others with respect and sensitivity.

7. Training

Staff are trained on the delivery of RHE and biologic aspects of the science curriculum as part of their induction and it is included in our continuing professional development calendar. Staff have access to the RHE Policy and revisit this when changes occur.

The headteacher will also invite visitors from outside the school, such as school nurses or sexual health professionals, to provide support and training to staff teaching RHE.

8. Monitoring of RHE

The delivery of RHE is monitored by Senior Leaders and the RHE leader through:

- Planning scrutiny
- Lesson observation
- Analysis of pupils' work and discussions with pupils
- Monitoring of SEN plans and IEPs where appropriate
- Sampling of pupils' end of year reports

Pupils' development in RHE is monitored by class teachers as part of our internal assessment systems.



This policy will be reviewed annually and will require approval by the local governing committee.

APPENDIX 1 – Expectations for Relationships Education – By the end of Primary

Families and people who care for me	Pupils should know 1. that families are important for children growing up because they can give love, security and stability. 2. the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives. 3. that others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care. 3. that stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up. 4. that marriage¹ represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong. 5. how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.
Caring friendships	Pupils should know 1. how important friendships are in making us feel happy and secure, and how people choose and make friends. 2. that through no fault of their own, not every child will have the friends they would like, that most people feel lonely at some point and that there is no shame in feeling lonely or talking about it. 3. the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties. 4. that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded. 5. that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right. 6. how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed.
Respectful relationships	Pupils should know 1. the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs. 2. practical steps they can take in a range of different contexts to improve or support respectful relationships. 3. the conventions of courtesy and manners. 4. the importance of self-respect and how this links to their own happiness.



	5. that they can expect to be treated with respect by others, and that in turn they should show respect to others, including those in positions of authority. 5. about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help. 6. what a stereotype is, and how stereotypes can be unfair, negative or destructive. 7. the importance of respecting boundaries, including understanding permission-seeking and giving in relationships with friends, peers and adults.
Online relationships	Pupils should know 1. that people sometimes behave differently online, and that this can lead to dangerous situations. For example, someone pretending to be someone they are not, or an adult presenting as a child, to get another person to do something for them that they don't want to do or shouldn't do. 2. that children should be respectful in online interactions, and the same principles apply to online relationships as to face-to-face relationships, including when we are anonymous. 3. the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them. 4. how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met. 5. how information and data is shared and used online, including the risks of sending images and information (without discussing details of sexual imagery). 6. about online risks, including that any material someone provides to another has the potential to be circulated online and that once a picture or words has been circulated there is no way of deleting it everywhere and no control over where it ends up. 7. that there is a minimum age for joining social media sites (normally age 13) in part to protect children from inappropriate content or unsafe contact with older social media users, who may be strangers, including other children and adults. 8. the importance of avoiding putting pressure on others to share information and images online, and strategies for resisting peer pressure. This should be covered without discussing details of sexual imagery. 9. who to go to for advice and support when they feel worried or concerned about something they have seen or engaged with online. Pupils should understand what they should do if they see something online that makes them feel worried. Pornography should not be referenced in primary education.
Being safe	Pupils should know 1. what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context). This can include learning about boundaries in play and in negotiations about space, toys, books, resources and so on. 2. about the concept of privacy and its implications for both children and adults; including that it is not always right to keep secrets if they relate to being safe.

	3. that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe contact, including physical contact. 4. how to respond safely and appropriately to adults they may encounter (in all contexts, including online), including those they do and do not know. 5. how to recognise and report feelings of being unsafe or feeling bad about any adult. 6. how to ask for advice or help for themselves or others, and to keep trying until they are heard. 7. how to report concerns or abuse, and the vocabulary and confidence needed to do so. 8. where to get advice e.g. family, school and/or other sources.
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APPENDIX 2 – Expectations of Health Education -By the end of Primary Education

General Wellbeing	Pupils should understand 1. the benefits of physical exercise, time outdoors, and helping others for wellbeing and happiness. Simple self-care techniques, including the importance of rest, time spent with friends and family and hobbies, interests and community participation. 2. the importance of promoting general wellbeing and physical health. 3. the range and scale of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) that they might experience in different situations. Pupils should understand that worrying and feeling down are normal and affect everyone at different times and are not in themselves a sign of a mental health condition. 4. how to recognise feelings and use varied vocabulary to talk about their own and others' feelings. 5. how to judge whether what they are feeling and how they are behaving is appropriate and proportionate. 6. that isolation and loneliness can affect children, and the benefits of seeking support. 7. that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing. 8. that change and loss, including bereavement, can provoke a range of feelings; that grief is a natural response to bereavement, and everyone grieves differently. 9. where and how to seek support (including recognising the triggers for seeking support), including who in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online). 10. that it is common to experience mental health problems, and early support can help resolve problems.
Healthy eating	Pupils should know 1. what constitutes a healthy diet (including understanding calories and other nutritional content). 2. the principles of planning and preparing a range of healthy meals.

	3. the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health).
Drugs, alcohol, tobacco and vaping	Pupils should know 1. the facts about legal and illegal harmful substances and associated risks, including smoking, vaping, alcohol use and drug-taking.
Health protection and prevention	Pupils should know 1. how to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body. 2. about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer. 3. the importance of sufficient good quality sleep for health and the impact of poor sleep on weight, mood and ability to learn. 4. about dental health and the benefits of good oral hygiene and inter-dental cleaning, including regular check-ups at the dentist. 5. about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing. 6. the facts and science relating to allergies, immunisation and vaccination
Personal safety	Pupils should know: 1. about hazards (including fire risks) that may cause harm, injury or risk and ways to reduce risks. 2. how to recognise risk and keep safe around roads, railways and water, including the water safety code.
Basic First Aid	Pupils should know: 1. how to make a clear and efficient call to emergency services if necessary, including the importance of reporting incidents rather than filming them. 2. concepts of basic first aid, for example dealing with common injuries and ailments, including head injuries.
Developing bodies	This should not be taught before year 4. Pupils should know: 1. about growth, change and the changing adolescent body, this topic should include the human lifecycle. Puberty should be mentioned as a stage in this process. 2. the key facts about the menstrual cycle, including physical and emotional changes.

APPENDIX 3 – RHE curriculum overview

CONCEPT MAP FOR PSHE

Concepts	Components	Possible Safety and Wellbeing Components
		Risks & Hazards
RELATIONSHIPS	Families and Friendships	Consent
	Safe Relationships	Digital safety
	Respecting Ourselves and	Water safety
LIVING IN THE WIDER WORLD		Rail safety
	Belonging to a Community	Road safety
	Media, Literacy and Digital	Sun safety
HEALTH AND WELLBEING	Money and Work	Fire safety
		Drug safety
	Physical Health and	Safety in emergencies
	Growing and Changing	Home safety
	Keeping Safe	Healthy sleep
		Healthy minds
		Healthy exercise
		Healthy Hygiene: Washing & oral
		Healthy eating

RELATIONSHIPS			
	Concept	Component	Component knowledge
Year 1		Roles of different people Families Feeling cared for	- about people who care for them, e.g. parents, siblings, grandparents, relatives, friends, teachers - the role these different people play in children's lives and how they care for them - what it means to be a family and how families are different, e.g. single parents, same-sex parents, etc. - about the importance of telling someone — and how to tell them — if they are worried about something in their family
Year 2	Families and Friends	Making friends Feeling lonely and getting help	- how to be a good friend, e.g. kindness, listening, honesty - about different ways that people meet and make friends - strategies for positive play with friends, e.g. joining in, including others, etc. - about what causes arguments between friends - how to positively resolve arguments between friends - how to recognise, and ask for help, when they are feeling lonely or unhappy or to help someone else

RELATIONSHIPS			
	Concept	Component	Component knowledge
Year 1	Safe Relationships	Recognising privacy Staying safe Seeking permission	- about situations when someone's body or feelings might be hurt and whom to go to for help - about what it means to keep something private, including parts of the body that are private - to identify different types of touch and how they make people feel (e.g. hugs, tickling, kisses and punches) - how to respond if being touched makes them feel uncomfortable or unsafe - when it is important to ask for permission to touch others - how to ask for and give/not give permission
Year 2		Managing secrets Resisting pressure and getting help Recognising hurtful behaviour	- how to recognise hurtful behaviour, including online - what to do and whom to tell if they see or experience hurtful behaviour, including online - about what bullying is and different types of bullying - how someone may feel if they are being bullied - about the difference between happy surprises and secrets that make them feel uncomfortable or worried, and how to get help - how to resist pressure to do something that feels uncomfortable or unsafe - how to ask for help if they feel unsafe or worried and what vocabulary to use

RELATIONSHIPS			
	Concept	Component	Component knowledge
Year 1	Respecting ourselves and others	How behaviour affects others Being polite and respectful	• what kind and unkind behaviour mean in and out school • how kind and unkind behaviour can make people feel • about what respect means • about class rules, being polite to others, sharing and taking turns
Year 2		Recognising things in common and differences Playing and working cooperatively Sharing opinions	• about the things they have in common with their friends, classmates, and other people • how friends can have both similarities and differences • how to play and work cooperatively in different groups and situations • how to share their ideas and listen to others, take part in discussions, and give reasons for their views

LIVING IN THE WIDER WORLD			
	Concept	Component	Component Knowledge
Year 1	Belonging to a community	What rules are Caring for others' needs Looking after the environment	- about examples of rules in different situations, e.g. class rules, rules at home, rules outside - that different people have different needs - how we care for people, animals and other living things in different ways - how they can look after the environment, e.g. recycling
Year 2		Belonging to a group Roles and responsibilities Being the same and different in the community	- about being a part of different groups, and the role they play in these groups e.g. class, teams, faith groups - about different rights and responsibilities that they have in school and the wider community - about how a community can help people from different groups to feel included - to recognise that they are all equal, and ways in which they are the same and different to others in their community.

LIVING IN THE WIDER WORLD			
	Concept	Component	Component knowledge
Year 1	Media literacy and digital resilience	Using the internet and digital devices Communicating online	- how and why people use the internet - the benefits of using the internet and digital devices - how people find things out and communicate safely with others online
Year 2		The internet in everyday life Online content and information	- the ways in which people can access the internet e.g. phones, tablets, computers - to recognise the purpose and value of the internet in everyday life - to recognise that some content on the internet is factual and some is for entertainment e.g. news, games, videos - that information online might not always be true

LIVING IN THE WIDER WORLD			
	Concept	Component	Component knowledge
Year 1		Strengths and interests Jobs in the community	- that everyone has different strengths, in and out of school - about how different strengths and interests are needed to do different jobs - about people whose job it is to help us in the community - about different jobs and the work people do



LIVING IN THE WIDER WORLD

	Concept	Component	Component knowledge
	Money and work		
Year 2		What money is Needs and wants Looking after money	- about what money is and its different forms e.g. coins, notes, and ways of paying for things e.g. debit cards, electronic payments - how money can be kept and looked after - about getting, keeping and spending money - that people are paid money for the job they do - how to recognise the difference between needs and wants - how people make choices about spending money, including thinking about needs and want

HEALTH AND WELLBEING

	Concept	Component	Component knowledge
Year 1	Physical health and mental wellbeing	Keeping healthy Food and exercise Hygiene routines Sun safety	- what it means to be healthy and why it is important - ways to take care of themselves on a daily basis - about basic hygiene routines, e.g. hand washing - about healthy and unhealthy foods, including sugar intake - about physical activity and how it keeps people healthy - about different types of play, including balancing indoor, outdoor and screen-based play - about people who can help them to stay healthy, such as parents, doctors, nurses, dentists, lunch supervisors - how to keep safe in the sun
		Why sleep is important	- about routines and habits for maintaining good physical and mental health - why sleep and rest are important for growing and keeping healthy



HEALTH AND WELLBEING			
	Concept	Component	Component knowledge
Year 2		Medicines and keeping healthy Keeping teeth healthy Managing feelings and asking for help	- that medicines, including vaccinations and immunisations, can help people stay healthy and manage allergies - the importance of, and routines for, brushing teeth and visiting the dentist - about food and drink that affect dental health - how to describe and share a range of feelings - ways to feel good, calm down or change their mood e.g. playing outside, listening to music, spending time with others - how to manage big feelings including those associated with change, loss and bereavement - when and how to ask for help, and how to help others, with their feelings

HEALTH AND WELLBEING			
	Concept	Component	Component knowledge
Year 1		Recognising what makes them unique and special Feelings Managing when things go wrong	- to recognise what makes them special and unique including their likes, dislikes and what they are good at how to manage and whom to tell when finding things difficult, or when things go wrong - how they are the same and different to others - about different kinds of feelings - how to recognise feelings in themselves and others - how feelings can affect how people behave



HEALTH AND WELLBEING			
	Concept	Component	Component knowledge
	Growing and changing		
Year 2		Growing older Naming body parts Moving class or year	• about the human life cycle and how people grow from young to old • how our needs and bodies change as we grow up • to identify and name the main parts of the body including external genitalia (e.g. vulva, vagina, penis, testicles) • about change as people grow up, including new opportunities and responsibilities • preparing to move to a new class and setting goals for next year

Year 1	Keeping Safe	How rules and age restrictions help us Keeping safe online	• how rules can help to keep us safe • why some things have age restrictions, e.g. TV and film, games, toys or play areas • basic rules for keeping safe online • whom to tell if they see something online that makes them feel unhappy, worried, or scared
Year 2		Safety in different environments Risk and safety at home Emergencies	• how to recognise risk in everyday situations, e.g. road, water and rail safety, medicines • how to help keep themselves safe in familiar and unfamiliar environments, such as in school, online and 'out and about' • to identify potential unsafe situations, who is responsible for keeping them safe in these situations, and steps they can take to avoid or remove themselves from danger • how to help keep themselves safe at home in relation to electrical appliances, fire safety and medicines/household products about things that people can put into their body or onto their skin (e.g. medicines and creams) and how these can affect how people feel • how to respond if there is an accident and someone is hurt • about whose job it is to keep us safe and how to get help in an emergency, including how to dial 999 and what to say