Relationships, Sex, Health Education (RSHE) Policy.

This policy is for Barleyhurst Park School and Barleyhurst Park Nursery.

Agreed by Governors: 19.10.2026

To be reviewed: Autumn 2028

Statement of Intent

At Barleyhurst Park we will provide age-appropriate relationships and health education (RHE) to all pupils as part of the school's statutory curriculum. Our school aims to assure parents and pupils that all aspects of RHE will be delivered in a safe space, allowing time and compassion for questions at a level that every pupil understands. Sensitive topics relating to RHE will be delivered in a sensitive manner as part of a whole-school approach.

RHE is compulsory in all primary schools in England. The key topics applicable for all key stages have been carefully planned in consultation with responses from parents, young people, schools and experts. Parents are given the opportunity to discuss this policy at any time and staff will be provided with accurate training and further resources to deliver lessons to pupils.

We understand that pupils must be provided with an education that prepares them for the opportunities, responsibilities and experiences of adult life. A key part of this relates to relationships education, which is required to be delivered to every primary-aged pupil. Primary schools also have the option to decide whether pupils are taught sex education and at Barleyhurst Park we will only be covering sex education which consists of age-appropriate content which covers how babies are conceived and how they are born. Sex education will not go above and beyond the focus of reproduction and this will be covered within our Science curriculum in upper Key Stage 2.

Relationships education focuses on giving pupils the knowledge they need to make informed decisions about their wellbeing, health and relationships, and ensures can talk to a trusted adult if there is anything worrying them. Health education focuses on equipping pupils with the knowledge they need to make informed decisions about their own health and ensures they receive factual information about the changes they will experience emotionally and physically during puberty.

Legal Framework

This policy has due regard to all relevant legislation and statutory guidance including, but not limited to, the following:

- Section 80A of the Education Act 2002;
- Equality Act 2010;
- Children and Social Work Act 2017;
- The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019;
- DfE 'Science programmes of study: key stages 1 and 2';
- DfE 'Relationships Education, Relationships and Sex Education (RSE) and Health Education';
- DfE 'Teaching about relationships, sex and health';
- DfE 'Keeping children safe in education'.

This policy operates in conjunction with the following school policies:

- Child Protection and Safeguarding Policy;
- Behaviour Policy;
- SEND Policy;
- Equality, Equity, Diversity and Inclusion Policy;
- Anti-bullying Policy;
- Social, Emotional and Mental Health (SEMH) Policy;
- Online Safety Policy;
- School Plan.

Roles and Responsibilities

The governing body will be responsible for:

- Playing an active role in monitoring, developing and reviewing the policy and its implementation in school.
- Appointing a link governor for RHE who supports the school and monitors any aspects of RHE included within the School Plan.
- Ensuring all pupils make progress in achieving the expected educational outcomes.
- Ensuring the curriculum is well led, effectively managed and well planned.
- Evaluating the quality of provision through regular and effective self-evaluation.
- Ensuring teaching is delivered in ways that are accessible to all pupils with SEND.
- Creating and keeping up-to-date a separate written statement of this policy and ensuring the statement is published on the school's website and provided free of charge to anyone who requests it.

The Headteacher will be responsible for:

- The overall implementation of this policy.
- Ensuring adequate time on school timetable to deliver RHE as a statutory curriculum subject.
- Providing support to staff members who feel uncomfortable or ill-equipped to deal with the delivery of RHE to pupils; for example, if staff do not feel that their training has been adequate or that aspects of the curriculum conflict with their religious beliefs.
- Ensuring that parents are fully informed of this policy and the RHE resources are available to parents beforehand.
- Reviewing requests from parents to withdraw their children from the subjects.
- Discussing requests for withdrawal with parents.
- Reporting to the governing board on the effectiveness of this policy.
- Reviewing this policy.

The RHE Subject Leader will be responsible for:

- Overseeing the delivery of the subject.
- Ensuring that staff values and attitudes will not prevent them from providing a balanced RHE in school.
- Providing the agreed vocabulary to be used during the lessons to ensure a consistent approach.
- Ensuring the subjects are age-appropriate and high-quality and up-to-date.
- Ensuring teachers are provided with adequate resources to support teaching of the subjects.

- Ensuring the school meets its statutory requirements in relation to the relationships, and health curriculum.
- Working with other subject leaders to ensure the relationships and health curriculum complements, but does not duplicate, the content covered in the national curriculum.
- Liaising and working in partnership with parents and carers to support further conversations at home and to share the resources ahead of teaching upon request.

The SENDCO will be responsible for:

- Advising teaching staff how best to identify and support pupils' individual needs.
- Advising staff on the use of TAs in order to meet pupils' individual needs.
- Ensuring that the needs of vulnerable pupils are taken into consideration in designing and teaching these subjects.

The teachers will be responsible for:

- Delivering a high-quality and age-appropriate relationships and health curriculum in line with statutory requirements.
- Using a variety of teaching methods and resources to provide an engaging curriculum that meets the needs of all pupils.
- Ensuring they do not express personal views or beliefs when delivering the programme.
- Modelling positive attitudes to relationships, sex and health.
- Responding to any safeguarding concerns in line with the Child Protection and Safeguarding Policy.
- Acting in accordance with planning, monitoring and assessment requirements for the subjects.
- Liaising with the SENDCO to identify and respond to individual needs of pupils with SEND.
- Working with the RHE Subject Leader to evaluate the quality of provision.

Parents are responsible for:

- Supporting their children through their personal development and the emotional and physical aspects of growing up.
- Ensuring that they are aware of curriculum content, organisation and delivery.
- Fostering an open home environment where pupils can engage, discuss and continue to learn about topics that have been taught in school.
- Liaising with the school to seek additional support if needed.

Organisation of the Curriculum

At Barleyhurst Park we understand that it is required to deliver statutory relationships education and health education, and that we have the freedom to determine how this will be taught in the context of a broad and balanced curriculum.
Our school will organise the teaching of RHE as a joint subject PSHE and RHE.

The relationships and health curriculum takes into account the views of teachers, pupils and parents. The school has organised a curriculum that is appropriate for the age and developmental stages of pupils within each year group. When organising the curriculum, the religious backgrounds of all pupils will be considered, so that the topics that are covered are taught appropriately.

The school is dedicated to ensuring our curriculum meets the needs of the whole-school community; therefore, the curriculum is informed by issues in the school and wider community to ensure it is tailored to pupils' needs. The school will teach pupils the knowledge they need to recognise and report abuse, including emotional, physical and sexual abuse. Teaching will focus on ensuring pupils understand boundaries and privacy with peers, families and others, in all contexts, including online.
The school will consult with parents, pupils and staff in the following ways:

- Questionnaires and surveys;
- Training sessions and workshops;
- Newsletters and letters.

Any parent, teacher or pupil wishing to provide feedback about the curriculum can do so at any time during the academic year by emailing the school office.

Consultation with Parents

The school understands the important role parents play in enhancing their children's understanding of relationships and health and how important parents' views are in shaping the curriculum.
The school will share the policy and curriculum content with parents when reviewing the content of the school's RHE curriculum and will give them regular opportunities to voice their opinions. The school will use the views of parents to inform decisions made about the curriculum content and delivery; however, parents will not be granted a 'veto' on curriculum content, and all final decisions will be made by school. The school will permit parents access to all curriculum materials and the school will not enter into contracts with outside providers that seek to prevent parents from seeing materials.
The school will be mindful of the personal circumstances of all pupils to ensure there is no stigmatisation of based on home circumstances, support networks or family needs.
Parents will be provided with the following information:

- The content of the relationships and health curriculum;
- The delivery of the relationships and health curriculum, including what is taught in each year group;
- The legalities surrounding withdrawing their child from the subjects.

Sex Education

All pupils will be taught the aspects of sex education outlined in the primary science curriculum - this includes teaching about the main external parts of the human body, how it changes as it grows from birth to old age, including puberty, and the reproductive process in some plants and animals.
At our school, we do not teach pupils sex education beyond what is required of the science curriculum.

Our Curriculum

Our curriculum will cover the following areas as suggested by PSHE association.

- Families and people who care for me;
- Caring friendships;
- Respectful, kind relationships;
- Online safety and awareness;
- Internet safety and harms;
- Being safe;
- General wellbeing;
- Healthy eating;
- Drugs, alcohol and tobacco;

- Health prevention;
- Personal safety;
- Basic first aid;
- Developing bodies.

Curriculum Organisation

The RHE programme is delivered through a variety of opportunities including:

- Designated time as part of our curriculum;
- Circle time;
- Use of external agencies and/or services;
- School ethos;
- Small group work;
- Cross curricular links;
- Assemblies;
- Enrichment days and weeks.

Equality and Accessibility

Barleyhurst Park School understands its responsibilities in relation to the Equality Act 2010; specifically, that it must not unlawfully discriminate against any pupil based on their protected characteristics.
We are committed to making reasonable adjustments wherever possible to promote accessibility and inclusivity of the curriculum. The school will ensure that RHE programme is inclusive, and caters to the needs, of pupils with SEND or other support needs, such as those with SEMH needs.
Teachers will understand that they may need to adapt their planning of work and teaching methods in order to appropriately deliver the programme to pupils with SEND or other support needs.

Curriculum Links

The school seeks opportunities to draw links between RHE and other curriculum subjects wherever possible to enhance pupils' learning. RHE will be linked to the following subjects in particular:

- **Science** - pupils learn about the main external parts of the body and changes to the body as it grows from birth to old age, including puberty.
- **Computing and ICT** - pupils learn about e-safety, including how to use technology safely, responsibly, respectfully and securely, how to keep personal information private and how to access help and support.
- **PE** - pupils explore various physical activities, are physically active for sustained periods of time, engage in competitive sport and understand how exercise can lead to healthier lifestyles.
- **Citizenship** - pupils learn about the requirements of the law, their responsibilities and the possible consequences of their actions.
- **PSHE** - pupils learn about respect and difference, values and characteristics of individuals.

Right to Request Withdrawal from Sex Education

At Barleyhurst Park, parents will not have the right to withdraw their children from relationships and health education, nor can they be withdrawn from topics taught as part of the science curriculum, including science topics related to puberty or sexual reproduction.

Quality of Education

The RHE Subject Leader is also the PSHE Subject Leader and is responsible for monitoring the quality of teaching and learning for the subjects.

The RHE Subject Leader will create annual subject reports for the Headteacher and Governing Board to report on the quality of the subjects. They will also work regularly and consistently with the Headteacher to evaluate the effectiveness of the subjects and implement any changes.

Monitoring and Review

The Governing Board is responsible for approving this policy.

This policy will be reviewed by the RHE Subject Leader and Headteacher. This policy will also be reviewed in light of any changes to statutory guidance; feedback from parents, staff or pupils; and issues in the school or local area that may need addressing.

Any changes made to this policy will be communicated to all staff and parents.