



Barnsole Primary School

Relationships, Health Education and Sex Education Policy



Maritime
Academy
Trust

Date of Last Review:	September 2025
Date of Next Review:	September 2026

1. Policy Aims

At Barnsole Primary School, RSHE prepares pupils for healthy, safe and respectful lives. We aim to:

- Promote the values of empathy, respect, equality and tolerance.
- Equip pupils with knowledge and skills to make informed choices about relationships, health and wellbeing.
- Provide age-appropriate, factual education about human development, relationships and the changing body.

Our approach follows the Department for Education (DfE) statutory guidance (*Relationships Education, Relationships and Sex Education (RSE) and Health Education*, September 2021).

2. Statutory Requirements

- **Compulsory in Primary Schools:** Relationships Education, Health Education (including puberty), and Science (reproduction in plants and animals).
- **Non-statutory:** Sex Education beyond the Science curriculum. Our school chooses to teach age-appropriate Sex Education in Years 5 and 6 to prepare pupils for transition to secondary school.

Parents/carers may request withdrawal from Sex Education (non-statutory content) but not from Relationships, Health or Science teaching. Requests must be made in writing to the Headteacher.

3. Curriculum Delivery

RSHE is taught through the **Jigsaw PSHE scheme**, which provides a progressive, spiral curriculum from Early Years to Year 6. Lessons are:

- Delivered by familiar, trained staff.
- Grounded in respect and safeguarding.
- Inclusive of all pupils and reflective of diverse families and communities.
- Supported by clear ground rules (e.g. correct vocabulary, no personal questions, depersonalised discussion).

Where appropriate, lessons may be taught in single-gender groups.

4. Curriculum Content

Relationships Education (all year groups) includes:

- Families and people who care for us.
- Friendships, respect and kindness.
- Safe relationships, boundaries and consent.
- Online relationships and staying safe online.

Health Education includes:

- Physical health and fitness, healthy eating, hygiene and changing bodies.
- Mental wellbeing, resilience and emotional regulation.
- Safety, first aid, and risks linked to drugs, alcohol and tobacco.
- Puberty (Years 3–6).

Sex Education (non-statutory, taught in Years 5–6):

- How babies are conceived and born.
- Conception, pregnancy and birth.
- Fertility, contraception and choices, taught in an age-appropriate way.

5. Inclusion, Equality and Diversity

- RSHE is delivered in line with the Equality Act 2010.
- Teaching reflects the diversity of families, relationships and communities.
- LGBT content is taught in an age-appropriate way, ensuring respect and equality.
- SEN pupils have full access, with adaptations where needed.

6. Working with Parents and Carers

We recognise RSHE is most effective when delivered in partnership with parents. Each year group will inform parents before RSHE units are taught and offer opportunities to ask questions.

7. Monitoring and Review

The policy and curriculum delivery are reviewed annually by the Personal Development Lead, teaching staff and Governors. Feedback from parents, pupils and staff informs updates.

Appendix (Summary of Year Group Coverage)

- **EYFS:** Friendships, feelings, looking after our bodies.
- **Y1–2:** Families, body parts (using correct terms), safety, healthy choices.
- **Y3–4:** Friendships, peer influence, emotional changes, puberty.
- **Y5–6:** Online safety, peer pressure, reproduction, conception, pregnancy, puberty changes, emotional wellbeing, preparation for secondary school.

Nursery and Reception	• Children begin to learn about their own feelings and the feelings of others. • Children are supported to manage emotions, develop a positive sense of self, set themselves simple goals, have confidence in their own abilities, to persist and wait for what they want and direct attention as necessary.
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	• Through adult modelling and guidance, they will learn how to look after their bodies, including healthy eating, and manage personal needs independently. • Through supported interaction with other children, they learn how to make good friendships, co-operate and resolve conflicts peaceably.
Year 1	Children will learn: • how people show their feelings in different ways and how these can affect others positively or negatively. • the names of some differences in the bodies of boys and girls and know the correct biological names for external body parts (to include penis, vulva and anus). • to recognise and respect different family arrangements and know that different families may show their care for each other in different ways. • the difference between personal and private body parts or situations and can give some examples of what is acceptable, including touching, taking photographs and safe behaviour with strangers; that every person has control over who can touch their body and how to get help if they need it. • some possible dangers at home and outside of the home. • some ways to keep their body healthy.
Year 2	Children will learn: • how some medicines work and that it is important to store and use them safely. • to explain what makes their body feel relaxed and how this contributes to a healthy body. • the difference between friends, family and other relationships and that different behaviours are needed for each. • who they can go to for help if they need it. • examples of safe and unsafe situations and behaviour. • that ageing is a natural process including old age. • what change or losing something feels like and suggest some ways to manage their feelings.
Year 3	Children will learn: • some different communities or groups in their local area, in London, nationally and globally. • the beliefs of some different groups and suggest why they are a group/community. • know that family members sometimes do not get along and can give some reasons for this.

	• to identify some situations or triggers that make them feel different emotions and compare the intensity of these. • some things that positively and negatively affect their physical, mental and emotional health; they know some facts relating to allergies, immunisation and vaccination. • some of the changes that happen during puberty (menstruation, pubic hair and hair growing darker on other places of the body) and that puberty happens at different times for different people. • that gender stereotypes can be unfair. • that every individual has the right to control who touches their body and know how to say if they are uncomfortable.
Year 4	Children will learn: • some of the reasons people start smoking and why some people drink alcohol (to include peer pressure, advertising and role models) and its effect on health, including passive smoking • how different friendship groups are formed and the impact different friends have on them. • some ways that they have control over their own health e.g. exercise, diet, sleep, mental health • some ways that peer pressure can affect our choices and give examples. • can explain how some lifestyle choices can affect health negatively and that they have the right to choose the lifestyle choices they would like e.g. exercise, diet, sleep • that negative feelings are a normal part of loss and memories can support us when we lose a special person or animal or when a special person or animal dies. • what a secret is and can give some examples of good secrets. • know how the female and male body change during puberty (physically and emotionally).
Year 5	Children will learn: • that too much screen time is not healthy and ways to monitor and reduce screen time. • some rules for safe and appropriate use of smartphones/ iPads (including how to manage requests for images of themselves, what is appropriate/ inappropriate to ask for or to share); that they can choose what to share or not share and that this is their personal choice & that others also have this choice and that this should be respected. • how to recognise and manage 'dares' and can describe the impact of peer pressure & possible negative consequences

	• that babies are made by a sperm joining an ovum and that sexual intercourse can lead to conception; what pregnancy is, where it occurs and how long it takes. • the names of the internal and external body parts that are needed to make a baby. • that personal hygiene is important during puberty and as an adult. • basic emergency procedures and how to get help in emergency situations. • that the media, social media and celebrity culture promotes certain body types and that people can develop eating problems/disorders related to body image pressures; that information they see online can be targeted towards individuals.
Year 6	Children will learn: • that some people can be exploited and made to do something against the law and ways to look out for and help others who may be being exploited. • that stress can be triggered by a range of things and different strategies can be used to manage stress and pressure. • how different types of drugs (legal and illegal) can affect people's bodies. • that people can have poor mental health and that this is nothing to be ashamed of. • the difference between different types of relationship and that sex may be one part of an intimate relationship between adults (with specific reference to UK law linked to legal age for sexual activity). • that some people need help to conceive and use IVF. • what contraception is and why some people choose to use it or not (including reference to cultural/religious beliefs - each individual must make the decision that is right for them). • strategies to prepare emotionally for the transition to secondary school.