

Relationship, Sex and Health Education (RSHE) Policy



School Name: Widely Court Primary School

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PSHE Lead: Ashleigh Davies

Review Date: September 2027

Widey Court Primary School

Relationships, Sex and Health Education (RSHE) Policy

Statutory framework for primary education in England | September 2026

This policy has been reviewed in accordance with the Department for Education's Relationships Education, Relationships and Sex Education and Health Education statutory guidance, effective from 1 September 2026.

Policy statement

At Widey Court Primary School, we believe that Relationships, Sex and Health Education (RSHE) is an essential part of preparing children for life. We are committed to providing a safe, inclusive and supportive environment in which every child develops the knowledge, understanding and skills needed to form healthy relationships, understand their bodies, respect themselves and others, and keep themselves safe.

We recognise that children need opportunities to develop an understanding of friendship, family relationships, respect, personal boundaries, emotional wellbeing, physical development and the changes associated with growing up.

Our RSE curriculum is delivered primarily through the Jigsaw PSHE scheme of work, supported by appropriate teaching resources and other curriculum areas.

We ensure that teaching is:

- Age-appropriate and sensitive to pupils' developmental needs.
- Inclusive of different family structures and backgrounds.
- Consistent with statutory guidance and the school's safeguarding responsibilities.
- Grounded in respect, kindness, equality and mutual understanding.
- Designed to help pupils recognise unsafe situations and seek help from trusted adults.

This policy sets out how Widey Court Primary School fulfils its legal responsibilities for Relationships Education, Health Education and any additional Sex Education taught beyond the statutory curriculum.

Statutory framework and legal requirements

This policy is written with reference to the statutory guidance in force in England from 1 September 2026. The Department for Education's revised guidance was published in July 2025 and came into effect on that date.

The school must have regard to the statutory guidance and comply with the legal duties applicable to its provision.

Relevant legislation and guidance

The policy is informed by:

1. Children and Social Work Act 2017 – provisions relating to Relationships Education, RSE and Health Education.
2. Education Act 2002 – including duties relating to the school curriculum.
3. Education Act 1996 – including provisions relating to sex education.
4. Equality Act 2010 – duties to prevent unlawful discrimination and promote equality.
5. Human Rights Act 1998 – relevant rights and freedoms.

6. Relationships Education, Relationships and Sex Education and Health Education statutory guidance (DfE, 2026).
7. Keeping Children Safe in Education (DfE, 2026).
8. Working Together to Safeguard Children (2026).
9. The National Curriculum in England, including statutory Science requirements.
10. Data Protection Act 2018 and UK GDPR, where personal information is collected or recorded.
11. The school's safeguarding, behaviour, equality, online safety and inclusion policies.

The revised statutory guidance applies to schools in England and sets out both legal duties and expectations that schools must have regard to when planning and delivering relationships, sex and health education.

Purpose and Aims of RSE

The purpose of RSE at Widey Court is to provide pupils with the knowledge and skills necessary to develop healthy relationships, understand their bodies and personal boundaries, make informed decisions and seek support when needed.

Our aims are to:

- Develop pupils' understanding of positive, respectful and healthy relationships.
- Help children recognise the characteristics of safe and unsafe relationships.
- Teach pupils about personal space, privacy, boundaries and appropriate behaviour.
- Develop understanding of consent in age-appropriate contexts.
- Help pupils understand families, friendships and the importance of mutual respect.
- Promote self-respect, kindness, empathy and consideration for others.
- Support children to understand physical and emotional changes as they grow.
- Ensure pupils know how to recognise and report abuse, harassment, bullying and other harmful behaviour.
- Develop pupils' understanding of online relationships, privacy and digital safety.
- Promote equality, inclusion and respect for difference.
- Prepare pupils for the transition to secondary school and adolescence.

Relationship Education, Health Education and Sex Education

It is important to distinguish between the three areas of statutory and additional learning.

***Relationships Education**

All primary-aged pupils must receive Relationships Education. This includes learning about families, friendships, respectful relationships, online relationships, personal boundaries and how to seek help.

***Health Education**

Health Education is compulsory in state-funded primary schools and includes physical health, mental wellbeing, puberty, hygiene and the changes associated with growing up.

***Sex Education**

Primary schools may provide additional Sex Education beyond the statutory Science curriculum and the statutory Relationships and Health Education content. At Widey Court, any additional Sex Education will be

carefully planned, age-appropriate and subject to the school's published curriculum arrangements and parental withdrawal rights.

Parents cannot withdraw pupils from statutory Relationships Education, Health Education or the Science curriculum. Parents have the right to request withdrawal from additional primary Sex Education, in accordance with the statutory guidance.

Curriculum Content and Progression

Widey Court Primary School uses the Jigsaw PSHE scheme to deliver a structured, progressive programme of Relationships Education and age-appropriate learning about growing up.

The curriculum is organised into six half-termly Puzzles. Relationships Education is taught throughout the year, with particular emphasis on the Relationships and Changing Me Puzzles.



***Relationships**

Pupils explore friendships, family relationships, trust, respect, communication, conflict resolution, personal boundaries and recognising healthy and unhealthy relationships.

***Changing Me**

Pupils learn about change, growing up, physical and emotional development, personal identity, puberty and preparing for new stages of life.

Early Years Foundation Stage (EYFS)

In EYFS, children develop the foundations for healthy relationships and personal safety through age-appropriate activities and everyday interactions.

Learning includes:

- Forming friendships and playing cooperatively.

- Recognising and expressing feelings.
- Understanding kindness, respect and turn-taking.
- Identifying trusted adults and asking for help.
- Learning about personal space and boundaries.
- Developing an understanding of privacy and appropriate behaviour.
- Naming parts of the body using appropriate vocabulary.
- Understanding that their body belongs to them.
- Recognising similarities and differences between people.

Learning is delivered through the EYFS framework, Jigsaw and daily routines, with an emphasis on communication, emotional development and personal, social and emotional development.

Key Stage 1 – Years 1 and 2

Pupils develop their understanding of relationships, personal safety and growing up through structured lessons and practical activities.

Learning includes:

- Recognising different types of family and caring relationships.
- Identifying the qualities of a good friend.
- Understanding kindness, respect and cooperation.
- Recognising bullying and unkind behaviour.
- Understanding personal boundaries, privacy and the importance of saying no.
- Identifying trusted adults and knowing how to seek help.
- Understanding that their body belongs to them.
- Learning about basic body changes and the life cycle.
- Developing an age-appropriate understanding of online relationships and safety.

Lower Key Stage 2 – Years 3 and 4

Pupils build on earlier learning and develop a deeper understanding of relationships, boundaries, safety and physical development.

Learning includes:

- Recognising the characteristics of healthy friendships and family relationships.
- Understanding trust, respect, communication and resolving conflict.
- Identifying inappropriate behaviour, bullying and discrimination.
- Understanding personal boundaries and how to respond when boundaries are crossed.
- Recognising pressure and developing assertiveness.
- Understanding privacy, online relationships and digital safety.
- Learning about physical and emotional changes associated with growing up.
- Understanding the importance of hygiene and personal care.

- Recognising when a relationship or situation may be unsafe and seeking help.

Upper Key Stage 2 – Years 5 and 6

Pupils prepare for adolescence and transition to secondary school through more detailed, age-appropriate learning about relationships, puberty and personal safety.

Learning includes:

- Recognising the features of healthy, respectful and supportive relationships.
- Understanding boundaries, consent, trust and mutual respect.
- Recognising coercion, pressure, harassment and harmful behaviour.
- Understanding that discrimination, bullying and sexual harassment are unacceptable.
- Developing strategies to manage peer pressure and seek help.
- Understanding online relationships, privacy, digital communication and online risks.
- Learning about puberty, menstruation and physical and emotional changes.
- Understanding the biological process of human reproduction through statutory Science and any additional planned Sex Education.
- Developing an understanding of personal hygiene and self-care during puberty.
- Recognising unsafe situations, including abuse and exploitation, and knowing how to report concerns.
- Preparing for the transition to secondary school and increased independence.

The school will ensure that curriculum content is planned in accordance with the statutory guidance and the developmental needs of pupils, rather than relying solely on year-group labels or the sequence of a commercial scheme.

Viewing PSHE Teaching Materials

We want parents to feel informed about what their children are learning in PSHE. We provide several ways for parents to access information about the curriculum:

- Termly Knowledge Organisers - For each Puzzle (half-term unit), we provide accessible summaries showing the key learning objectives and content from the Jigsaw programme.
- Parent Access to Lesson Materials - Parents who would like to see the standard Jigsaw lesson plans and teaching slides for their child's year group can request access. Requests are to be made to your child's class teacher.
- PSHE Curriculum Progression Document – this can be found on the Widey Court website page.
- RSE Letters

We actively encourage parents to engage with these resources so they can support and continue conversations at home. If you have any questions about PSHE content or would like to access any of these materials, please contact your child's class teacher or the PSHE lead teacher.

Statutory Relationships Education content

Relationships Education is compulsory for all primary pupils. The curriculum at Widey Court will address the following areas.

Area	Learning outcomes
Families and people who care for me	Understanding different family structures, care, love, stability and the importance of supportive relationships.

Caring friendships	Recognising positive friendships, trust, kindness, loyalty, respect and support.
Respectful relationships	Developing respect, courtesy, empathy, self-respect and an understanding of appropriate behaviour.
Online relationships	Understanding respectful digital communication, privacy, online safety and how to respond to harmful interactions.
Being safe	Understanding personal boundaries, privacy, appropriate and inappropriate contact, seeking help and recognising unsafe situations.

The curriculum will help pupils understand how to develop positive relationships and recognise when behaviour is harmful, unsafe or unacceptable.

Statutory Health Education and growing up

Health Education is taught alongside Relationships Education and includes learning about physical health, emotional wellbeing, personal hygiene and puberty.

At Widey Court, pupils will learn about:

- Mental wellbeing and the importance of emotional health.
- Physical health, hygiene and personal care.
- Healthy habits, exercise, sleep and nutrition.
- Puberty and the physical and emotional changes associated with growing up.
- Menstruation and managing periods with dignity and confidence.
- Recognising when they need help and identifying trusted adults.
- Understanding how to maintain personal safety and seek appropriate support.

The school will ensure that puberty and growing-up content is taught sensitively, using accurate language and resources appropriate to pupils' ages and understanding.

Sex Education and human reproduction

Statutory Science

The National Curriculum for Science includes statutory learning about reproduction and the human life cycle.

Pupils learn about:

- The human life cycle and growth and development.
- The changes experienced by humans as they develop to old age.
- Reproduction in humans, including the role of reproductive organs and processes, as required by the relevant Science curriculum.
- The changes that occur during puberty.

Science lessons are compulsory, and parents do not have the right to withdraw their children from statutory Science content.

Additional Sex Education

Any additional Sex Education beyond the statutory Science curriculum and statutory Relationships and Health Education content will be clearly identified and planned separately.

At Widey Court, additional Sex Education will:

- Be appropriate to pupils' age, maturity and developmental needs.
- Use accurate, factual and sensitive teaching resources.
- Support pupils to understand relationships, personal safety and the consequences of decisions.
- Be delivered by appropriately prepared staff.
- Be explained to parents in advance.
- Be reviewed to ensure that it meets statutory requirements and the school's safeguarding responsibilities.

The school will not assume that all content within a commercial scheme is automatically statutory. The distinction between statutory Relationships Education, Health Education, Science and additional Sex Education will be made clear when planning and communicating the curriculum.

Online relationships and digital safety

Online relationships form an important part of children's lives. The school will teach pupils how to interact safely and respectfully online.

Learning will include:

- Respectful communication in digital spaces.
- Recognising online bullying, harassment and harmful behaviour.
- Understanding privacy and the importance of protecting personal information.
- Recognising inappropriate contact and online manipulation.
- Understanding that online images and messages can be shared beyond their intended audience.
- Knowing how to block, report and seek help when necessary.
- Understanding that online relationships should be respectful and safe.
- Recognising the risks associated with sharing personal images or engaging with unknown people online.

Online safety learning will be reinforced through the school's Computing curriculum, safeguarding education and online safety procedures.

Equality, diversity and inclusion

Widely Court Primary School is committed to ensuring that RSE is inclusive and respects the dignity of all pupils and families.

The curriculum will:

- Recognise that families may have different structures and circumstances.
- Promote respect for people from different backgrounds, cultures and faiths.
- Challenge prejudice, discrimination, stereotypes and bullying.
- Teach pupils about equality and the importance of treating others fairly.
- Support pupils to understand differences in an age-appropriate and respectful way.
- Ensure that pupils with SEND and other additional needs can access the curriculum.
- Promote an environment where pupils feel safe to ask questions and seek help.

The school will teach relevant facts and legal requirements accurately and sensitively, in accordance with the Equality Act 2010 and the statutory RSHE guidance.

Parental rights, consultation and withdrawal

Widely Court recognises the important role of parents and carers in supporting their children's relationships education and personal development.

The school will work in partnership with parents and provide clear information about the curriculum.

Parental consultation

The school will:

- Make this policy available to parents and carers.
- Provide information about the Jigsaw curriculum and the school's approach to RSE.
- Explain the content of any additional Sex Education.
- Provide opportunities for parents to ask questions and raise concerns.
- Review feedback from parents when developing the curriculum.
- Communicate relevant changes to the curriculum or policy.

The school will ensure that parents understand which elements of the curriculum are statutory and which are additional.

Right to withdraw from Sex Education

Parents have the right to request that their child be withdrawn from some or all Sex Education delivered at primary school, except for statutory Science content.

The right to withdraw does not extend to:

- Statutory Relationships Education.
- Statutory Health Education.
- Statutory National Curriculum Science.
- Other compulsory curriculum content that may address relationships, health or human development.

The school will follow the applicable statutory guidance when considering withdrawal requests.

Withdrawal procedure

Parents wishing to withdraw their child from additional Sex Education should:

1. Submit a written request to the Headteacher.
2. Identify the lessons or content from which they are requesting withdrawal.
3. Meet with the Headteacher or a designated member of staff to discuss the request and clarify the statutory curriculum requirements.
4. Receive confirmation of the agreed arrangements.

The school will explain the content of the relevant lessons and ensure that any agreed withdrawal is managed sensitively.

Pupils who are withdrawn from additional Sex Education will be provided with appropriate alternative arrangements during those lessons.

The school will not treat a withdrawal request as a reason to exclude a pupil from statutory Relationships Education, Health Education or Science.

Links to other school policies

This policy should be read alongside:

- PSHE Policy.
- Safeguarding and Child Protection Policy.
- Behaviour Policy.
- Anti-Bullying Policy.
- Equality and Inclusion Policy.
- SEND Policy.
- Online Safety Policy.
- Computing Policy.
- Science Policy.
- Mental Health and Wellbeing Policy.
- Intimate Care Policy.

Responsibilities

The PSHE Lead is responsible for:

- Overall coordination of PSHE / RSE across the school
- Keeping up to date with statutory requirements and best practice
- Supporting and advising teachers
- Monitoring quality and impact of PSHE provision
- Leading policy review and consultation processes
- Liaising with parents and external agencies
- Reporting to senior leadership and governors

The Headteacher is responsible for:

- Ensuring statutory requirements are met
- Supporting the PSHE / RSE lead and teaching staff
- Ensuring adequate resources and professional development
- Engaging with parents, particularly regarding sensitive content
- Managing withdrawal requests from sex education
- Ensuring PSHE connects with whole-school safeguarding and behaviour approaches

Governors / Trustees are responsible for:

- Ensuring the school meets its statutory duties
- Approving this policy
- Monitoring implementation and impact
- Supporting the headteacher and staff
- Engaging with parent consultation processes

All Staff are responsible for:

- Delivering high-quality PSHE / SRE in line with this policy
- Reinforcing PSHE learning throughout school life

- Responding appropriately to disclosures and concerns
- Modelling the values and behaviour promoted through PSHE
- Engaging with professional development