



## Farnborough Road Infant School

### Relationships, Sex and Health Education (RSHE) Policy

'Learning, Caring and Achieving Together'

**“Children and young people need knowledge and skills that will enable them to make informed and ethical decisions about their wellbeing, health and relationships. High quality, evidence-based teaching of relationships, sex and health education (RSHE) can help prepare pupils for the opportunities and responsibilities of adult life, and can promote their moral, social, mental and physical development. Effective teaching will support young people to cultivate positive characteristics including resilience, self-worth, self-respect, honesty, integrity, courage, kindness, and trustworthiness. Effective teaching will support prevention of harms by helping young people understand and identify when things are not right.”** (Relationships Education, Relationships and Sex Education (RSE) and Health Education, 2025).

#### **Definition: What is Relationships, Sex and Health Education?**

Relationships, Sex and Health Education is defined as learning about social, emotional and physical development. It is about teaching the children about healthy relationships and understanding the importance of stable, loving relationships. It provides a solid foundation of knowledge and skills for pupils to live healthy and safe lives. It focuses on respect, resilience and helps children to understand and celebrate differences.

#### **Statutory Requirements**

From September 2026 Relationship Education and Health Education is compulsory for all pupils receiving primary education. “The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019, made under sections 34 and 35 of the Children and Social Work Act 2017, make relationships education compulsory for all pupils receiving primary education and relationships and sex education (RSE) compulsory for all pupils receiving secondary education. They also make health education compulsory in all schools except independent schools. Personal, social, health and economic education (PSHE) continues to be compulsory in independent schools. Parents have the right to request that their child be withdrawn from some or all of sex education delivered as part of statutory RSE.” (Relationships Education, Relationships and Sex Education (RSE) and Health Education, 2025).

#### **Relationships Education**

Relationships Education in primary schools will cover ‘Families and people who care for me’, ‘Caring friendships’, ‘Respectful relationships’ and ‘Online relationships.’ The guidance states that by the end of Key Stage 2 all children should know: ‘how to report concerns or abuse, and the vocabulary and confidence needed to do so’ and should promote equal, safe and enjoyable relationships and be taught in a way which fosters gender equality including LGBT, in line with the Equalities Act 2010.

#### **Sex Education**

The DfE recommends that all primary schools ‘have a sex education programme tailored to the age and the physical and emotional maturity of the pupils. Schools are to determine the content of sex education at primary school. In Key Stage 1, children will be taught the anatomical names of body parts and will look at physical differences in an age-appropriate way. Children will also be taught about boundaries and consent at an appropriate level. By the end of Key Stage 2 sex education ‘should ensure that both boys and girls are prepared for the changes that adolescence brings and – drawing on knowledge of the human life cycle set out in the national curriculum for science - how a baby is conceived and born’

## **Health Education**

Health Education includes an understanding of how to maintain good physical health and mental wellbeing. Pupils should be introduced to the idea of mental health and are encouraged to recognise and express their emotions. They will be taught strategies to deal with strong emotions. This is further explored during our 'My Happy Mind' sessions, giving pupils the language and knowledge to understand the normal range of emotions that everyone experiences. Children will also be taught about the benefits and importance of daily exercise, good nutrition, hygiene and sufficient sleep, providing them with a strong understanding of how they can look after their bodies. Teaching children about safety and risk, and how to stay safe in various environments should also be taught. This will include fire safety, road safety, water safety, rail safety and safe/unsafe strangers. Teaching these health education topics should enable pupils to articulate how they are feeling, develop the language to talk about their bodies, health and emotions and judge whether what they are feeling and how they are behaving is appropriate and proportionate for the situations that they experience.

Relationships Education, Health Education, PSHE, Science and Sex Education work together to protect children by ensuring they have knowledge of their bodies, the human life-cycle, emotions, acceptable behaviour and right and wrong. Effective RSE can make a significant contribution to the development of the personal skills needed by pupils if they are to establish and maintain relationships. It also enables children and young people to make responsible and informed decisions about their health and well-being.

**Through these subjects we want to support all young people to be happy, healthy and safe – we want to equip them for adult life and to make a positive contribution to society.**

## **Aims**

- To promote the spiritual, moral, cultural, mental and physical development of our pupils.
- To develop pupils' communication skills and assertiveness so that they can make their own responsible and well-informed decisions about their lives.
- To prepare pupils for the opportunities, responsibilities and experiences of later life
- To encourage pupils to value themselves and others
- To ensure pupils appreciate difference and diversity
- To develop the skills and understanding they need to live safe, confident, healthy and independent lives.
- To promote safety in forming and maintaining healthy relationships
- To provide pupils with a toolkit for understanding and managing their emotions
- To promote how to stay safe online
- To develop feelings of self-respect, confidence and empathy
- To teach pupils the correct vocabulary to describe themselves and their bodies
- To understand that families can look different to their own.
- To know ways to stay safe, with a focus on how to stay safe near the road, water, railway and fire safety.

## **RSE as part of PSHE**

We believe that, to be effective, RSE should always be taught within a broader PSHE education programme. RSE enhances and is enhanced by learning related to the 1Decision topics including: being responsible, relationships, feelings and emotions, online safety, keeping and staying safe, keeping and staying healthy, and living in our world. It will also help develop other skills and attributes such as communication skills, managing peer pressure, resilience and decision making. Learning in RSE and PSHE will be linked to the curriculum in relevant subjects, such as Science, Computing, Citizenship, Religious Education, My Happy Mind and No Outsiders.

## **Values and attitudes**

At Farnborough Road Infant School RSE promotes the core values of respect, love and kindness. It also provides the opportunity for our children to reflect on their own attitudes and beliefs and those of their peers and others.

## **Organisation**

RSE is taught in every year in our school as it helps our children to learn progressively as they mature and revisit the subject on a regular basis, this reinforces learning and provides opportunities to ask further questions.

From Nursery to Year 2 children will discuss and be taught the differences between boys and girls, name body parts, where babies come from, about friends and family, what areas of the body are private and should not be touched and who they can talk to if they are worried, feel uncomfortable or unsafe and can report abuse and get help if needed.

In addition to timetabled RSE lessons we provide enrichment opportunities such as theatre and musical performances and visitors to support our PSHE topics (police, paramedics, dentist, firefighter, lifeguard, E-safety workshop etc.)

## **Sex education in National Curriculum science**

Maintained primary and secondary schools must teach the National Curriculum, which includes some sex education within science. Primary science includes pupils learning about parts of the body, growth, reproduction, life cycles and ageing. Key Stage 1 science includes pupils being taught to 'identify, name, draw and label the basic parts of the human body'. Although not mentioned specifically, at Farnborough Road Infant School we feel it is important that pupils are taught the names of the external genitalia and know the differences between boys and girls. This is vital for safeguarding so that a child has language to describe the private parts of their body and to seek help if they are abused.

## **Inclusion**

Every child is entitled to receive RSE regardless of ethnicity, gender, religion, age, culture, disability, language, special educational needs, disadvantaged and looked after children. The Relationship and Sex Education programme will be tailored to the age, emotional and physical maturity of children and will use materials appropriate to that age group. Teachers and/or teaching assistants work with individual pupils where required, and if appropriate to ensure all pupils follow the same access to the RSE/PSHE curriculum.

## **Consulting pupils**

In asking our children's views on RSE we believe it gives them the opportunity to be active citizens, ensures needs are identified and our teaching can meet the specific needs of the children it is aimed at. This discussion takes the form of discussions with small groups of pupils or part of a school council meeting and complements whole class discussions.

We ask pupils:

- Where do you get information about your body, growing up, relationships and feelings?
- Do you feel able to ask for support and advice?
- Do you feel confident talking about feelings and emotions?
- Do you feel safe to learn in PSHE lessons?

## **Involving parents**

Farnborough Road Infant School works in partnership with parents and carers, informing them about what their children will be learning and about how they can contribute at home. The DfE guidance states that all schools must have in place a written policy for Relationships Education and RSE. Schools must consult parents in developing and reviewing their policy. Schools should ensure that the policy meets the needs of pupils and parents and reflects the community they serve. It should be freely available and be published on the school's website.

## **Opting out**

Parents should be informed about their right to opt out of RSE lessons. The Head teacher will automatically grant a request to withdraw a pupil from any sex education delivered in primary schools, other than as part of the science curriculum.

**There is no right to withdraw from Relationships Education or Health Education this means no right to withdraw from the teaching expectations.**

In Key Stage One our PSHE and RSE education will only include the statutory science curriculum, Relationships and Health Education.

### **How RSE is taught: learning environment, language and resources**

#### **Teaching skills**

At Farnborough Road Infant School, we ensure our teachers have excellent subject knowledge and skills using effective use of questioning to challenge pupils' views, deepen thinking and support pupils of different abilities. We have a teacher who leads PSHE who supports our staff through training and continuous professional development.

#### **Learning environment**

At Farnborough Road Infant School classes provide an emotionally safe and secure learning environment by agreeing ground rules such as we will be kind to each other, we will listen carefully to each other, we will respect other people's opinions and beliefs and we do not use names when speaking about others.

#### **Language and terminology**

At Farnborough Road Infant School, we believe RSE has a vital role to play in helping children develop a vocabulary so that they can effectively communicate comfortably, respectfully and accurately about the human body, growing up, sex and relationships. This is only possible if adults teaching RSE are able to model use of this type of vocabulary. Key vocabulary is shared with staff through planning to support the teaching of RSE and PSED/PSHE from Caterpillars to Year 2.

#### **Classroom resources**

At Farnborough Road Infant School, we use '1 Decision' resources alongside 'My Happy Mind' and 'No Outsiders' to support our outstanding PSHE curriculum; supporting learning and promoting inclusive RSE.

### **Monitoring, Evaluating and Assessing**

The RSE scheme of work will be monitored regularly to ensure effective implementation through photographic evidence, videos and pupil voice. Planning will be reviewed regularly to ensure provision is responsive to pupils' and locality needs.

The PSHE Curriculum is assessed each term measuring pupils' achievements against the lesson objectives. Assessment tasks are built into the end of schemes of work and pupils have a clear idea of their progress.

### **Links with other policies**

RSE has clear links and should be read with other school policies aimed at promoting pupils' spiritual, moral, social and cultural development, including  
Anti-Bullying Policy • Behaviour Policy • Confidentiality Policy • Drugs Education Policy • Equality Policy • Health, Safety and Welfare Policy • Computing Policy and Safe Internet Use Policy • RE Policy • Safeguarding/Child Protection Policy • Healthy Eating Policy • Special Educational Needs Policy

### **The role of the Head Teacher**

It is the responsibility of the Head Teacher

- To ensure that staff and parents are informed about the RSE policy, and that the policy is implemented effectively.
- To ensure that members of staff are given sufficient training, so that they can teach effectively and handle any difficult issues with sensitivity.

- To liaise with external agencies regarding the school RSE programme and ensures that all adults who work with children on these issues are aware of the school policy, and that they work within this framework.
- To monitor this policy on a regular basis and report to governors, when requested, on the effectiveness of the policy.

**Updated February 2026**

**This policy will be reviewed annually**

**Signed** \_\_\_\_\_ **Date** \_\_\_\_\_ **Headteacher**

**Signed** \_\_\_\_\_ **Date** \_\_\_\_\_ **Chair of Governors**