



Relationships, Sex and Health Education (RSHE) Policy

LA POLICY
Review: Annually
Next Review Date: January 2027

Role	Name
Headteacher	Caroline Rodgers
Chair of Governors	Linda Mosley
Designated Governor	
Designated Senior Lead	Caroline Rodgers – Headteacher

Introduction

This policy sets out the approach of Brockley Primary School to Relationships, Sex and Health Education (RSHE). RSHE forms part of our whole-school Personal, Social, Health and Economic (PSHE) education programme and supports our wider work in safeguarding, wellbeing and personal development.

This policy has been written in line with the DfE statutory guidance: *Relationships Education, Relationships and Sex Education (RSE) and Health Education* (2019), issued under Section 80A of the Education Act 2002 and Section 403 of the Education Act 1996.

The policy has been developed in consultation with the Brockley Team and governors and will be shared with adults at home as part of our commitment to open, trusting relationships with families. It will be reviewed annually by the Governing Body and updated in line with statutory requirements and school need.

This policy is published on the Brockley Primary School website.

www.brockley.derbyshire.sch.uk

Rationale and Ethos

At Brockley Primary School, we are a welcoming community where pupils feel safe, known and cared for. The Brockley Team build strong, trusted relationships with pupils and families, and this ethos underpins our approach to RSHE.

“Brockley Primary School is a welcoming community. Staff know the pupils very well. They care for them and keep them safe.”
(Ofsted, April 2025)

We believe that Relationships and Sex Education:

- helps children develop the knowledge, skills and values they need to build healthy, respectful relationships
- supports pupils to understand their emotions, manage friendships and seek help when needed
- contributes directly to safeguarding by teaching children about boundaries, consent, privacy and trusted adults
- prepares children for life beyond school in an age-appropriate, inclusive and sensitive way

Our RSHE provision reflects:

- our inclusive, non-judgemental and trauma-informed approach
- our strong partnership with adults at home

- the diverse needs of our pupils, including those with SEND
- British Values and our duties under the Equality Act 2010

We actively challenge discrimination, stereotypes and bullying of any kind. We promote kindness, respect, honesty, responsibility and values referred to by pupils as “The Brockley Way.”

Statutory Context

In line with the 2019 regulations:

- Relationships Education is statutory for all primary pupils
- Health Education is statutory for all primary pupils
- Sex Education is not statutory at primary level (beyond the science curriculum)

Brockley Primary School chooses to teach a non-statutory element of sex education in upper key stage 2 to support pupils’ understanding of puberty, conception and birth in a careful, age-appropriate manner.

RSHE Curriculum

RSHE is delivered through Brockley Primary School’s PSHE curriculum, using a structured, planned and spiralling approach from EYFS to Year 6.

The curriculum:

- builds knowledge progressively year on year
- is responsive to pupil need, current issues and safeguarding priorities
- aligns with the statutory RSHE outcomes set out in the 2019 DfE guidance
- is supported by the science curriculum, particularly learning about the human life cycle and puberty

The three core strands are:

1. Relationships Education
2. Health Education
3. Non-statutory Sex Education (Year 5 and Year 6 only)

Non-Statutory Sex Education

At Brockley Primary School, non-statutory sex education is taught in Year 5 and Year 6 and focuses on:

- conception
- pregnancy
- birth

This content:

- is delivered sensitively and professionally
- uses correct scientific vocabulary
- takes account of pupils' emotional and developmental readiness
- is taught within a safe, respectful learning environment

Delivery and Teaching Approaches

RSHE is delivered by class teachers and supported by teaching assistants as appropriate.

Teachers:

- establish clear ground rules
- use distancing techniques (stories, scenarios, discussion prompts)
- respond to questions honestly while remaining age-appropriate
- follow school guidance when questions fall outside the lesson's scope

Brockley Primary School is:

- trauma-informed
- attachment-aware
- committed to emotion coaching

This ensures pupils feel supported, heard and safe when learning about sensitive topics.

RSHE is also supported through:

- whole-school and key stage assemblies
- pastoral interventions
- wider wellbeing programmes and targeted support

Roles and Responsibilities

RSHE Lead / PSHE Lead:

- oversees curriculum development and delivery
- ensures the Brockley Team training and confidence
- monitors and evaluates provision
- keeps resources up to date and compliant with the Equality Act

The Brockley Team:

- deliver RSHE in line with this policy
- model respectful relationships
- follow safeguarding procedures where concerns arise

Governors:

- ensure statutory compliance
- monitor provision and policy review

Safeguarding

RSHE plays a vital role in safeguarding at Brockley Primary School.

The Brockley Team:

- follow the school's safeguarding procedures
- report disclosures or concerns to the DSL
- understand that confidentiality cannot be promised to pupils

Any safeguarding issues arising through RSHE are managed in line with KCSIE and the school's Safeguarding and Child Protection Policy.

Adults at home & Engagement

Brockley Primary School works in close partnership with the adults at home.

Adults at home:

- are informed about the RSHE curriculum
- can access curriculum information via the school website
- are invited to discuss RSHE content with school the Brockley Team

Right to withdraw

- Adults at home cannot withdraw their child from statutory Relationships or Health Education
- Adults at home can request to withdraw their child from non-statutory sex education (Year 5 and 6)

Requests should be made to the Headteacher, who will meet with adults at home to discuss the request and ensure mutual understanding. All discussions will be recorded.

Monitoring and Review

This policy will be:

- reviewed annually
- updated in response to statutory guidance, school evaluation and consultation
- approved by the Governing Body

Linked Policies

- PSHE Policy
- Safeguarding and Child Protection Policy
- Behaviour Policy
- Anti-Bullying Policy
- Equality Policy
- Teaching and Learning Policy
- Science Policy

Adults at Home One Page Summary

Relationships, Sex and Health Education (RSHE) at Brockley Primary School

At Brockley Primary School, we believe that children learn best when they feel safe, supported and valued. Relationships, Sex and Health Education (RSHE) is an important part of helping our pupils develop healthy relationships, understand their emotions and wellbeing, and stay safe in an ever-changing world.

RSHE is taught as part of our wider Personal, Social, Health and Economic (PSHE) curriculum and reflects our caring school ethos and strong partnership with families.

What is RSHE?

RSHE helps children learn about:

- positive friendships and family relationships
- respect for themselves and others
- emotional and mental wellbeing
- physical health and growing up
- staying safe, including online safety

All teaching is age-appropriate, carefully planned, and delivered in a calm, respectful and supportive environment.

What does Brockley teach?

RSHE is taught from Early Years Foundation Stage (EYFS) through to Year 6, following a carefully sequenced, progressive curriculum that builds knowledge and understanding over time.

Statutory (required) education

All primary schools in England must teach:

- Relationships Education
(friendships, families, respect, boundaries, staying safe)
- Health Education
(mental wellbeing, physical health, puberty, online safety)

Adults at home and carers cannot withdraw children from these lessons, as they are required by law.

Non-statutory sex education

In Year 5 and Year 6, Brockley Primary School also teaches a small amount of non-statutory sex education, which focuses on:

- conception
- pregnancy
- birth

This learning:

- uses correct scientific language
- is taught sensitively and professionally
- takes account of children's age, maturity and understanding
- takes place within a safe and supportive classroom environment

How are lessons taught?

RSHE lessons at Brockley are taught by familiar the Brockley Team who know the children well.

Teachers:

- create a safe space for discussion
- set clear ground rules for respectful talk
- use stories, scenarios and discussion prompts
- encourage children to ask questions in an appropriate way

Our school is trauma-informed and attachment-aware, meaning the Brockley Team are trained to respond sensitively and support children's emotional needs.

Where appropriate, RSHE themes are also reinforced through:

- assemblies
- wellbeing and pastoral support
- wider school initiatives that promote kindness, respect and safety

Keeping children safe

RSHE plays an important role in safeguarding.

Through our curriculum, children learn:

- that their body belongs to them
- about personal boundaries and privacy
- how to recognise when something doesn't feel right
- who they can talk to if they are worried or need help

If a child shares a concern, the Brockley Team follow the school's safeguarding procedures to make sure pupils are supported appropriately.

Working in partnership with adults at home and carers



We value open, trusting relationships with adults at home and carers and recognise that you are your child's first educators.

Adults at home and carers are welcome to:

- talk to the Brockley Team about RSHE at any time
- find information about what children learn on our website
- discuss how learning in school can be supported at home

Right to withdraw

Adults at home and carers:

-  cannot withdraw their child from Relationships Education or Health Education
-  can request to withdraw their child from the non-statutory sex education lessons in Year 5 and Year 6

If you wish to do this, please contact the Headteacher. We will:

- explain what is being taught
- listen to your views
- make sure your wishes are clearly understood

Further information

For more details, please see:

- our RSHE Policy
- our PSHE Curriculum Overview
- the Safeguarding and Child Protection Policy

If you have any questions or would like to talk to us about RSHE, please contact the school, we are always happy to help.

What Your Child Will Learn in RSHE – Year by Year

Relationships, Sex and Health Education (RSHE) at Brockley Primary School is carefully planned to develop children's understanding gradually as they grow. Learning builds year on year, helping children feel confident, informed and safe.

All content is taught in an **age-appropriate, sensitive and inclusive way**.

Early Years Foundation Stage (Nursery & Reception)

Children begin learning about relationships and wellbeing through everyday experiences and play.

Children will learn about:

- recognising and naming feelings
- forming friendships and taking turns
- understanding kindness and sharing
- knowing who helps and cares for them
- basic self-care (handwashing, rest, healthy routines)

Learning is woven naturally into stories, role-play and daily routines.

Year 1

Children build awareness of themselves and others.

Children will learn about:

- what makes a good friend
- respecting others' feelings
- different types of families
- recognising safe and unsafe situations
- who they can talk to if they are worried
- basic personal hygiene

Year 2

Children continue to develop emotional understanding and personal responsibility.

Children will learn about:

- working through friendship problems
- how words and actions affect others
- keeping safe online and offline
- healthy habits (food, exercise, sleep)
- body ownership and personal boundaries

Year 3

Children begin to explore relationships and wellbeing in more depth.

Children will learn about:

- positive and respectful friendships
- recognising and responding to bullying
- managing emotions and coping with change
- personal space, privacy and consent
- the importance of balanced lifestyles

Year 4

Children develop greater confidence in handling social situations.

Children will learn about:

- respect for differences and diversity
- identifying healthy and unhealthy behaviours
- staying safe online, including gaming and messaging
- how the body begins to change during puberty
- strategies for managing worries and feelings

Year 5

Children are supported as they approach adolescence.

Children will learn about:

- emotional and physical changes during puberty
- understanding body changes in a positive way
- maintaining personal hygiene during puberty
- managing peer pressure
- recognising trusted adults and seeking help

Non-statutory sex education:

- introduction to conception and pregnancy
- taught sensitively using scientific language

Adults at home may request withdrawal from this non-statutory element.

Year 6

Children consolidate learning and prepare for secondary school.

Children will learn about:

- healthy relationships and mutual respect
- managing friendships and conflict
- mental wellbeing and coping strategies
- staying safe online and offline
- personal responsibility for health and wellbeing

Non-statutory sex education:

- understanding conception and birth in more detail
- reinforcing correct scientific knowledge

This learning supports a confident and smooth transition to secondary school.

How this learning is taught

Across all year groups:

- lessons are delivered by trusted the Brockley Team
- children learn within clear, respectful ground rules
- questions are handled carefully and appropriately
- a trauma-informed, attachment-aware approach is used

Working with Adults at home

We encourage open conversations at home and are always happy to talk with families about RSHE.

If you have any questions about what your child is learning, please speak to:

- your child's class teacher
- a member of the senior leadership team