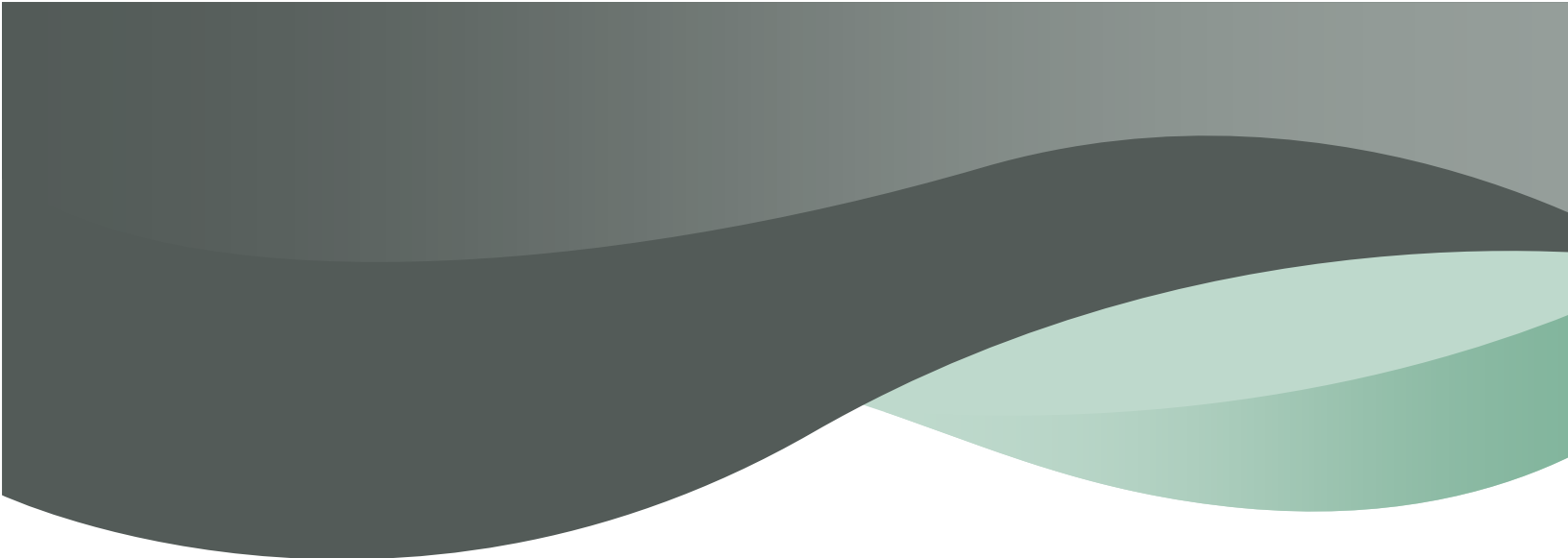




RSHE Policy

Updated for:	September 2026
Next review:	September 2027
Last parent consultation:	June 2026
Next parent consultation:	June 2027

James Montgomery Academy Trust



RSHE Policy

1. Statement of intent

This policy sets out **Brinsworth Howarth Primary School** approach to Relationships, Sex and Health Education (RSHE). It reflects statutory requirements, including the DfE Relationships Education, Relationships and Sex Education and Health Education Guidance (2020), the Equality Act 2010 and relevant safeguarding legislation. As a James Montgomery Academy Trust (JMAT) template, it must be adapted by each school to reflect their curriculum structure, community context, and local practice.

RSHE enables pupils to develop the knowledge, skills, and values needed to build healthy, respectful relationships, keep themselves safe, and make informed decisions as they grow. Teaching is age-appropriate, inclusive, and accessible to all pupils, including those with SEND.

2. Aims and objectives

Our RSHE curriculum aims to ensure pupils:

- Develop age-appropriate knowledge of relationships, health, personal safety and basic human reproduction.
- Understand how to keep themselves safe both online and offline.
- Develop skills such as empathy, resilience, respect, communication, and decision-making.
- Build confidence, self-esteem, and an understanding of personal boundaries.
- Learn about physical and emotional changes as they grow.
- Recognise and report unsafe or unhealthy behaviours.

3. Statutory guidance

This policy complies with the following statutory frameworks:

- Relationships Education and Health Education (compulsory for all primary schools).
- Science National Curriculum (compulsory content relating to human growth and reproduction).
- Equality Act 2010, requiring schools to eliminate discrimination and ensure accessibility for all pupils.
- Keeping Children Safe in Education, requiring safeguarding processes to underpin teaching.

School uses the Kapow scheme to support the teaching of the non-statutory sex education content which expands on the statutory Science curriculum, parents retain the right to request withdrawal from those specific lessons.

4. Defining RSHE

Relationships education

Relationships Education teaches pupils how to build positive, healthy, safe relationships with family, friends, and others.

It includes:

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe

It does **not** include teaching about sexual activity.

Health education

Health Education covers:

- Mental wellbeing
- Internet safety
- Physical health & fitness
- Healthy eating
- Drugs, alcohol, tobacco & vaping
- Health protection & prevention
- Basic first aid
- Changing adolescent bodies (puberty)

Sex education

Sex Education is optional in primary schools except for compulsory Science content. Our non-statutory curriculum content includes:

- Bodily changes / puberty (Y5)
- Conception and birth (Year 6)
- How babies are made and grow (Y6)

5. Curriculum content and progression

Relationships Education (Statutory) Sex Education (non-statutory)

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Self-regulation: My feelings	Building relationships: Special relationships	Managing self: Taking on challenges	Self-regulation: Listening and following instructions	Building relationships: My family and friends	Managing self: My wellbeing
Year 1	My healthy self: How can we look after our emotions?	Connecting with others: How can I help myself and others feel happy and safe?	The online world: How do we spend time online?	Citizenship: How can I help others and the environment?	Health protection: How can I protect myself and others in daily life?	Staying safe: How can I stay safe?
Year 2	My healthy self: How can we look after our bodies?	Connecting with others: How can I build safe, kind and caring relationships with others?	The online world: How can we stay safe online?	Citizenship: How do people belong to a community and earn money?	Growing up: How can we look after and respect our bodies as we grow?	Staying safe: How can I make safe choices in different places?
Year 3	My healthy self: How can I take care of my mind and body?	Connecting with others: What helps us feel safe and included?	The online world: How should we communicate online?	Citizenship: What rights and responsibilities do we have?	Health protection: How can we prevent illness and injury and respond if they happen?	Citizenship: What careers do people choose and why?
Year 4	My healthy self: How can I make healthy choices?	Connecting with others: How can we respect each other?	The online world: How can we decide what to trust online?	Citizenship: How can I spend money responsibly?	Growing up: How will my body and emotions change as I grow up?	Staying safe: What signs help me recognise what is safe or unsafe?
Year 5	My healthy self: How can I support my mind and body as I grow?	Connecting with others: Why are healthy relationships important?	The online world: How am I influenced by what I see online?	Citizenship: How can we make a difference in our communities and beyond?	Growing up: How can I manage the changes to my body and emotions as I grow up?	Citizenship: How can we be in control of our money?
Year 6	My healthy self: How do my choices today shape my future health?	Connecting with others: What does it mean to stand up for myself and others?	The online world: How do I feel about the things I see online?	Citizenship: How can we protect everyone's rights?	Staying safe: How can I stay safe as I grow up?	Sex education: How do people become parents and carers?

Science curriculum (compulsory) see appendix 1

- External body parts
- Human growth
- Puberty (as part of human development)
- Reproduction in plants and animals, including humans (Year 5+)

Sex education

Human reproduction (conception to birth) content will be limited, factual, and age-appropriate. Parents will be consulted. Parents may request to withdraw children from any sex education content outside the Science National Curriculum.

6. How RSE is taught

RSHE is taught primarily through PSHE lessons based on the Kapow scheme of work, supplemented by the Science curriculum.

Teaching may also be supported through assemblies, themed weeks, targeted small-group work, and cross-curricular links. RSHE is delivered by teachers and other adults in school.

Teaching methods include:

- Discussion and debate
- Role play
- Scenarios and problem-solving
- Visual aids and models
- Stories and case studies
- External visitors may support delivery but will not replace school staff. All visitor-led materials will be reviewed in advance and visitors must follow the school's safeguarding procedures, including signing in, DBS requirements, and ensuring content aligns with the agreed curriculum.

Teachers will answer pupil questions openly, factually, and in line with curriculum boundaries. Questions outside the taught content or inappropriate for the child's developmental stage will be referred to parents or handled sensitively.

7. Accessibility and inclusion

The school will make reasonable adjustments to ensure RSHE is accessible to all pupils, including those with SEND. Adaptations will be proactive where possible and informed by individual need through:

- Adapting language, visuals and pacing
- Use of pre-teaching or over-learning as required
- Using familiar adults to support learning as appropriate
- Providing alternative recording methods
- Ensuring resources reflect diverse families and experiences

All pupils will be supported to understand the content in a way appropriate to their individual needs.

8. Staff training

Staff receive regular training on:

- Curriculum changes
- Safeguarding requirements
- Inclusive teaching strategies
- Responding to pupil questions
- Use of resources

New staff are inducted into RSHE expectations.

9. Working with families

Families are essential partners in RSHE. The school will:

- Share overviews of curriculum content
- Provide opportunities to view teaching materials
- Offer meetings and information sessions as appropriate
- Inform parents in advance of sex education content

Sex Education is optional in primary schools except for compulsory Science content.

Our non-statutory curriculum content includes:

- Bodily changes / puberty (Y5)
- Conception and birth (Year 6)
- How babies are made and grow (Y6)

Parents may request withdrawal from sex education content only, not from Relationships or Health Education.

The school will:

- Arrange a discussion with the parent
- Confirm which elements the child will not attend
- Provide alternative learning during withdrawn lessons

Teachers will not provide alternative sex education content to pupils who have been withdrawn.

10. Equal opportunities

RSHE will be delivered in line with the Equality Act 2010, ensuring:

- Respect for all families, including LGBTQ+ families
- Non-discriminatory, inclusive teaching
- Representation of diverse relationships and identities

Teaching will reflect the Equality Act 2010 by ensuring all families, including LGBTQ+ families, are represented appropriately. Content will not promote any sexual activity or ideology but will remain factual and inclusive.

11. Safeguarding and confidentiality

All RSHE will be delivered in line with the JMAT Safeguarding Policy. Staff will not promise confidentiality and will report any concerns in accordance with statutory safeguarding guidance. Pupils will be taught:

- How to report concerns
- What is and isn't safe
- Personal boundaries and consent
- How to access support

12. Monitoring and evaluation

As a school we monitor the PSHE and RSE curriculum through learning walks, pupil voice, examining curriculum content and staff discussion. Staff keep up to date with changes to the PSHE/RSE curriculum and guidance.

The RSHE Lead and SLT will ensure local practice aligns with Trust expectations.

13. Policy production and review

This policy was produced through:

- Review of statutory DfE guidance
- Consultation with appropriate stakeholders, including parents
- Review of curriculum resources
- Consideration of the needs of pupils

The policy is approved by the Trust Board

This policy is reviewed annually by the Senior Leadership Team and RSHE Lead or sooner if:

- Statutory guidance changes
- Curriculum changes occur
- Feedback suggests revisions are needed

14. Document history

Previous versions now deleted from system.

Issue	Author/ Owner	Date Reviewed	Reviewed by	Approved by A&R Committee (date)	Comments/ Changes
V1	JMAT	July 2025	PRG	08/07/25	• Section 8 – updated wording. • Some minor word changes to ensure compliance with updated guidance (July 2025).
V2	JMAT	July 2026	PRG	09/07/26	•

Key:

PRG – Policy Review Group

A & R Committee – Audit and Risk Committee

Appendix 1

Science National Curriculum

Key stage	Pupils must be taught:
Key stage 1	• Identify and name main external body parts. • Recognise that animals (including humans) reproduce. • Understand how humans grow from babies into adults.
Key stage 2	• Describe the changes as humans develop to old age. • Understand human reproduction and development.