



RSHE Policy

Policy Reviewed **March 2025**

Signed on behalf of Governing Body

To be next Reviewed **March 2027**

Intent

Our RSHE curriculum aims to give children the knowledge, skills, and attitudes that they need to effectively navigate the complexities of life in the 21st Century. The curriculum covers key areas which support children to make informed choices now and in the future around their health, safety and the changing body, wellbeing, relationships.

Quality RSHE teaching is an important element in helping schools to carry out their duty of care with regards to safeguarding. The DfE's statutory 'Relationships education, Relationship and Sex education and Health education' guidance states that sex education is not compulsory in primary schools, but it is recommended that all primary schools should have a sex education programme tailored to the age and the physical and emotional maturity of the pupils. It should ensure that both boys and girls are prepared for the changes that adolescence brings and draw on knowledge of the human life cycle.

Implementation

Our RSHE curriculum follows the Kapow programme of study which covers the Family and Relationships Education, Health and Wellbeing Education and Safety and the body changing Education (as set out by the Department for Education).

Family and
relationships

Health and
wellbeing

Safety and the
changing body

Family and Relationships Education: the focus is on teaching the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships, and relationships with other children and with adults. These areas of learning are taught within the context of family life taking care to ensure that there is no stigmatisation of children based on their home circumstances along with reflecting sensitively that some children may have a different structure of support around them.

Health and wellbeing Education: the focus is on teaching the characteristics of good physical health and mental wellbeing. Teachers should be clear that mental wellbeing is a normal part of daily life, in the same way as physical health.

Safety Education: the focus is on learning about online safety and influence, and strategies to overcome potential dangers.

The changing body and Sex Education: the focus is on teaching children the facts about puberty (preparing boys and girls for the changes that adolescence brings) and on giving them an understanding of personal growth and development, as well as the importance of health and hygiene.

RSHE is part of the wider agenda of promoting positive relationships for children and young people. Our RSHE Policy contributes to meeting local and national priorities as described in strategies such as:

- Every Child Matters
- Sexual Health Strategies
- Looked After Children

- Children and Young People's Plan
- Safeguarding and Child Protection

Impact

The impact of our curriculum is monitored through:

- Informal observations of pupils in lessons.
- Assessment quizzes at the end of each topic.
- Pupil voice - questionnaires and pupil book reviews.
- Subject leader monitoring - lesson visits, work scrutiny, action plan and assessments.
- Governor reports.
- Parents sessions/workshops.

Equal opportunities and Inclusion

In line with our Equal Opportunities Policy, we are committed to providing a teaching environment conducive to learning. At Brushwood Junior School, we understand the importance of ensuring that all children in our school receive their entitlement to RSHE.

Each child is valued, respected and challenged regardless of their social background, culture, race, religion, gender or ability. We will therefore carefully consider special educational needs or disability, gender, age, nationality, religion, cultural and linguistic background when planning and delivering RSHE.

Safeguarding and Child Protection:

In the case of any disclosure from a pupil, all staff will abide by the Safeguarding and Child Protection procedures and will report any disclosure to the designated person for child protection immediately.

Working with Parents

The school will seek to work in partnership with parents when planning and delivering RSHE. The school's RSHE programme is designed to complement and support the role that parents play.

RSHE is supported by the schools' wider policy on PSHE to ensure that there is a focus on healthy relationships and an awareness of personal growth and development.

RSHE contributes to the Spiritual, Moral, Social and Cultural Development of the pupils.

Appendix 1

Relationships Education: by the end of primary school

Families and people who care for me	Pupils should know • That families are important for children growing up because they can give love, security and stability. • The characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives. • That others' families, either in school or in the wider world, such as single parents, step-parents, foster and adoptive parents, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care. • That stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up. • That marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong. • How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.
Caring friendships	Pupils should know • How important friendships are in making us feel happy and secure, and how people choose and make friends. • The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties. • That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded. • That most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right. • How to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed.
Respectful relationships	Pupils should know • The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs. • Practical steps they can take in a range of different contexts to improve or support respectful relationships. • The conventions of courtesy and manners. • The importance of self-respect and how this links to their own happiness. • That in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority.

	- About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help. - What a stereotype is, and how stereotypes can be unfair, negative or destructive. - The importance of permission-seeking and giving in relationships with friends, peers and adults.
Online relationships	Pupils should know - That people sometimes behave differently online, including by pretending to be someone they are not. - That the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous. - The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them. - How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met. • how information and data is shared and used online.
Being safe	Pupils should know - What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context). - About the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe. - That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact. - How to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know. - How to recognise and report feelings of being unsafe or feeling bad about any adult. - How to ask for advice or help for themselves or others, and to keep trying until they are heard. - How to report concerns or abuse, and the vocabulary and confidence needed to do so. - Where to get advice e.g. Family, school and/or other sources - FGM is against British law, what to do and whom to tell if they think they or someone they know might be at risk.

Physical health and mental wellbeing: by the end of primary school

Mental wellbeing	Pupils should know - That mental wellbeing is a normal part of daily life, in the same way as physical health. - That there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations. - How to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings.
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	• How to judge whether what they are feeling and how they are behaving is appropriate and proportionate. • The benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness. • Simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests. • Isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support. • That bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing. • Where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online). • It is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough.
Internet safety and harms	Pupils should know • That for most people the internet is an integral part of life and has many benefits. • About the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing. • How to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private. • Why social media, some computer games and online gaming, for example, are age restricted. • That the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health. • How to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted. • Where and how to report concerns and get support with issues online.
Physical health and fitness	Pupils should know • The characteristics and mental and physical benefits of an active lifestyle. • The importance of building regular exercise into daily and weekly routines and how to achieve this; for example, walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise. • The risks associated with an inactive lifestyle (including obesity). • How and when to seek support including which adults to speak to in school if they are worried about their health.
Healthy eating	Pupils should know • What constitutes a healthy diet (including understanding calories and other nutritional content). • The principles of planning and preparing a range of healthy meals.

	The characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health).
Drugs, alcohol and tobacco	Pupils should know The facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.
Health and prevention	Pupils should know - How to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body. - About safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer. - The importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn. - About dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist. - About personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing. - The facts and science relating to allergies, immunisation and vaccination.
Basic first aid	Pupils should know - How to make a clear and efficient call to emergency services if necessary. - Concepts of basic first-aid, for example dealing with common injuries, including head injuries.
Changing adolescent body	Pupils should know - Key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes. - About menstrual wellbeing including the key facts about the menstrual cycle.