Relationships and Sex Education (RSE) Policy

FOREST VIEW SCHOOL

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Owner	BL
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1. Introduction

Forest View Primary School is committed to delivering high-quality Relationships, Sex and Health Education (RSHE) that prepares pupils for life in modern Britain and promotes their safety, wellbeing, character, and personal development. This policy aligns with the DfE statutory guidance, September 2026, which replaces the 2019 guidance.

We believe effective RSHE helps pupils build healthy, respectful relationships; understand their bodies; stay safe both offline and online; and navigate change with resilience. Our programme is inclusive, age-appropriate, evidence-based, and delivered within a safe and supportive environment.

2. Statutory Framework

This policy reflects the statutory requirements set out in:

- Education Act 2002, s80A, and Education Act 1996, s403 (duty to teach RSHE)
- Children and Social Work Act 2017 (requirements for relationships education.
- Equality Act 2010 and Public Sector Equality Duty

3. Aims of RSHE

Our RSHE curriculum aims to:

- Equip pupils with the knowledge and skills to form healthy, respectful relationships.
- Build confidence, resilience, and digital literacy.
- Prepare pupils for the physical and emotional changes of growing up.
- Safeguard pupils by teaching them how to recognise risks, seek help, and stay safe online and offline.
- Promote inclusivity, empathy, and respect for difference.
- Support character education and wellbeing, including perseverance, self-regulation, and empathy.

4. What RSHE includes

4.1 Relationships Education (Statutory)

By the end of primary school, pupils will learn:

- Families and people who care for them
- Friendships and respectful relationships
- Managing conflict in relationships
- Recognising loneliness and seeking support
- How to recognise who to trust and not trust
- Keeping safe online, including:
    - social media age limits
    - location settings
    - harmful/inappropriate content
    - optional teaching on pressure to share nude images (safeguarding-aligned)

4.2 Health Education (Statutory)

This includes:

- Mental wellbeing and emotional regulation
- Managing change and loss, including bereavement
- Basic first aid
- Personal safety, including:
    - water, rail, road and fire safety
- Media literacy (evaluating online information critically)
- Risks of scams, fraud and video-game monetisation

- Healthy lifestyles, diet, hygiene and exercise
- Alcohol, smoking and vaping risks
- Puberty and the changing body
- Correct anatomical vocabulary: penis, vagina, vulva, testicles, scrotum, nipples

4.3 Sex Education (Non-Statutory in Primary)
While primary schools are not required to teach sex education, the DfE recommends teaching content that complements the national science curriculum on conception and birth in Years 5 and/or 6. Forest View Primary School does provide age-appropriate sex education aligned with this advice.

Parents retain the right to request withdrawal from non-statutory sex education lessons only.

5. Curriculum design and delivery

RSHE is taught through:

- Discrete PSHE lessons
- Cross-curricular links (e.g., Science, Computing)
- Assemblies and whole-school events
- Pastoral sessions and targeted support groups

The curriculum is:

- Sequential, building knowledge year-on-year from Reception to Year 6
- Responsive, allowing teachers to adapt to pupil need
- Evidence-based, using vetted, age-appropriate resources

Sessions follow established ground rules to ensure respectful discussion. Teachers receive training to handle sensitive questions with care and professionalism.

6. Equality, inclusion and accessibility

RSHE at Forest View:

- Reflects the diversity of pupils' lived experiences
- Promotes respect for all families and identities
- Challenges sexism, misogyny/misandry, homophobia, biphobia and transphobia
- Ensures SEND pupils receive accessible and meaningful provision

7. Safeguarding and child protection

RSHE is a key component of our safeguarding culture. Teaching explicitly supports pupils to:

- Recognise risks in relationships (offline and online)
- Seek help from trusted adults
- Report harmful or abusive behaviour
- Understand online grooming, harmful content and digital footprints

Strengthened digital safeguarding requirements are embedded throughout the curriculum.

All staff follow the school's safeguarding policy and statutory KCSIE guidance.

8. Working with parents and carers

We maintain transparency through:

- Annual curriculum overviews shared with parents
- The opportunity to inspect teaching materials and resources before lessons are taught
- Workshops and Q&A sessions where appropriate

The 2026 guidance emphasises openness with parents about materials used; this is fully embedded in our approach.

Parents may request withdrawal from non-statutory sex education by writing to the Headteacher.

There is no right to withdraw from Relationships Education or Health Education.

9. Use of external agencies

External agencies can enrich RSHE provision but must:

- Be vetted for safeguarding and quality
- Provide materials that are age-appropriate and compliant with statutory guidance
- Operate under teacher supervision at all times

This reflects the requirements in the 2026 guidance regarding safe, transparent use of external partners

10. Roles and responsibilities

10.1 Governing Board

- Ensures statutory compliance with the 2026 guidance
- Reviews and approves the RSHE policy
- Monitors curriculum intent, implementation and impact

10.2 Headteacher

- Ensures RSHE is taught consistently and effectively
- Approves resources and staff training
- Oversees parental communication
- Considers withdrawal requests

10.3 Staff

- Deliver RSHE sensitively and accurately
- Model positive relationships and safe behaviours
- Maintain safeguarding vigilance

10.4 Pupils

- Engage respectfully
- Reflect on their learning
- Apply knowledge to maintain their own and others' wellbeing

11. Staff Training

All staff involved in RSHE receive:

- Annual CPD
- Training in safeguarding, handling disclosures and responding to pupil questions
- Updates on changes to guidance or curriculum requirements

12. Monitoring and Evaluation

The Senior Leadership Team and RSHE/PSHE Lead will monitor:

- Lesson quality
- Pupil voice
- Staff feedback
- Impact on pupil wellbeing and behaviour

The policy is updated every 2 years or when guidance changes to reflect new local or national requirements.