

Review Date October 2027



Belmont CP School
Relationships and Sex Education (RSHE) Policy
Every Child Matters. Every Moment Counts.

Ratified by governors at their meeting on	1 October 2025
Signed	
Review Date	October 2027

Rationale

The RSHE programme at Belmont reflects our ethos, and demonstrates and promotes the following:

- Learn the value of respect, care and love
- Valuing family life within stable, loving and committed relationships
- Acceptance of same sex unions as also offering stable, loving and committed relationships to nurture children
- Respect for self and others
- Respect for the rights and responsibilities within relationships
- Appreciate that different, successful family structures exist
- Understanding diversity regarding religion, gender, culture and sexual orientation
- Importance of striving to reduce intolerance and discrimination based on sexual orientation, disability, ethnicity, religion and gender
- Acceptance of difference and diversity
- Challenge gender stereotypes and inequality
- Develop spiritual, moral, social and cultural awareness in line with the 2010 Equality Act and the schools' safeguarding and child protection protocols

RSHE gives children and young people essential skills for building positive, enjoyable, respectful and non-exploitative relationships and for staying safe both on and off-line. It is learning accurate and age-appropriate skills, attitudes and knowledge about the body, reproduction, sex and sexual health. Some aspects are taught in science, and others are taught as part of personal, social, health and economic education. (PSHE).

Parties involved in the policy's development and consultation

- RSHE lead: Blaine Togher
- Parents contributing feedback and views
- Headteacher
- PSHE and RSHE Governor:

Statutory status

This policy reflects the Department for Education statutory guidance *Relationships Education, Relationships and Sex Education and Health Education* (July 2025). Relationships Education and Health Education are compulsory in all state-funded primary schools; Relationships and Sex Education (RSHE) is compulsory for pupils receiving secondary education. Schools must have regard to this guidance when planning and delivering RSHE, and must publish their RSHE policy on the school website. The school will ensure the curriculum is age-appropriate, evidence-informed, inclusive and sequenced progressively.

Aims and Purposes

The overall aim of RSHE is to foster a positive notion of lifelong learning about physical, moral and emotional development, including how to look after physical and mental health. It aims to support the development of self-respect and empathy for others and promotes the development of skills and understanding necessary to manage conflict peaceably and learn how to recognise and avoid exploitation and abuse.

RSHE provides opportunities for pupils to:

- better understand the nature of human relationships
- learn about relationships, the importance of communication and assertiveness skills including the importance of values such as respect (for self and others), equality, responsibility, care and compassion
- reflect upon the importance of stable and loving relationships for family life, including the bringing up of children, this also includes marriage and civil partnerships
- consider and understand the changes that occur to their bodies, minds and emotions as a consequence of growth from childhood to adulthood

- reflect upon how to make good, informed and safe choices concerning relationships and healthy lifestyles

Broad Outline Programme

RSHE is taking place all the time in school. It is reflected in the ethos of the school, the nature of relationships, the displays in school and the outside environment of the school. However, there will be particular instances when RSHE is taught:

- In the classroom as a discrete subject through PSHE lessons
- In the classroom as part of the broader curriculum
- In assemblies
- On school visits, including residential
- By visitors to school
- Through curriculum enrichment
- Through involvement in School Council

An Appendix to this policy provides further information about the learning outcomes programme for each year

(See appendix 1)

Teaching and Learning

RSHE is not delivered in isolation, but firmly embedded in all curriculum areas including Personal, Social, Health and Economic (PHSE) education, Citizenship and Science. At Belmont, the main RSHE content is delivered as part of a wider topic to provide context for learning. Many aspects of RSHE are taught throughout the year, whilst some specific age-related aspects are delivered at a pre-planned point during the year in order that parents are informed and can be involved in supporting their child.

- RSHE is normally delivered by class teachers in mixed gender groups other than when it is deemed more appropriate for topics to be covered in single sex groups.
- PHSE ground rules are used in all RSHE and PHSE lessons
- Pupils are able to ask anonymous questions by writing a note for the class worry box, through Zumos or thoughts and feelings books.
- Resources used are flexible in order to meet the needs of the pupils and curriculum
- Correct medical vocabulary will be used throughout the RSHE and PHSE curriculum
- RSHE is delivered through a varied range of activities, which promote dialogue and understanding. These include: circle time, active teaching and learning, role play/scenarios, card sorting and discussions.
- External agencies and visitors are familiar and understand the school's RSHE policy and safeguarding policy and work within these documents.
- All input to RSHE lessons is part of a planned programme.
- All visitors are supervised/supported by a member of staff at all times
- The input of visitors is monitored and evaluated by staff. This evaluation informs future planning.

Equality and SEND

Belmont will ensure RSHE is accessible to all pupils, including those with special educational needs and disabilities (SEND). Lessons and materials will be differentiated and reasonable adjustments will be made so every pupil can access and participate safely. The RSHE programme will reflect the school's duties under the Equality Act 2010 and will tackle all forms of prejudice including misogyny, homophobia, biphobia and transphobia. The curriculum will include teaching about protected characteristics in an age-appropriate way.

Visitors and external specialists

External visitors can add value to RSHE but will only be used to complement planned provision. All external contributors must be approved in advance by the Headteacher, be briefed about the school's aims and safeguarding expectations, and must be accompanied by a member of staff at all times. The school will check identity and DBS status where relevant and will evaluate visitor input before and after sessions. External input will always be consistent with this policy and the DfE guidance. The school will consider Lincolnshire County Council training and local health services when commissioning support.

The school currently works with *The Conversation* to deliver aspects of RSHE, particularly on consent, healthy relationships and online safety. Their sessions are planned with staff, approved in advance, and always delivered in accordance with this policy and the school's safeguarding procedures

Assessment, Recording, Reporting

We ensure that all pupils have equal access to the RSHE programme through process of monitoring, evaluation and assessment, which takes into consideration pupil's needs, maturity, age, ability and personal circumstances.

Class teachers assess pupil's understanding and progress through formative and summative processes. At the end of each year, each year group reviews the RSHE programme they have implemented and pass on any comments to the RSHE lead as part of the monitoring cycle. Pupil interviews will take place and all parents are invited to provide written feedback on the provision of RSHE. The RSHE policy is reviewed on an annual basis taking into account the feedback from teaching staff, pupils and parents. Governors consider evaluations and recommendations before amending the policy. Governors are ultimately responsible for the policy

Parents and the local community

At Belmont Community Primary School we aim for RSHE to complement the personal and social development of children provided in the home and the wider community. Parents are provided with the opportunity to find out about and discuss the school's programme through parent's evenings, in policy development, the school website and prospectus, displays and an open-door policy.

To promote effective communication and discussion between parents and their children, we notify parents through information evenings, permission letters, parent mail and the school website about when particular aspects of RSHE of RSHE will be taught. We also encourage an open-door policy to ensure that parents can discuss issues with the school staff in a positive, sensitive and pro-active manner.

Parental right to withdraw

Parents/carers have the legal right to request that their child be withdrawn from some or all of sex education (that is, non-statutory sex education taught outside the National Curriculum science content). Parents do not have the right to withdraw their child from Relationships Education or Health Education. Where the school teaches sex education beyond the statutory science curriculum, parents will be informed of the content in advance and given the opportunity to view resources.

Requests to withdraw a pupil should be made in writing to the Headteacher or the RSHE Lead and will be recorded. The school will offer a meeting to discuss the request and, where appropriate, explain the benefits of the pupil remaining in the lesson. If a pupil is withdrawn, an appropriate alternative supervised activity will be provided. Pupils may opt back into sex education from three terms before their 16th birthday. Where

there are safeguarding concerns, the Headteacher may refuse a request for withdrawal; any safeguarding concerns will follow the school Child Protection procedures.

Answering difficult questions

Staff are aware that views around RSHE related issues are varied. However, while personal views are respected, all RSHE issues are taught without bias. Topics are presented using a variety of views and beliefs so that pupils are able to form their own, informed opinions but also respect others who may have a different opinion. Both formal and informal RSHE arising from pupil's questions are answered according to the age and maturity of the pupil(s) concerned and the limits of the year group topics. The school believes that individual teachers must use their skill and discretion in this area and refer to the designated Safeguarding lead if they are concerned or believe any pupil to be at risk.

Ground rules

RSHE is taught in a safe, non-judgemental environment where adults and children are confident that they will be respected. Specific ground rules will be established at the beginning of the RSHE work, in addition to those already used in the classroom.

Equality of Opportunity

The RSHE policy reflects and is in line with the school's equal opportunities policy and the school ensures that the RSHE teaching programme is an inclusive one and is appropriate and relevant to all pupils, including those with SEN and Disabilities. Teachers ensure that the content, approach and use of inclusive language reflect the diversity of the school community, and help all pupils to feel valued and included, regardless of the gender, ability, disability, experiences and family background. RSHE strives to meet the needs of all pupils regardless their developing sexuality and deals honestly and sensitively with sexual orientation, answers appropriate questions and offer support. Homophobic and transphobic references and homophobic and transphobic actions and bullying are not tolerated at Belmont primary school and are challenged and dealt with as part of our commitment to promoting inclusion, gender equality and prevent bullying.

Safeguarding, Confidentiality and disclosures

RSHE lessons may lead to disclosures. Staff must follow the school Child Protection and Safeguarding policy and *Keeping Children Safe in Education* (KCSIE). Staff should not promise confidentiality. If a member of staff believes a pupil is at risk of harm (including sexual exploitation, FGM, forced marriage, self-harm or other safeguarding risks), they must inform the Designated Safeguarding Lead (DSL) immediately and follow the school's safeguarding procedures. The DSL will take action in line with statutory guidance and the Lincolnshire Safeguarding Children Partnership procedures. Pupils will be given age-appropriate reassurance and support during any welfare referral.

Monitoring and Review

The RSHE Lead provides support and advice to other members of staff, monitors quality of teaching and is responsible for evaluating and reviewing the programme and provision for RSHE across the school. She/he will also further staff development by providing opportunities for staff to update and extend their knowledge and expertise in RSHE. This policy and the RSHE curriculum statement (including yearly overviews and representative resources) will be published on the school website. Parents may request to view materials used to teach RSHE. The policy will be reviewed at least every two years or sooner if statutory guidance changes. The policy will state the date of ratification and the named RSHE lead and a named governor responsible for RSHE.

Appendix 1: RSHE Learning Outcomes by Year Group (Kapow + The Conversation)

Belmont Primary delivers RSHE through the Kapow Primary scheme of work, which is fully aligned with the Department for Education's *Relationships Education, Relationships and Sex Education and Health Education* (July 2025) statutory guidance. Outcomes are enhanced by workshops from The Conversation (specialist external providers), particularly in Years 5 and 6, on topics such as consent, online safety, healthy relationships and safeguarding. All external delivery is planned with staff, consistent with this policy, and supervised in line with safeguarding procedures.

Year	PSHE	Science	RSHE
EYFS	<ul style="list-style-type: none"> • Self-regulation: identifying feelings, coping strategies • Managing self: wellbeing, hygiene, healthy habits • Building relationships: family, friends, special people, diversity 	<ul style="list-style-type: none"> • Physical development: basic body awareness, hygiene • Health: growth, basic bodily care 	<ul style="list-style-type: none"> • Private parts / body boundaries (age-appropriate) • Understanding “my body belongs to me” • Knowing trusted adults and who to talk to if unsafe
1	<ul style="list-style-type: none"> • Families & relationships: different types of families, friendships, managing feelings • Health & wellbeing: emotions, sleep, hygiene, sun safety • Citizenship / economic wellbeing: rules, communities, money basics 	<ul style="list-style-type: none"> • Identify, name, draw, label basic external body parts; senses • Life cycles: simple growth (plants, animals) 	<ul style="list-style-type: none"> • Appropriate / inappropriate touch • Private parts and privacy • Distinguishing safe/unsafe secrets 6 • Introduction to consent in simple form (saying yes/no to touch)
Year	PSHE	SCIENCE	RSHE
2	<ul style="list-style-type: none"> • Families & relationships: caring, manners, diversity • Health & wellbeing: emotions, growth mindset, diet, dental health • Citizenship / economic: roles, community, money management 	<ul style="list-style-type: none"> • Animals, including humans, have offspring that grow into adults • Growth and change 	<ul style="list-style-type: none"> • Private parts and privacy • The difference between secrets and surprises • Online safety introduction • Distinguishing good and bad touches

3	<ul style="list-style-type: none"> • Relationships: healthy friendships, resolving conflict, trust • Health & wellbeing: build resilience, nutrition, emotional management • Citizenship / economic: rights, local democracy, budgeting 	<ul style="list-style-type: none"> • Reproduction basics (plants/animals) • Growth, life cycles 	<ul style="list-style-type: none"> • Recognising peer pressure • Respecting differences • Online safety: cyberbullying, safe online behaviour • Understanding trust and boundaries in relationships
Year	PSHE	SCIENCE	RSHE
4	<ul style="list-style-type: none"> • Relationships: managing change, stereotypes, respect • Health: emotional wellbeing, mental health (intro), self-esteem • Citizenship / economic: community, roles, financial awareness 	<ul style="list-style-type: none"> • Human body, changes, reproduction (introduction to puberty, as per NC expectations) 	<ul style="list-style-type: none"> • Puberty (introduction) • Menstrual hygiene • Assertiveness / setting boundaries • Online image safety, privacy settings
Year	PSHE	SCIENCE	RSHE
5	<ul style="list-style-type: none"> • Relationships: deeper friendships, consent in day-to-day interactions, tackling stereotypes • Health: mental health strategies, managing emotions, wellbeing • Citizenship / economic: decision-making, career awareness, responsibility 	<ul style="list-style-type: none"> • Detailed puberty, reproductive system (male & female) • Growth and changes through life 	<ul style="list-style-type: none"> • Consent (in relationships) • Online harms: sexting, pornography awareness, grooming • Respectful relationships, equality, prejudice
Year	PSHE	SCIENCE	RSHE
6	<ul style="list-style-type: none"> • Relationships: conflict resolution, respect, change • Health & wellbeing: resilience, stress, self-care • Citizenship / economic: rights, responsibilities, money, transition to secondary 	<ul style="list-style-type: none"> • Human reproduction, conception, menstrual cycle, puberty changes • Biology of reproduction 	<ul style="list-style-type: none"> • Consent, sexual harassment & violence prevention • Advanced online safety: pornography, image-sharing, deepfakes • Legal context: age of consent, bodily autonomy • Workshops by <i>The Conversation</i> on healthy relationships, boundaries, online safety

Appendix 2: Parents FAQs

Q: Is RSHE statutory?

A: Yes — Relationships Education and Health Education are statutory in primary schools. RSE (sex education) beyond the science curriculum at primary is not compulsory, but Belmont teaches some age-appropriate content and will always explain what will be taught in advance. [GOV.UK](https://www.gov.uk)

Q: Can I withdraw my child?

A: Parents may request withdrawal from non-statutory sex education. Requests should be made in writing to the Headteacher or RSE Lead and will be recorded. Pupils may opt back in from three terms before their 16th birthday. [GOV.UK](https://www.gov.uk)

Q: Who will teach RSHE and can I see lessons?

A: Class teachers deliver RSHE. We may use trained external visitors occasionally — all are checked against our safeguarding requirements. Parents can request to see representative lesson materials in advance.

Q: What happens if my child discloses something sensitive in a lesson?

A: Staff follow our Child Protection & Safeguarding procedures. We cannot promise confidentiality if a pupil is at risk — any safeguarding concerns will be referred to the DSL.