

St Stephen's Junior School



Relationships, Sex and Health Education (RSHE) Policy Summary

Our Approach to RSHE

At our school, Relationships, Sex and Health Education (RSHE) supports our commitment to **Kindness, Creativity and Honesty**, and to creating a community where **every child feels safe, valued and that they belong**.

RSHE helps children develop the knowledge, skills and attitudes they need to understand themselves, build positive relationships and make healthy choices, both now and in the future. Teaching is **age-appropriate, inclusive and sensitive**, and supports children's personal, social and emotional development.

We use Jigsaw PSHE resources to teach RSHE. All resources can be viewed on request.

The Three Strands of RSHE in Primary School

RSHE is made up of Relationships Education, Health Education and Sex Education.

Relationships Education focuses on teaching the fundamental building blocks and characteristics of positive relationships including:

- Families and people who care for me
- Caring friendships
- Respectful, kind relationships
- Online safety and awareness
- Being safe

Health Education focuses on teaching children to make good decisions about their own health and wellbeing, including:

- Physical health (including changing adolescent bodies and puberty)
- Mental wellbeing
- Healthy eating
- Drugs/alcohol/tobacco awareness
- Basic first aid

- Online wellbeing
- Personal safety

Sex Education teaches children:

- How a baby is conceived and born.

This is only taught in years 5 and 6.

Parental Right to Withdraw

- Parents may request to withdraw their child from Sex Education only.
- Parents cannot withdraw their child from Relationships Education or Health Education, as these are statutory and essential to children's wellbeing and safeguarding.
- Requests should be made in writing to the Headteacher, and discussions are welcomed to ensure families feel informed and supported.

Inclusion, Safeguarding and Belonging

RSHE promotes **inclusion, equality and respect** and reflects the diverse world in which children live. It helps ensure pupils understand that differences are valued and that everyone has a place in our school community. Safeguarding is central to RSHE, empowering children to recognise unsafe situations and know who they can talk to.

Leadership and Oversight

RSHE is led by **Tom Parkin, PSHE Lead**, who ensures the curriculum is carefully planned, regularly reviewed and delivered in line with statutory guidance and our school ethos.

RSHE supports our children to grow into kind, creative and honest individuals who feel a strong sense of belonging and responsibility towards others.