



Brabourne CE Primary School

RSHE Policy – March 2026

“Through creative and challenging experiences, we inspire our school community to develop resilience, a passion for learning and the courage to pursue our dreams. Within our nurturing environment and beyond, we live out Christian values, enabling all to flourish in the love of God.”

1. Objectives of this Policy

Children are entitled to learn about RSHE (Relationships, Sex, Health Education) in a positive and safe environment, where they can develop the vocabulary, knowledge and skills to help understand themselves and others. They need to be equipped with language and tools to develop healthy resilient relationships, in age-appropriate ways. This is especially vital in an internet age where they have far greater exposure to information than before, much of which reaches them from outside the safety of the classroom or family context. Our school’s approach to RSHE Education will be sensitive to the age and aptitude of the children, but be straightforward and factual in line with the law and good pedagogy.

2. Context

Relationships, Sex and Health Education (RSHE) is lifelong learning about physical, moral and emotional development. It is about understanding the importance of stable and loving relationships, respect, love and care. It involves acquiring information, developing skills and forming positive beliefs, values and attitudes. RSHE contributes to promoting the spiritual, moral, cultural, mental and physical development of young people and can make a positive contribution to children and young people’s personal and social development and the development of positive self-esteem.

3. Legal Requirement

The Relationships Education, RSE and Health Education (England) Regulations 2019 have made Relationships Education compulsory in all primary schools from September 2020. Sex Education is not compulsory in primary schools. The science national curriculum in key stage 1 and 2 includes teaching about the main external body parts and changes to the human body as it grows from birth to old age, including puberty. However, the DfE continues to recommend that all primary schools have a sex education programme tailored to the age and the physical and emotional maturity of the pupils in the transition phase before moving to KS3. Health Education is compulsory in all maintained primary schools.

All schools are also required in law to meet the Equality Act 2010.

4. The Curriculum

The **Relationships Education** curriculum at Brabourne CEP School will focus on teaching fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships, and relationships with other peers and adults. It will cover these areas through graduated age appropriate activities and discussions.

- Citizenship

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe
- Economic well-being
- Life transitions
- Identity

Through the teaching of RE, it will also cover areas such as:

- Friends, Family and Community
- The Natural World
- Christianity
- Ourselves and the Community

The **Health Education** curriculum will focus 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. It will cover these areas through age appropriate activities and discussions.

- Mental wellbeing
- Internet safety and harms
- Physical health and fitness
- Healthy eating
- Drugs, alcohol and tobacco
- Basic first aid
- Changing body

The national curriculum for **Science** covers reproduction in both animals and plants. It also covers healthy lifestyles and growing up. These are included in the following topics:

- Animals including Humans
- Plants
- Living Things and their habitats.

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

The **Sex Education curriculum** is an important part of the transition phase before moving to secondary school and this supports pupils' ongoing emotional and physical development effectively. The DFE recommends that all primary schools have a sex education programme tailored to the age and the physical and emotional maturity of the pupils. It will ensure that both boys and girls are prepared for the changes that adolescence brings and – drawing on knowledge of the human life cycle set out in the national curriculum for science.

Areas to be covered include:

- Exploring physical and emotional changes which take place during puberty
- Addressing concerns and worries of young people going through puberty
- Exploring the idea of meaningful relationships and the roles and relationships in a family

5. Right to withdraw

Parents have the right to withdraw their child from some or all **non-statutory sex education**. There is no right to withdraw from Relationships Education, Health Education or the science curriculum. At Brabourne CEP School, written parental permission for these lessons in Year 5/6 will be sought. If a child is excused from sex education, it is the school's responsibility to ensure that the pupil receives appropriate, purposeful education during the time of withdrawal.

6. Working with Parents/Carers

Brabourne CEP School recognises the role of parents in the development of their children's understanding about relationships is vital. Parents are the first teachers of their children. They have the most significant influence in enabling their children to grow and mature and to form healthy relationships. We believe that for the children to achieve the desired objectives, a positive and united relationship must continue to exist between home and school and we would encourage discussion about this area of the curriculum at home. Through this policy, Brabourne CEP School will work closely with parents and carers so that they know what will be taught and when. We appreciate the sensitivity and concerns some parents may feel towards RSH Education and, therefore, we invite parents to speak to the Headteacher, should they have any questions.

7. Delivery of the Curriculum

RSHE at Brabourne CEP School will be taught predominantly using selected units of the Kapow scheme of work. The Kapow resource is an approach that helps build character, emotional health and resilience in children. It is a creative way of enabling children to adopt a growth mind-set whilst maintaining a healthy emotional epicentre. It works on the evidence-based theory that increasing relational connection empowers children to flourish and achieve more.

Alongside the scheme, the school may use other resources or visiting speakers, to educate our pupils on Relationships and living a Healthy Lifestyle.

These may include:

- Visiting specialists or health charities
- Visits to events such as 'Safety in Action for Year 6
- Special theme days, for example, Internet Safety Day

At Brabourne CEP School our RSHE curriculum is delivered using the Kapow scheme of work. RSHE is taught progressively from EYFS through to Year 6, with age-appropriate content, building knowledge and understanding over time.

Our RE curriculum will be delivered using the Understanding Christianity scheme, as well as RE plans from the Canterbury Diocese for the study of other religions.

Our Science curriculum follows the Twinkl scheme of work.

Details of coverage for RSHE, PSHE, Science and RE can be found at: [Brabourne Church of England Primary School](#) under the 'Curriculum tab.'

8. Child Protection / Confidentiality

Teachers need to be aware that effective RSHE, which brings an understanding of what is and is not acceptable in a relationship, may lead to disclosure of a child protection issue. The staff member will inform the Head Teacher /Designated Child Protection person in line with the LEA procedures for child protection.

9. Dealing with difficult questions

Ground rules are essential to provide an agreed structure to answering sensitive or difficult questions. Teachers must use their professional judgement when answering a sensitive question, balancing the appropriateness of the question and a pupil's need to know. Teachers will endeavour to answer questions as honestly as possible but if faced with a question they do not feel comfortable answering within the classroom, provision would be made to meet the individual pupil's needs.

10. Cross-Curricular Links

RSHE has many cross-curricular links, in particular the national curriculum science programme of study. However, the development of life skills is a theme throughout the school within the programme for personal, social and health education and is enshrined in the values that underpin the ethos of the school.

11. Differentiation and special educational needs

Brabourne CEP School will ensure that our teaching and materials are appropriate to the pupils whilst making it accessible to those with SEND. We are aware that while some pupils may have a fairly broad knowledge of issues, there are those with little knowledge at all. Teachers will be sensitive to this and lessons planned to take account of the pupils' age, experience and maturity.

12. Equal Opportunities

The school's equal opportunities policy applies to the RSHE curriculum. Resources selected to support the programme will be free from cultural bias and will avoid gender stereotyping.

Teaching will reflect that families may take many forms, including single parents, same-sex parents, and blended families. All teaching will be inclusive and in line with the Equality Act 2010 and the Church of England's guidance to ensure every child feels valued and respected.

13. 8. Useful Documents and Resources

Our RSHE policy is informed by existing DfE guidance:

- Keeping Children Safe in Education (statutory guidance) Keeping children safe in education - GOV.UK (www.gov.uk)

- Respectful School Communities: Self Review and Signposting Tool (a tool to support a whole school approach that promotes respect and discipline) Respectful School Communities Self-Review and Signposting Tool (educateagainsthate.com)
- Behaviour and Discipline in Schools (advice for schools, including advice for appropriate behaviour between pupils) Behaviour in schools - GOV.UK (www.gov.uk)
- Equality Act 2010 and schools Equality Act 2010: advice for schools - GOV.UK (www.gov.uk)
- SEND code of practice: 0 to 25 years (statutory guidance) SEND code of practice: 0 to 25 years - GOV.UK (www.gov.uk)
- Alternative Provision (statutory guidance) Alternative provision - GOV.UK (www.gov.uk)
- Mental Health and Behaviour in Schools (advice for schools) Mental health and behaviour in schools - GOV.UK (www.gov.uk)
- Social, emotional and mental wellbeing in primary and secondary education. (NICE guidance) Overview | Social, emotional and mental wellbeing in primary and secondary education | Guidance | NICE
- Promoting and supporting mental health and wellbeing in schools and colleges (guidance for schools and colleges) Promoting and supporting mental health and wellbeing in schools and colleges - GOV.UK (www.gov.uk)
- Preventing and Tackling Bullying (advice for schools, including advice on cyberbullying) Preventing bullying - GOV.UK (www.gov.uk)
- The Equality and Human Rights Commission Advice and Guidance (provides advice on avoiding discrimination in a variety of educational contexts) Advice and guidance | Equality and Human Rights Commission (equalityhumanrights.com)
- Promoting Fundamental British Values as part of SMSC in schools (guidance for maintained schools on promoting basic important British values as part of pupils' spiritual, moral, social and cultural (SMSC) Promoting fundamental British values through SMSC - GOV.UK (www.gov.uk)

As well as key documents from the Church of England:

“Valuing All God’s Children,
Guidance for Church of England Schools in Challenging Homophobic Bullying” May 2014 pages 60-62
<https://www.churchofengland.org/media/1988293/valuing%20all%20god's%20children%20web%20final.pdf>

This policy reflects the Church of England’s *RSHE Principles and Charter (2019)*, ensuring teaching is inclusive, affirming and rooted in Christian values.

This policy will be reviewed annually by the Headteacher and PSHE subject leader and approved by the governing body.