

# Relationships and Health Education (RHE) Policy

---



**Whole School**

## Policy Statement and Rationale

At Great Bridge Primary School, we believe that Relationships and Health Education (RHE) play a vital role in supporting pupils' personal development, wellbeing and safety. Our RHE curriculum is designed to help children build positive relationships, develop resilience, understand how to keep themselves safe, and make informed choices as they grow and develop.

This policy reflects the statutory requirements for Relationships Education and Health Education and is aligned with the most up-to-date Department for Education guidance, including updates published in July 2025, which come into force from September 2026.

## Statutory Context

This policy has been developed in line with:

- Relationships Education, Relationships and Sex Education (RSE) and Health Education: Statutory Guidance (DfE, July 2025)
- The Education Act 1996
- The Children and Social Work Act 2017
- Keeping Children Safe in Education
- Equality Act 2010

## Statutory status

- Relationships Education (Primary): Statutory
- Health Education (Primary): Statutory
- PSHE Education: Non-statutory overall, but used as the delivery vehicle for statutory content

***Great Bridge Primary School does not teach sex education beyond the requirements of the National Curriculum for science.***

## Policy Development and Consultation

This policy was developed by the Senior Leadership Team and PSHE Lead, informed by:

- Current statutory guidance
- Curriculum review and mapping
- Pupil needs and safeguarding priorities

In line with statutory guidance, the school:

- Consults parents when developing and reviewing this policy
- Makes the policy available free of charge upon request
- Publishes the policy on the school website

***The policy is approved by the Governing Body and reviewed annually or sooner if guidance or school needs change.***

## Curriculum Intent

Our RHE curriculum aims to ensure that pupils:

- Develop positive, respectful and healthy relationships
- Understand how to keep themselves physically and mentally healthy
- Learn how to recognise unsafe situations and seek help
- Develop age-appropriate understanding of boundaries, consent and body ownership
- Are prepared for the changes associated with growing up
- Are supported to navigate online and offline life safely

***Safeguarding is at the heart of curriculum design.***

## Curriculum Organisation and Content

### Curriculum model

The curriculum is planned, sequenced and progressive from Year 1 to Year 6. RHE is taught through our PSHE curriculum using:

- Carefully selected units from the Oak National Academy RSHE curriculum
- Whole-class teaching, discussion and reflection
- Targeted sessions delivered by qualified local authority school nursing professionals

### Subject content

The curriculum covers the full statutory content for primary Relationships Education and Health Education, including:

#### Relationships Education:

- Families and people who care for us
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe, including boundaries, consent and seeking help

#### Health Education:

- Mental wellbeing
- Physical health and healthy lifestyles
- Personal hygiene
- Puberty and changing bodies
- Drugs, alcohol and substances
- Basic first aid

***A detailed curriculum overview is published on the school website and available on request.***

## Use of External Providers

To strengthen statutory provision, the school works with local authority school nursing teams to deliver specialist sessions:

- Year 2: Safeguarding and PANTS session (aligned with principles from the NSPCC)
- Year 5: Puberty and changing bodies
- Year 6: Basic first aid

***External providers work alongside staff and in line with this policy. Teachers remain responsible for pupil wellbeing and safeguarding at all times.***

## Inclusion and SEND

RHE is taught inclusively and is accessible to all pupils.

- Lessons are adapted to meet the needs of pupils with SEND
- Teaching uses clear language, visuals and structured discussion
- Additional support is provided where needed

***The school ensures that all pupils can access RHE in a way that is appropriate, meaningful and supportive.***

## Safeguarding

Safeguarding underpins all RHE teaching.

Pupils are taught:

- That their body belongs to them
- How to recognise unsafe or uncomfortable situations
- The difference between secrets and surprises
- How to seek help from trusted adults

***All staff follow the school's safeguarding and child protection procedures if concerns arise.***

## Parental Rights and Withdrawal

### Relationships Education

Parents do not have the right to withdraw their child from Relationships Education.

### Health Education

Parents do not have the right to withdraw their child from Health Education, including:

#### Puberty education

- Mental and physical health
- Basic first aid
- Sex education

***Great Bridge Primary School does not teach sex education beyond the statutory science curriculum. Therefore, there is no content from which pupils can be withdrawn. This is communicated clearly to parents through the school website and policy.***

## Responding to Pupil Questions

Teachers answer questions sensitively, honestly and in an age-appropriate way.

If pupils ask questions relating to sex education that is not taught at primary level:

- Teachers provide reassurance and factual clarification where appropriate
- Detailed explanations are not given
- Parents are informed if necessary

## Monitoring and Evaluation

The effectiveness of RHE is monitored through:

- Curriculum mapping and review
- Pupil voice
- Staff feedback
- Governor oversight

***The PSHE and Curriculum Leads report to senior leaders and governors to ensure ongoing statutory compliance and curriculum quality.***

### **Access to Curriculum Materials**

Parents may:

- View curriculum overviews on the school website
- Request to see lesson materials
- Speak to the class teacher, PSHE Lead or senior leaders with questions or concerns

***The school works in partnership with parents to support pupils' wellbeing and development.***

### **Policy Review**

This policy is:

- Approved by the Governing Body
- Reviewed annually
- Updated in response to changes in statutory guidance or school need

### **Final compliance statement**

This policy ensures that Great Bridge Primary School meets all statutory requirements for Relationships Education and Health Education and is fully aligned with the DfE guidance effective from September 2026.

## Policy Approval

---

<b>Policy approved by (Print name)</b>	
<b>Signature</b>	
<b>Position</b>	
<b>Date</b>	

<b>Policy approved by (Print name)</b>	
<b>Signature</b>	
<b>Position</b>	
<b>Date</b>	

<b>Review date</b>	
--------------------	--

DRAFT COPY