



Trimley St Mary Primary School

Policy Title	Relationships, Sex and Health Education (RSHE) and PSHE Policy
Legal Requirement	Yes
Review Cycle	Annual
Lead Personnel/Committee	Kim Cook PSHE/RSHE Subject Lead / PSHE/RSHE Governor
Date Reviewed	September 2026
Date Approved by Governing Body	September 2026
Next Review Date	September 2027

Signed by:

Kim Cook

Chair of Governors

Date: September 2026

Date: September 2026

This policy should be read alongside the school safeguarding, equality, SEND and online safety policies.

Policy Version History

Version	Policy Source	Document Author/Reviewer Plus Amendments/Additions	Review date	Date Ratified	Next Review Due
V1	PSHE Association DFE New Statutory Guidance for Health Education, Relationships Education and RSE 2019	Mrs D. Yates PSHE lead Mrs H. Mackie PSHE/RSE Governor Within PSHE policy include statutory guidance-A "recommendation (Not Compulsory)that all primary schools have an age-appropriate sex education programme, tailored to age and physical and emotional maturity of the pupils". A statement re- parents right to withdraw child from sex education but not from statutory Relationships Education or Health Education.	Dec. 2019	February 2020	February 2021
V1(1)	PSHE Association DFE updated guidance	Mrs D. Yates PSHE/RSE Lead Mrs H. Macie PSHE/RSE Governor DFE- Wording changes to the right of parents or carers to withdraw their child from the elements of sex education that are not taught as part of the compulsory national science curriculum. Parent/Carer survey carried out online	February 2021	February 2021	February 2022
V2	The Key PSHE Association	Miss E. Collins PSHE/RSE Lead Mrs H. Mackie PSHE/RSE Governor Change of named Headteacher Mention change to curriculum resources- Corm Life Statement included-"It is our policy all children learn all aspects of Relationships and Sex Education sessions together, regardless of gender identity or sexual orientation".	April 2022	May 2022	April 2023
V2	The Key	Miss E. Collins PSHE/RSE Lead, Mrs H. Mackie PSHE/RSE Governor No real changes	May 2024	June 2024	May 2025
V2	The Key	Mr. M. Murray PSHE/RSE Lead & Deputy Headteacher Mrs H. Mackie PSHE/RSE Change of named personnel	June 2025	June 2025	June 2026
V3		Mrs K. Cook PSHE/RSE Lead& Deputy Headteacher, Mrs H. Mackie PSHE/RSE Governor updated RSE and PSHE Policy in line with the new DFE statutory guidance with effect from 1/09/2026 Further clarification as to what is statutory and non-statutory, as well as which elements	September 2026	September 2026	September 2027

		parents can and cannot withdraw their children from.			
		New Curriculum Kapow-explanation of curriculum content by year group.			

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Relationships, Sex and Health Education (RSHE) and PSHE Policy

Policy lead: Kim Cook

Approved by: Governing Body

Date approved: September 2026

Review date: September 2027

1. Purpose and aims

At Trimley St Mary Primary School, we believe that high-quality Relationships, Sex and Health Education (RSHE), within our wider PSHE (Personal, Social and Health Education) curriculum, is an important part of preparing children for life now and in the future.

Our curriculum aims to help pupils:

- develop healthy, respectful relationships;
- understand different types of families and relationships;
- understand and manage their emotions;
- develop confidence, resilience, empathy and self-respect;
- understand their bodies and the changes associated with growing up;
- recognise appropriate and inappropriate behaviour and understand personal boundaries;
- keep themselves and others safe, including online;
- make informed and responsible choices; and
- know when, where and how to seek help.

Teaching is always appropriate to pupils' age, stage of development and individual needs.

2. Statutory requirements

This policy has been developed in accordance with the Department for Education's statutory guidance for *Relationships Education, Relationships and Sex Education (RSE) and Health Education*, including the revised guidance applicable from September 2026.

In primary schools:

- **Relationships Education is statutory;**
- **Health Education is statutory in state-funded schools;**
- relevant aspects of the **National Curriculum for Science are statutory;** and
- schools may choose to teach additional, age-appropriate **sex education** beyond the statutory primary curriculum.

At Trimley St Mary, we teach the statutory requirements alongside carefully selected additional sex education to ensure that pupils receive accurate, age-appropriate information and are well prepared for growing up and the transition to secondary school.

3. How we teach RSHE and PSHE

We use **Kapow Primary RSE & PSHE** as the basis of our PSHE and RSHE curriculum and **Kapow Primary Science** to deliver our Science curriculum.

Across Kapow RSE & PSHE, pupils progressively learn about:

- families and relationships;
- friendships and respectful relationships;
- health and wellbeing;
- safety and the changing body;
- citizenship;
- economic wellbeing; and
- transition and personal development.

Relevant learning is also reinforced through Science, Computing, PE, RE, safeguarding teaching and the wider life of the school.

Teachers may adapt Kapow lessons and resources to ensure that teaching meets the age, maturity, SEND and other needs of their pupils. Adaptations will not remove statutory curriculum content.

There is intentional overlap between Science and RSE & PSHE, particularly in relation to growing up and puberty. This enables pupils to revisit important knowledge within both a scientific and a personal, social and health context.

4. Growing, changing and sex education – what do we teach?

We recognise that the terms **RSE** and **sex education** can sometimes cause confusion. Not everything taught through RSE constitutes sex education and parents' rights to withdraw differ according to the curriculum content being taught.

At Trimley St Mary, learning about bodies, growing and changing is delivered through both **Kapow Science** and **Kapow RSE & PSHE**.

Statutory Science

Through Kapow Science, relevant statutory learning includes:

- **Year 1:** identifying, naming, drawing and labelling the basic parts of the human body.
- **Year 2:** learning that animals, including humans, have offspring which grow into adults.

- **Year 5:** learning about life cycles and reproduction in plants and animals.
- **Year 5:** describing the changes humans experience as they develop from birth to old age, including the changes experienced during puberty.

Through Kapow's Year 5 Science teaching, pupils learn about the physical and emotional changes associated with puberty. This includes age-appropriate scientific vocabulary and learning about changes such as body hair, breast development, changes to genitalia, menstruation, hormones, hygiene and emotional changes.

Parents and carers **do not have the right to withdraw their child from National Curriculum Science.**

Statutory Relationships and Health Education

Through Kapow RSE & PSHE, pupils progressively learn about:

- families and people who care for them;
- caring friendships;
- respectful and healthy relationships;
- different families and relationships;
- privacy, personal boundaries and consent;
- appropriate and inappropriate contact;
- recognising unsafe situations and knowing how to seek help;
- online relationships and online safety;
- physical and mental health and wellbeing;
- growing and changing;
- puberty and the changing adolescent body;
- menstruation and menstrual wellbeing; and
- the physical and emotional changes associated with growing up.

Correct, age-appropriate vocabulary is used when teaching about the body. This supports scientific understanding, safeguarding and pupils' ability to communicate clearly if they are worried about something.

Parents and carers **do not have the right to withdraw their child from statutory Relationships Education or Health Education.**

Non-statutory sex education

In Year 6, we use selected Kapow RSE & PSHE materials to provide age-appropriate sex education beyond the statutory primary curriculum.

This includes teaching about:

- human conception;

- sexual intercourse in the context of how conception can occur;
- fertilisation;
- pregnancy and the development of a baby; and
- birth.

This additional content is taught through RSE & PSHE and is **not part of the statutory National Curriculum for Science**.

Parents and carers **have the right to withdraw their child from some or all of this non-statutory sex education**.

5. Parental right to withdraw

We want parents and carers to understand clearly which aspects of our curriculum are statutory and which are not.

Curriculum content	How it is taught at Trimley	Right to withdraw?
Relationships Education	Kapow RSE & PSHE	No
Health Education	Kapow RSE & PSHE	No
Statutory National Curriculum Science	Kapow Science	No
Growing and changing/puberty	Kapow Science and RSE & PSHE	No
Menstruation and menstrual wellbeing	Kapow Science and RSE & PSHE	No
Additional Year 6 sex education, including sexual intercourse and conception	Kapow RSE & PSHE	Yes
Additional teaching about pregnancy and birth beyond the statutory curriculum	Kapow RSE & PSHE	Yes

Parents and carers will be informed before non-statutory sex education is taught. They will be provided with information about the content and will have an opportunity to view or discuss the resources being used.

Parents and carers wishing to withdraw their child from some or all of the non-statutory sex education should make their request to the Headteacher.

The Headteacher will offer an opportunity to discuss the request and ensure that parents understand which aspects of the curriculum are statutory and which are non-statutory. In accordance with statutory guidance for primary schools, a request to withdraw a pupil from non-statutory sex education will be granted.

Where a pupil is withdrawn, appropriate, purposeful alternative education will be provided.

6. Safe and appropriate teaching

RSHE is taught within a safe, respectful and inclusive learning environment. Teachers establish clear ground rules and encourage pupils to listen to one another, respect different views and avoid sharing personal information about themselves or others.

Teachers will:

- use factual, age-appropriate language;
- use correct terminology for body parts;
- ensure teaching is sensitive to different experiences and family circumstances;
- use scenarios and distancing techniques rather than asking pupils to disclose personal experiences;
- address misconceptions appropriately;
- provide opportunities for pupils to ask questions, including anonymously where appropriate; and
- remind pupils that adults cannot promise confidentiality where there may be a safeguarding concern.

Pupils' questions will be answered honestly and sensitively where they are appropriate to their age and stage of development.

Where a question is not appropriate for a whole-class response, the teacher may respond individually, at a later time, or encourage the pupil to discuss it with a trusted adult at home.

7. Safeguarding

Effective RSHE is an important part of safeguarding. It supports pupils to understand personal boundaries, privacy and consent, recognise appropriate and inappropriate behaviour, identify trusted adults and know how and where to seek help.

RSHE lessons may lead to pupils making disclosures or staff identifying safeguarding concerns. In these circumstances, staff will follow the school's **Safeguarding and Child Protection Policy** and report concerns to the Designated Safeguarding Lead in the usual way.

Staff will never promise confidentiality to a pupil.

Where appropriate, teachers will liaise with the DSL and/or SENDCo before sensitive teaching to ensure that individual pupils are appropriately supported.

8. Equality and inclusion

RSHE will be accessible to all pupils and taught in accordance with the Equality Act 2010.

Our teaching recognises that pupils grow up in different families and circumstances. These may include single-parent families, families with same-sex parents, blended families, adoptive and foster families, families headed by grandparents and other caring arrangements.

Different families and relationships will be represented factually, sensitively and without stigma. Pupils will be taught to respect difference and understand that discrimination and prejudice are unacceptable.

Teaching will be adapted where necessary for pupils with SEND, taking account of pupils' individual needs, communication, understanding and vulnerability. This may include adapted resources, additional preparation, smaller-group teaching or additional adult support.

9. Working with parents and carers

We recognise parents and carers as children's first educators and value a positive partnership between home and school.

The school will make this policy and information about its RSHE curriculum available to parents and carers.

Parents will be informed in advance of non-statutory sex education and will have an opportunity to understand the content and resources being used before teaching takes place.

Parents and carers are encouraged to contact their child's class teacher, the PSHE/RSHE Subject Lead or Headteacher if they have questions or concerns about the curriculum.

10. Roles, monitoring and review

The **Governing Body** will ensure that the school meets its statutory responsibilities and that appropriate RSHE provision is in place.

The **Headteacher and Senior Leadership Team** will ensure that this policy is implemented effectively, staff receive appropriate support and training, and parents are appropriately informed and consulted.

The **PSHE/RSHE Subject Lead** will oversee curriculum implementation, progression, resources, staff support and monitoring.

Class teachers are responsible for delivering high-quality, inclusive and age-appropriate teaching and for following safeguarding procedures where concerns arise.

The effectiveness of provision will be monitored through the school's usual curriculum monitoring processes, including pupil voice, scrutiny of learning, staff feedback and engagement with parents and carers.

This policy will be reviewed annually, or sooner where there are changes to statutory guidance or the school's curriculum.

Related policies

- Safeguarding and Child Protection Policy
- Equality Information and Objectives
- Behaviour Policy
- Online Safety Policy
- SEND Policy
- Curriculum Policy