

Relationship Education, Relationships and Sex Education, Physical Health and Wellbeing Policy

Policy Sign off Reviewer	Approver	Date
Reviewer: Theresa Moses	PSHCE lead: Vera Bediako	September 2025
Next Review		September 2026

Related policies: Wellbeing, Safeguarding, E- Safety, Behaviour for Learning

Introduction

Children and young people today grow up in an increasingly complex world, living their lives both online and offline. While this brings opportunities, it also presents risks. Our RSE curriculum aims to ensure that children know how to be safe, healthy and manage their lives in a positive way. It provides the knowledge and skills to make informed decisions, build resilience, and know when and how to ask for help. Relationships Education is statutory in all primary schools in England.

Policy Development

This policy has been developed in consultation with staff, governors, parents, and pupils, and is aligned with the latest statutory guidance from the Department for Education (DfE, 2020). The policy is reviewed annually to reflect updates in statutory guidance and best practice. Parents are informed of the content of RSE through topic webs, yearly overviews, and information sessions where they can view resources.

Definition

Relationships Education starts with helping children understand what safe and healthy relationships look like with family and friends. It promotes emotional, social, and cultural development and includes learning about relationships, diversity, personal identity, and healthy lifestyles. RSE is about both knowledge and values, supporting children to develop confidence and self-respect.

Intent

At Paxton, our intent is to provide pupils with the building blocks of healthy, respectful relationships, both online and offline, alongside a strong understanding of health and wellbeing.

We aim to:

- Equip children with accurate knowledge and skills to make safe, informed decisions.
- Promote positive mental health, resilience, and emotional wellbeing.
- Develop respect for self and others, including understanding diversity and inclusion.
- Prepare pupils for puberty and adulthood in an age-appropriate way.
- Ensure pupils understand the law and their rights in relation to relationships, equality and safeguarding.

Implementation

RSE is delivered through our PSHCE curriculum using Kapow Primary, alongside links to science, PE, RE, and computing. Teaching is age-appropriate, inclusive and sensitive to pupils' backgrounds and beliefs, ensuring all pupils are equipped for modern life. Lessons use discussion, role-play, group work, and scenarios to build understanding of:

- Families and people who care for me
- Friendships and respectful relationships
- Online relationships and digital resilience
- Being safe, including recognising risks and knowing where to seek help

Physical Health and Wellbeing

Children are taught about the importance of physical and mental health, including healthy eating, physical activity, first aid, internet safety, the risks of drugs, alcohol and tobacco, and changes during puberty. Pupils are supported to develop the language to discuss their bodies, health and emotions confidently and appropriately.

Inclusion

RSE is accessible to all pupils, including those with SEND. Lessons are designed to be inclusive and representative of diverse families, including single-parent families, LGBT+ parents, adoptive families, foster carers and those led by grandparents or guardians. Staff adapt teaching to meet individual needs and provide additional support when required.

Impact

The impact of RSE is evident in pupils' ability to form positive relationships, show respect for others, and make safe, healthy choices. It is monitored through pupil voice, classroom observation, and assessment for learning. A successful RSE curriculum contributes to a calm and respectful school environment with low levels of bullying and exclusions.

Roles and Responsibilities

- The Governing Body will hold the Headteacher to account for policy implementation.
- The Headteacher is responsible for ensuring RSE is taught consistently and in line with statutory guidance.
- The PSHCE Lead oversees curriculum delivery and supports staff subject knowledge.
- All staff deliver RSE sensitively and inclusively, responding to pupils' needs and modelling positive attitudes.
- Pupils are expected to engage respectfully in RSE discussions.

Parents' Right to Withdraw

Parents do not have the right to withdraw their child from Relationships Education or Health Education, including lessons on puberty. Parents do have the right to withdraw their child from non-statutory elements of sex education. At Paxton, this relates only to two Year 6 lessons. Parents will be informed when these take place and may request withdrawal in writing to the Headteacher. Alternative learning will be provided.

Monitoring and Review

This policy will be reviewed annually by the Senior Leadership Team and PSHCE Lead to ensure it reflects the latest statutory guidance and best practice. The next review is due September 2026.