



ST JAMES' CE JUNIOR SCHOOL

**RELATIONSHIPS, SEX AND HEALTH
EDUCATION (RSHE) POLICY**

2026/2027

Head teacher	Jackie Rushton
RSHE Lead	Tracy Watson
Chair of Governors	Sarah Heywood

Approved by	
Name:	Miss Sarah Heywood
Position:	Chair of Governors
Signed:	
Review date²:	September 2027 (or sooner if legislation or statutory guidance changes).

Statement of Intent

At St James' CE Junior School, we believe every child should receive a high-quality Relationships, Sex and Health Education (RSHE) curriculum that prepares them for life in modern Britain and equips them with the knowledge, skills and values needed to stay safe, healthy and respectful.

As a Church of England school, our RSHE curriculum is rooted in Christian values and the belief that every person is made in the image of God and is therefore worthy of dignity, care and respect.

Through RSHE we support pupils to:

- Develop healthy relationships.
- Maintain positive mental wellbeing.
- Build resilience and self-respect.
- Understand how to stay safe both online and offline.
- Become responsible, respectful and active members of society.

RSHE is a vital part of our safeguarding curriculum and helps children recognise risks, understand personal boundaries, identify trusted adults and know how to seek help when needed.

Legal Framework

This policy is based on:

- Education Act 2002
- Children and Social Work Act 2017
- Equality Act 2010
- Keeping Children Safe in Education (current edition)
- Relationships Education, Relationships and Sex Education (RSE) and Health Education Statutory Guidance (DfE, July 2025, effective September 2026)
- National Curriculum Programmes of Study
- SEND Code of Practice

This policy should be read alongside:

- Child Protection and Safeguarding Policy
- Behaviour Policy
- Online Safety Policy
- Anti-Bullying Policy
- SEND Policy

- Equality Policy
 - Inclusion Policy
 - Attendance Policy
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Publication of this Policy

This policy is published on the school website and is available free of charge to parents and carers upon request.

Parents will be informed of:

- The content of the RSHE curriculum.
 - Any significant changes to the curriculum.
 - Updates to this policy.
 - Consultation opportunities where appropriate.
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Aims of RSHE

Our RSHE curriculum aims to help pupils:

- Develop positive and respectful relationships.
 - Understand physical and mental health.
 - Stay safe in the real world and online.
 - Build emotional resilience.
 - Develop confidence and self-esteem.
 - Respect diversity and differences.
 - Understand personal responsibility.
 - Manage risk and make informed decisions.
 - Prepare successfully for secondary school.
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Roles and Responsibilities

Governing Body

The Governing Body is responsible for:

- Ensuring statutory requirements are met.
- Monitoring the effectiveness of provision.
- Approving this policy.

- Ensuring appropriate resources are available.

Headteacher

The Headteacher is responsible for:

- Implementing this policy.
- Ensuring staff are appropriately trained.
- Managing parental requests regarding withdrawal from sex education.
- Reporting to governors on curriculum effectiveness.

RSHE Subject Leader

The RSHE Lead will:

- Develop and monitor the curriculum.
- Support staff.
- Review teaching resources.
- Monitor standards and impact.
- Lead curriculum evaluation.

Teaching Staff

Teachers are responsible for:

- Delivering RSHE professionally and sensitively.
- Creating a safe learning environment.
- Following safeguarding procedures.
- Adapting teaching to meet pupils' needs.
- Promoting respectful discussion.

Curriculum Organisation

RSHE is delivered primarily through PSHE lessons and is supported through:

- Science
- Computing
- PE
- Collective Worship
- Educational visits
- Enrichment activities
- External visitors and agencies

The curriculum is designed progressively across Years 3 to 6, allowing pupils to revisit and build upon prior learning.

Relationships Education

By the end of Year 6, pupils will know about:

Families and People Who Care for Me

- The importance of family relationships.
- Different family structures.
- Stability, care and commitment within families.
- Sources of support when family relationships are difficult.

Caring Friendships

- Characteristics of healthy friendships.
- Trust, loyalty and kindness.
- Resolving disagreements respectfully.
- Recognising unhealthy friendships.

Respectful Relationships

- Respect and good manners.
- Self-respect.
- Challenging stereotypes and prejudice.
- Permission, consent and personal boundaries.
- Appreciating individual differences.

Online Relationships

Pupils will learn:

- How online relationships differ from face-to-face relationships.
- Safe online communication.
- Privacy and personal information.
- Digital footprints.
- Online scams and financial risks.
- Age restrictions on websites and apps.
- Safe use of social media and gaming platforms.
- How online content and algorithms can influence choices.

Being Safe

Pupils will learn:

- Appropriate and inappropriate contact.
 - Personal boundaries.
 - How to recognise abuse.
 - Strategies for road, rail and water safety.
 - Personal safety in the community and online.
 - Correct anatomical names for body parts, including genitalia, taught in an age-appropriate safeguarding context.
 - How and where to seek help.
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Health Education

Mental Wellbeing

Pupils will learn:

- Mental wellbeing is part of everyday health.
- How to recognise and manage emotions.
- Resilience and coping strategies.
- Managing worries and stress.
- The impact of friendships on wellbeing.
- Coping with change and transition.
- Understanding loss and bereavement.
- How experiences of grief differ between individuals.
- Healthy ways to manage difficult emotions.
- Where and how to seek support.

Internet Safety and Harms

Pupils will learn:

- Benefits and risks of technology.
- Healthy screen habits.
- Online safety and reporting concerns.
- Misinformation and disinformation.
- Critical thinking online.
- Understanding emerging technologies in age-appropriate ways.
- How online scams and fraud work.
- Risks associated with in-app purchases and online spending.

- How influencers and advertising may affect choices.
- Making informed decisions online.

Physical Health and Fitness

Pupils will learn:

- Benefits of regular exercise.
- Healthy lifestyles.
- Importance of sleep.
- Personal responsibility for health.

Healthy Eating

Pupils will learn:

- Principles of a balanced diet.
- Healthy food choices.
- Nutritional awareness.

Drugs, Alcohol and Tobacco

Pupils will learn:

- Risks associated with harmful substances.
- Strategies for resisting peer pressure.
- Ways to keep themselves safe.

Health and Prevention

Pupils will learn:

- Personal hygiene.
- Dental health.
- Vaccinations and immunisations.
- Sun safety.
- Recognising signs of illness.

Basic First Aid

Pupils will learn:

- How to contact emergency services.
- Basic first aid principles.

- How to respond in an emergency.

Changing Adolescent Body

Pupils will learn:

- Physical changes during puberty.
 - Emotional changes during adolescence.
 - Menstrual wellbeing.
 - Positive body image and self-care.
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Year Group Overview

Year 3

- Healthy families
- Trusted adults
- Friendship skills
- Respecting differences
- Digital footprints
- Personal safety
- Healthy habits
- Emotional wellbeing

Year 4

- Healthy friendships
- Bullying and cyberbullying
- Online privacy
- Road, rail and water safety
- Change and loss
- Mental wellbeing
- Healthy lifestyles

Year 5

- Family life
- Marriage and commitment
- Bereavement and loss
- Puberty preparation
- Critical thinking online

- Healthy relationships
- Resilience and wellbeing
- Correct anatomical vocabulary, including genitalia

Anatomical Vocabulary

Teaching of correct anatomical terminology supports children's understanding of:

- Their bodies.
- Personal safety.
- Health education.
- Reporting concerns confidently.

Year 6

- Respectful relationships
- Challenging stereotypes
- Online influence and misinformation
- Understanding how artificial intelligence and emerging technologies influence information and behaviour
- Puberty and transition
- Personal responsibility
- Seeking help and support
- Preparing for secondary school

Sex Education

The National Curriculum requires all primary schools to teach aspects of human growth and reproduction through science.

This includes:

- Human development.
- Life cycles.
- Puberty.
- Reproduction in plants and animals.

In addition, St James' CE Junior School provides age-appropriate sex education in Years 5 and 6, including:

- Human reproduction.
- Growing and changing.
- Physical and emotional changes associated with puberty.

- Personal hygiene.
- Pregnancy and birth.
- Family life and caring relationships.

Parents will be informed before this content is taught.

Equality, Inclusion and Accessibility

We are committed to ensuring RSHE is inclusive and accessible for all pupils.

Teaching will:

- Reflect the Equality Act 2010.
 - Promote respect and inclusion.
 - Challenge prejudice and harmful stereotypes.
 - Support pupils with SEND through appropriate adaptations.
 - Celebrate diversity and difference.
 - Foster a sense of belonging for all pupils.
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Safeguarding

RSHE is a key element of our safeguarding curriculum.

Teaching supports pupils to:

- Recognise unsafe situations.
- Understand healthy boundaries.
- Identify inappropriate behaviour.
- Recognise online risks.
- Access support from trusted adults.
- Report concerns confidently.

Any safeguarding concerns arising from RSHE lessons will be managed in accordance with the school's Child Protection and Safeguarding Policy.

Working with External Agencies

External visitors may occasionally contribute to RSHE lessons.

All visitors:

- Must follow safeguarding procedures.
 - Must use approved resources.
 - Will work under teacher supervision.
 - Must complement, not replace, teacher-led learning.
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Working with Parents and Carers

We recognise parents and carers as children's first educators.

Parents will:

- Be informed about curriculum content.
- Have opportunities to ask questions.
- Be invited to consultation opportunities when appropriate.
- Be supported in discussing RSHE topics at home.

Curriculum Transparency

Parents and carers may view:

- Curriculum plans.
- Teaching materials.
- Resources used in lessons.

Information may be shared through:

- Parent information sessions.
- Curriculum overviews.
- School communications.
- Meetings with school staff.

Information relating to contributions from external organisations will be made available upon request.

Right to Withdraw

Parents cannot withdraw their child from:

- Relationships Education.
- Health Education.
- National Curriculum Science.

Parents may request withdrawal from non-statutory sex education elements.

Requests should be made in writing to the Headteacher.

The Headteacher will meet with parents to discuss the request before a final decision is confirmed.

Assessment

RSHE learning is assessed through:

- Pupil discussions.
- Observation.
- Reflection activities.
- Written work.
- Pupil voice.
- Low-stakes quizzes.

Assessment is used to inform future teaching and support pupil progress.

Staff Training

Staff receive regular professional development to ensure:

- Accurate and up-to-date subject knowledge.
- Confidence in teaching RSHE.
- Awareness of safeguarding developments.
- Understanding of emerging issues affecting children and young people.

Confidentiality

Ground rules are established in all RSHE lessons.

Pupils are reminded that:

- Personal information should not be shared publicly.
 - Teachers cannot guarantee confidentiality.
 - Safeguarding concerns must be passed to the Designated Safeguarding Lead (DSL).
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Monitoring, Evaluation and Review

The RSHE Subject Leader monitors provision through:

- Lesson observations.
- Learning walks.
- Planning reviews.
- Work scrutiny.
- Pupil voice activities.
- Staff feedback.

An annual report will be provided to governors.

This policy will be reviewed annually or sooner if required by changes in legislation, statutory guidance or local circumstances.
