

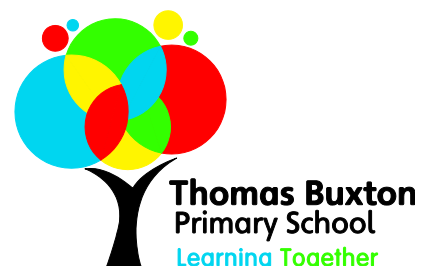
RHE POLICY

Head teacher signature:

Chair of Governors signature:

Review date:

December 2025





Statutory Relationships and Health Education (RHE) and Non Statutory Sex Education Policy

Aim:

The main aims of our school RHE policy are:

1. Thomas Buxton Primary School is committed to putting safeguarding at the heart of everything we do and this includes teaching RHE to pupils.
2. To teach RHE as outlined by the Department of Education and comply with the relevant provisions of the Equality Act 2010.
3. To ensure pupils are able to keep themselves safe by teaching factually accurate information so they can make informed decisions.
4. Children understand the changes to their body as they grow and develop and are supported to behave in a mature and responsible way.

Context:

“Today’s children and young people are growing up in an increasingly complex world and living their lives seamlessly on and offline. This presents many positive and exciting opportunities, but also challenges and risks. In this environment, children and young people need to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way.”

– Secretary of State Foreword, Pg. 4

[Relationships Education, Relationships and Sex Education \(RSE\) and Health Education: Statutory guidance for governing bodies, proprietors, head teachers, principals, senior leadership teams, teachers \(2019\)](#)

CURRICULUM PROVISION and CONTENT see Appendix 1 for full statutory content

Relationships Education (Statutory)

- Families And People Who Care For Me
- Caring Relationships
- Respectful Relationships
- Online Relationships
- Being Safe

Health Education (Statutory)

- Mental Wellbeing
- Internet and Safety Harms
- Physical Health and Fitness
- Healthy Eating
- Drugs, Alcohol and Tobacco
- Health and Prevention
- Basic First Aid
- Changing Adolescent Body

National Curriculum Science (Statutory)

[National curriculum in England: science programmes of study](#)

Key Stage 1:

- identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense.
- notice that animals, including humans, have offspring which grow into adults
- describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene

Key Stage 2:

Year 5 describe the changes as humans develop to old age

Year 6 recognise that living things produce offspring of the same kind, but normally offspring vary and are not identical to their parents

Sex Education (Non-Statutory)

At Thomas Buxton Primary school we use the JIGSAW scheme of work to offer non statutory age appropriate sex education lessons.

Managing difficult questions

Primary-age pupils will often ask their teachers or other adults questions pertaining to sex or sexuality, which go beyond what is set out in our statutory Relationships Education. Given ease of access to the internet, children whose questions go unanswered may turn to inappropriate sources of information.

Meeting these objectives requires a graduated, age-appropriate programme of Relationships Education. Children of the same age may be developmentally at different stages, leading to differing types of questions or behaviours. Teaching methods take account of these differences (including when they are due to specific special educational needs or disabilities) and the potential for discussion on a one-to-one basis or in small groups. School considers what is appropriate and inappropriate in a whole-class setting, and teachers are provided support and training in answering questions that are better not dealt with in front of a whole class.

MONITORING, EVALUATION and ASSESMENT

The subjects are monitored and evaluated by:

- Whole School Curriculum Leader
- Phase Leader
- Assistant Head Teacher (Inclusion)
- SENDCo

It is important these subjects are consistently monitored to ensure confidence levels of teachers are maintained and the delivery and content is consistent across the school.

The school identifies pupils' prior knowledge by discussions at the beginning of each unit. The school assesses pupils' learning and progress through end of unit assessments.

EQUALITY and SAFEGUARDING

Equality

The school is committed to following the Equality Act 2010 and to tackling sexism, misogyny, homophobia and gender stereotypes.

LGBT

The Department for Education (DfE) statutory guidance strongly encourages and enables schools to teach LGBT content, in the context of different types of families.

From the DfE guidance: Lesbian, Gay, Bisexual and Transgender (LGBT)

“In teaching Relationships Education and RSE, schools should ensure that the needs of all pupils are appropriately met, and that all pupils understand the importance of equality and respect. Schools must ensure that they comply with the relevant provisions of the Equality Act 2010, (please see The Equality Act 2010 and schools: Departmental advice), under which sexual orientation and gender reassignment are amongst the protected characteristics”.

London Borough Tower Hamlets (LBTH) recommends teaching about LGBT relationships, in the context of different types of families, in order that children coming from same sex families feel welcomed and included in school, from the very beginning of their school career. It is also important in terms of tackling homophobic behaviour and bullying and demonstrates LBTH’s commitment to equalities, as outlined in the Equality Act 2010.

At Thomas Buxton Primary school, we are committed to protecting children and families against discrimination, whether knowing or unintentional. This includes discrimination against people’s religion, culture or sexuality, to name just a few of the Protected Characteristics in the Equality Act 2010.

At Thomas Buxton Primary school, we **have chosen to follow the DfE and LBTH recommendation with regards to LGBT content**, in the context of different types of families. With due regard to all relevant evidence we have chosen to place LGBT content, in the context of different types of families, into the statutory part of the curriculum in Key Stage 1 (by the end of Year 2).

Pupils will also be taught about stable, caring, healthy family life and friendships and how to recognise if or when relationships are making them unhappy or unsafe. Lessons will cover staying safe both online and offline, how to identify risks online, harmful online content and contact and how to report it. Pupils will also learn how to seek help and advice from others.

Naming of the Sexual Body Parts

LBTH recommends that children are taught in Key Stage 1 about naming of the sexual body parts, as a safeguarding issue. This is so pupils can report abuse if it happens or so that they can accurately report medical symptoms if they are unwell. The more children are able to name the sexual body parts and to know about appropriate and inappropriate touch, the more they are protected from abuse.

At Thomas Buxton Primary school, we have chosen to place the naming of the sexual body parts into the **statutory part of the Relationships Education and Science curriculum in Key Stage 1** (by the end of Year 2).

SEND

The delivery of the content is made accessible to all pupils, including those with SEND.

Disclosures

Any disclosures should follow the schools agreed safeguarding procedures.

THE RIGHT TO WITHDRAW

No Right to Withdraw

There is no parental right to withdraw from Relationships Education, Health Education or the National Curriculum Science, as these are a statutory part of the curriculum

Right to Withdraw

Parents have the right to withdraw from topics taught outside of these areas and relating to Sex Education, for example, how a baby is conceived and born.

Withdrawal Process

Parents wishing to withdraw their child from the non-statutory elements of Sex Education will need to make an appointment to meet with the Headteacher or a member of SLT. Letters will not be accepted as a means of withdrawing a pupil and an individual meeting will need to be held, to discuss parent's concerns.

RESOURCES

Teaching Resources

Thomas Buxton Primary school is committed to using diagrams as visual aids.

Puberty is taught in single sex lessons.

The school uses the JIGSAW scheme of work lesson plans and resources.

CONSULTATION AND PARTNERSHIPS

Parents

Our relationship with parents/carers is very important and we aim to support them with information meetings about our RHE curriculum content, including resources, where they can share any concerns or issues they may have about any aspect of the RHE provision.

Staff

The school encourages staff to contribute and support this RHE policy. The school holds staff meetings and training on RHE to ensure that all staff feel confident to deliver this content.

Governors

Governors, in conjunction with the Headteacher and SLT, ultimately make the decision about whether to follow the Borough recommendations about which topics should be taught and at what stage in the curriculum and whether they should be in the statutory or non-statutory part of the curriculum. Governors also decide which resources are used to teach RHE and how RHE is taught within the school.

The DfE RHE guidance (2019) provides further clarification as to the role of Governors:

“As well as fulfilling their legal obligations, the governing boards or management committee should also make sure that:

- all pupils make progress in achieving the expected educational outcomes;
- the subjects are well led, effectively managed and well planned;
- the quality of provision is subject to regular and effective self-evaluation;
- teaching is delivered in ways that are accessible to all pupils with SEND
- clear information is provided for parents on the subject content and the right to request that their child is withdrawn; and
- the subjects are resourced, staffed and timetabled in a way that ensures that the school can fulfil its legal obligations.

APPENDIX 1

Statutory - Relationships, Health and Science Curriculum

DfE Statutory Guidance

Relationships Education

Relationships Education, Relationships and Sex Education (RSE) and Health Education

<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education>)

By the end of primary school, Pupils should know:

Families and people who care for me

- that families are important for children growing up because they can give love, security and stability.
- the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives.
- that others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care
- that stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up.
- that marriage* represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong.
- how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.

*Marriage in England and Wales is available to both opposite and same sex couples. The Marriage (Same Sex Couples) Act 2013 extended marriage to same sex couples in England and Wales. The ceremony through which a couple get married may be civil or religious.

Caring friendships

- how important friendships are in making us feel happy and secure, and how people choose and make friends.
- the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties.

That healthy friendships are

- positive and welcoming towards others, and do not make others feel lonely or excluded.
- that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right.
- how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed.

Respectful relationships

- the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs.
- practical steps they can take in a range of different contexts to improve or support respectful relationships.
- the conventions of courtesy and manners.
- the importance of self-respect and how this links to their own happiness.
- that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority
- about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help.
- what a stereotype is, and how stereotypes can be unfair, negative or destructive.
- the importance of permission-seeking and giving in relationships with friends, peers and adults.

Online relationships

- that people sometimes behave differently online, including by pretending to be someone they are not.
- that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous.
- the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.
- how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met.
- how information and data is shared and used online.

Being safe

- what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context).
- about the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe.
- that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.

How to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know.

- how to recognise and report feelings of being unsafe or feeling bad about any adult.
- how to ask for advice or help for themselves or others, and to keep trying until they are heard.
- how to report concerns or abuse, and the vocabulary and confidence needed to do so.
- where to get advice e.g. family, school and/or other sources.

DfE Statutory Guidance

National Curriculum Science

Statutory guidance - National curriculum in England: science programmes of study – <https://www.gov.uk/government/publications/national-curriculum-in-england-science-programmes-of-study/national-curriculum-in-england-science-programmes-of-study>

Key Stage 1:

identify, name, draw and label the basic parts of the human body and say which

- part of the body is associated with each sense.
- notice that animals, including humans, have offspring which grow into adults
- describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene

Key Stage 2:

Year 5

- describe the changes as humans develop to old age

Year 6

- recognise that living things produce offspring of the same kind, but normally offspring vary and are not identical to their parents

“The content set out in this guidance covers everything that primary schools should teach about relationships and health, including puberty. The national curriculum for science also includes subject content in related areas, such as the main external body parts, the human body as it grows from birth to old age* (including puberty) and reproduction in some plants and animals”.

“At key stages 1 and 2, the national curriculum for science includes teaching about the main external parts of the body and changes to the human body as it grows from birth to old age, including puberty”

From the DfE guidance: Puberty

DfE Statutory Guidance

Physical Health and Mental Wellbeing (Health Education)

Relationships Education, Relationships and Sex Education (RSE) and Health Education

<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education>)

By the end of primary school Pupils should know:

Mental Wellbeing

- that mental wellbeing is a normal part of daily life, in the same way as physical health.
- that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations
- how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings.
- how to judge whether what they are feeling and how they are behaving is appropriate and the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness.
- simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.
- isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support.
- that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing.
- where and how to seek support (including recognising the triggers proportionate for seeking support),
- whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online).
- it is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough.

Internet safety and harms

- that for most people the internet is an integral part of life and has many benefits.
- about the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing.
- how to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and
- the importance of keeping personal information private.
- why social media, some computer games and online gaming, for example, are age restricted.
- that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health.
- how to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted.
- where and how to report concerns and get support with issues online.

Physical health and fitness

- the characteristics and mental and physical benefits of an active lifestyle.
- the importance of building regular exercise into daily and
- weekly routines and how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise.
- the risks associated with an inactive lifestyle (including obesity).
- how and when to seek support including which adults to speak to in school if they are worried about their health.

Healthy eating

- what constitutes a healthy diet (including understanding calories and other nutritional content).
- the principles of planning and preparing a range of healthy meals.
- the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health).

Drugs, alcohol and tobacco

- the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.

Health and prevention

- how to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body.
- about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer.
- the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn.
- about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist.
- about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing.
- the facts and science relating to allergies, immunisation and vaccination.

Basic first aid

- how to make a clear and efficient call to emergency services if necessary.
- concepts of basic first-aid, for example dealing with common injuries, including head injuries.

Changing adolescent body

- key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.
- about menstrual wellbeing including the key facts about the menstrual cycle.

**Non-statutory
Sex Education**

Relationships Education, Relationships and Sex Education (RSE) and Health Education
<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education>

Questions pertaining to sex or sexuality which go beyond

- what is set out for Relationships Education.
- sexual reproduction in humans
- reproductive cycle in humans
- conception (Year 6 only)
- FGM