



Burnham on Crouch Primary School

Connected to our world

Relationships, Sex and Health Education (RSHE) Policy

Staff & Parents consulted: Aut26
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Contents

1. Aims	2
2. Statutory Requirements	3
3. Policy Development	3
4. Definition	4
5. Curriculum	4
6. Delivery of RSHE	5
o Sex Education	6
7. Inclusivity and SEND	6
8. Safeguarding	7
9. Roles and Responsibilities	7
10. Parents' Right to Withdraw	8
11. Training	9
12. Monitoring and Evaluation	9
13. Review	9
Appendix 1: RSHE Curriculum Overview and Map (1decision) ..	10
Appendix 2: Knowledge and Skills Progression - Summary	12
Appendix 3: Statutory Outcomes	12
Appendix 4: Delivery and Pedagogy	13
Appendix 5: Withdrawal Request Form	13
Appendix 6: Monitoring Framework	14
Appendix 7: Safeguarding Links	14

1. Aims

At Burnham on Crouch, we are committed to supporting pupils to develop the knowledge, skills and attributes they need to thrive as confident, healthy and respectful individuals.

The aims of RSHE at our school are to:

- Provide a framework in which sensitive discussions can take place
- Develop pupils' understanding of positive relationships, respect and diversity
- Promote pupils' physical and mental wellbeing
- Equip pupils with the knowledge and skills to keep themselves safe, including online
- Prepare pupils for the changes associated with growing up, including puberty
- Enable pupils to make informed, responsible decisions
- Teach pupils the correct anatomical vocabulary to describe their bodies and body parts in an age-appropriate way
- Help pupils recognise unsafe, harmful or exploitative situations, including online, and know how and where to seek help

Our RSHE curriculum supports our wider safeguarding responsibilities and contributes to pupils' spiritual, moral, social and cultural development.

2. Statutory Requirements

As a primary school, we are required to teach **Relationships Education** and **Health Education**.

We have regard to the Department for Education statutory guidance Relationships Education, Relationships and Sex Education (RSE) and Health Education, revised in July 2025 and effective from 1 September 2026.

We also have regard to:

- Education Act 1996
- Children and Social Work Act 2017
- Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019
- Education Act 2002
- Equality Act 2010
- Keeping Children Safe in Education

Additional sex education is not compulsory in primary schools. However, all pupils receive statutory Relationships Education and Health Education, as well as the relevant content within the National Curriculum for Science. Statutory Health Education includes learning about developing bodies, puberty, menstruation and the correct anatomical names for body parts. Parents cannot withdraw their child from this statutory content.

3. Policy Development

This policy has been developed in consultation with:

- School staff
- Parents and carers
- Pupils
- Governors

The process included:

- Review of existing provision
- Consideration of statutory guidance and best practice
- Parent consultation (including meetings and feedback)
- Staff consultation
- Ratification by governors

The school proactively informs parents and carers about what is taught in RSHE. Parents are shown a representative sample of resources and may view all curriculum materials used to teach RSHE on request.

4. Definition

RSHE is about the emotional, social and cultural development of pupils. It includes learning about:

- Relationships
- Health and wellbeing
- Personal safety
- Diversity and equality
- Growing and changing

RSHE is not about the promotion of sexual activity.

Teaching recognises that families take many forms, including single-parent families, same-sex parents, families headed by grandparents, kinship carers, adoptive parents and foster parents/carers. A wide range of family structures is represented positively and sensitively so that no child is stigmatised because of their home circumstances.

5. Curriculum

Our RSHE curriculum is delivered through the **1decision programme**.

The 1decision curriculum is mapped against the statutory Relationships Education and Health Education outcomes and is supplemented by relevant learning in Science, Computing, PE and the wider curriculum where appropriate.

The curriculum is:

- Carefully sequenced
- Age-appropriate
- Designed to build knowledge over time

It covers:

- Families and relationships
- Friendships and respect
- Online safety
- Mental and physical health
- Personal safety
- Growing and changing

By the end of primary school, pupils will have been taught the statutory Relationships Education and Health Education content. Key themes include:

- Healthy relationships and boundaries
- How to seek help and report concerns
- Online risks and safe behaviour
- Respect for diversity and differences

6. Delivery of RSHE

RSHE is taught through:

- Weekly PSHE lessons using 1decision
- Science curriculum (biological aspects)
- Assemblies and wider curriculum opportunities

RSHE is normally taught by the class teacher within a familiar classroom environment. This supports continuity, enables staff to respond to pupils' individual needs and allows learning to be connected to the wider curriculum and school life.

Teaching is:

- Inclusive and accessible
- Discussion-based
- Sensitive and age-appropriate

Teachers:

- Create a safe learning environment
- Encourage questions
- Respond appropriately to pupils' needs

Where external visitors or organisations contribute to RSHE, they supplement rather than replace teaching by school staff. The school checks the credentials of visitors, reviews lesson plans and materials in advance, ensures resources are age-appropriate and accessible, and agrees safeguarding and confidentiality arrangements before delivery. Parents are able to view the materials used.

Managing Questions

Pupils are encouraged to ask questions in a safe and respectful environment. Teachers respond honestly, factually and in an age-appropriate way. Where a question goes beyond the planned primary curriculum, or relates to sex education from which a pupil has been withdrawn, the teacher will support the pupil without providing inappropriate detail. This may include speaking with the pupil individually, encouraging discussion with a parent/carer or trusted adult, or signposting appropriate support. Any question that raises a safeguarding concern will be dealt with in line with the school's safeguarding procedures and referred to the DSL or a DDSL as appropriate.

Sex Education

At Burnham on Crouch, statutory learning about puberty and developing bodies is taught in Year 5 through Health Education, Science and the 1decision programme. In Year 6, the school also teaches age-appropriate additional sex education through the 1decision Conception unit.

The Year 6 additional sex education includes:

- Age-appropriate learning about how a baby is conceived and born

Parents will:

- Be informed in advance
- Be able to view materials
- Be able to request withdrawal

Parents and carers are informed in advance about the content and resources used for additional sex education and are offered the opportunity to discuss the curriculum with the school. The right to request withdrawal applies only to non-statutory sex education and does not apply to Relationships Education, Health Education or National Curriculum Science.

7. Inclusivity and SEND

RSHE is taught in a way that:

- Reflects the diversity of our community
- Is inclusive of all pupils
- Supports pupils with SEND

Teaching is adapted and reasonable adjustments are made so that RSHE is accessible to all learners, including pupils with SEND. Staff take account of pupils' cognitive understanding, communication needs, sensory needs and social and emotional development when planning and delivering learning.

We comply with the Equality Act 2010.

We recognise that pupils with SEND may be more vulnerable than their peers to harmful sexual behaviour, sexual abuse, exploitation, violence and bullying. Accessible, explicit and carefully sequenced RSHE is therefore particularly important for these pupils.

The school complies with the Equality Act 2010 and has due regard to the Public Sector Equality Duty. Teaching promotes equality and respect, challenges discrimination and stereotypes, and reflects diverse families and relationships in an age-appropriate way.

8. Safeguarding

RSHE supports safeguarding by teaching pupils:

- How to recognise unsafe situations
- How to seek help
- That their body belongs to them
- How to stay safe online

RSHE is taught within the school's safeguarding framework. Staff establish clear ground rules and explain the limits of confidentiality. Staff will never promise a pupil that information about abuse or a safeguarding concern will be kept secret. Any disclosure or concern is passed promptly to the DSL or a DDSL and managed in line with the school's Child Protection and Safeguarding Policy.

Pupils are taught that abuse, harassment or exploitation is never the fault of the child who experiences it. From early primary, teaching supports children to understand and communicate boundaries, behave with kindness and respect, recognise prejudice and harmful behaviour, and seek help when something does not feel right.

9. Roles and Responsibilities

Governors

- Approve the policy
- Monitor implementation

Headteacher

- Ensure RSHE is delivered effectively
- Manage withdrawal requests

RSHE/PSHE Lead

- Oversee curriculum
- Support staff
- Monitor provision

Staff

- Deliver RSHE sensitively
- Support pupils
- Follow policy
- Model positive, respectful attitudes to relationships, health and wellbeing
- Respond to pupils' questions in line with this policy and the planned curriculum
- Monitor pupils' understanding and progress
- Follow safeguarding and confidentiality procedures when concerns or disclosures arise

All teachers are expected to deliver the agreed RSHE curriculum to their class. Staff who have concerns about teaching particular content should discuss these with the Headteacher or RSHE/PSHE Lead so that appropriate support or training can be provided.

Pupils

Pupils are expected to engage with RSHE learning appropriately and, when discussing sensitive issues, to treat others with respect and sensitivity.

10. Parents' Right to Withdraw

Parents:

- **Cannot withdraw** their child from relationships or health education
- **Can request withdrawal** from non-statutory sex education

Requests must be made in writing to the Headteacher.

Before a withdrawal is put in place, the Headteacher will normally discuss the request with the parent/carer to clarify the nature and purpose of the curriculum and the specific content from which withdrawal is requested. In a primary school, a request to withdraw from non-statutory sex education will be automatically granted. Pupils cannot be withdrawn from Relationships Education, Health Education or National Curriculum Science.

Where a pupil is withdrawn from non-statutory sex education, the school will provide appropriate, purposeful education for the pupil during that time.

11. Training

Staff receive training to:

- Deliver RSHE confidently
- Manage sensitive discussions
- Understand safeguarding responsibilities
- Use the 1decision programme and supporting resources effectively
- Respond appropriately to difficult or unexpected questions
- Adapt teaching for pupils with SEND and other additional needs

12. Monitoring and Evaluation

RSHE is monitored through:

- Lesson observations
- Planning scrutiny
- Pupil voice
- Staff feedback
- Work and evidence scrutiny, where appropriate
- Review of formative assessment information and curriculum coverage

Assessment is formative and proportionate. Where provided within 1decision, activities such as “What I Know Now” and “What I’ve Learnt” are used to identify pupils’ starting points, check understanding and inform future teaching.

Governors receive regular updates.

13. Review

This policy will be reviewed annually and updated in line with statutory guidance.

Appendix 1: RSHE Curriculum Overview and Map (1decision)

At Burnham on Crouch Primary School, RSHE is delivered through the **1decision PSHE programme**.

The programme is mapped against the statutory Relationships Education and Health Education content and is reviewed to ensure coverage remains current and appropriate.

The curriculum follows a spiral curriculum, revisiting key themes each year with increasing depth.

Core Themes

- Keeping/Staying Safe
- Keeping/Staying Healthy
- Relationships
- Growing and Changing
- Being Responsible
- Feelings and Emotions
- Computer/Online Safety
- Our World / The Working World
- A World Without Judgement
- Fire Safety and First Aid

The whole-school curriculum map below forms part of this policy. Further 1decision programme materials are available to parents and carers on request.



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PSHE Curriculum Overview (1decision)

3 units per term | 4 weeks per unit
Progressive learning across the year groups

Year Group	AUTUMN TERM			SPRING TERM			SUMMER TERM		
	Unit 1 Keeping/ Staying Safe (4 weeks)	Unit 2 Being Responsible (4 weeks)	Unit 3 Feelings and Emotions (4 weeks)	Unit 4 Keeping/ Staying Healthy (4 weeks)	Unit 5 Relationships / Growing and Changing (4 weeks)	Unit 6 Computer / Online Safety (4 weeks)	Unit 7 A World Without Judgement (4 weeks)	Unit 8 Our World / The Working World (4 weeks)	Unit 9 Fire Safety / First Aid (4 weeks)
Year 1	What I Know Now Road Safety	What I Know Now Water Spillage	What I Know Now Jealousy	What I Know Now Washing Hands	What I Know Now Friendship	What I Know Now Online Bullying	What I Know Now Democracy	What I Know Now Growing in Our World	What I Know Now Hoax Calling
Year 2	Tying Shoelaces Staying Safe	Practice Makes Perfect Helping Someone in Need	Worry Anger	Healthy Eating Brushing Teeth	Bullying Body Language	Image Sharing Computer Safety Documentary	Individual Liberty Rule of Law	Living in Our World Working in Our World	Petty Arson Enya & Deodeo Visit the Fire St.
Year 3	Leaning out of Windows What I've Learnt	Stealing What I've Learnt	Grief What I've Learnt	Medicine What I've Learnt	Touch What I've Learnt	Making Friends Online What I've Learnt	Tolerance What I've Learnt	Looking After Our World What I've Learnt	Texting Whilst Driving What I've Learnt
Year 4	What I Know Now Cycle Safety	What I Know Now Coming Home on Time	What I Know Now Jealousy	What I Know Now Healthy Living	Appropriate Touch (Relationships) What I Know Now	What I Know Now Online Bullying	Breaking Down Barriers What I Know Now	Chores at Home What I Know Now	First Aid Year 4 What I Know Now
Year 5	Peer Pressure Adults' & Children's Views	Looking Out for Others Adults' & Children's Views	Anger Adults' & Children's Views	Smoking Adults' & Children's Views	Puberty Adults' & Children's Views	Image Sharing Adults' & Children's Views	Inclusion & Acceptance Adults' & Children's Views	Enterprise Adults' & Children's Views	First Aid Year 5 Adults' & Children's Views
Year 6	Water Safety What I've Learnt	Stealing What I've Learnt	Worry What I've Learnt	Alcohol What I've Learnt	Conception What I've Learnt	Making Friends Online What I've Learnt	British Values What I've Learnt	In-App Purchases What I've Learnt	First Aid Year 6 What I've Learnt
	Keeping/ Staying Safe	Being Responsible	Feelings and Emotions	Keeping/ Staying Healthy	Relationships / Growing and Changing	Computer / Online Safety	A World Without Judgement	Our World / The Working World	Fire Safety / First Aid

All units delivered through 1decision PSHE | 3 units per term | 4 weeks per unit | One lesson per week

Appendix 2: Knowledge and Skills Progression - Summary

The 1decision curriculum is structured as a spiral programme. Concepts are revisited with increasing depth so that pupils move from recognising and naming feelings, relationships, risks and healthy choices towards applying strategies, evaluating situations and making increasingly independent and responsible decisions.

- Years 1-2: Pupils build foundational vocabulary and understanding around safety, healthy choices, emotions, friendships, responsibility, online behaviour and seeking help.
- Years 3-4: Pupils deepen their understanding, identify risks and consequences, practise strategies for managing emotions and relationships, and apply learning to increasingly complex real-life and online situations.
- Years 5-6: Pupils evaluate risk and influence, develop greater independence and responsibility, explore puberty and changing relationships, strengthen online safety and first-aid knowledge, and prepare for transition to secondary school.

A detailed 1decision knowledge and skills progression document accompanies this policy and is available to parents and carers on request.

Appendix 3: Statutory Outcomes

By the end of primary school, pupils will have been taught the statutory content within the following areas:

- Relationships Education: Families and people who care for me
- Relationships Education: Caring friendships
- Relationships Education: Respectful, kind relationships
- Relationships Education: Online safety and awareness
- Relationships Education: Being safe
- Health and Wellbeing: General wellbeing
- Health and Wellbeing: Wellbeing online
- Health and Wellbeing: Physical health and fitness
- Health and Wellbeing: Healthy eating
- Health and Wellbeing: Drugs, alcohol, tobacco and vaping
- Health and Wellbeing: Health protection and prevention
- Health and Wellbeing: Personal safety
- Health and Wellbeing: Basic first aid
- Health and Wellbeing: Developing bodies

Reference: Department for Education, Relationships Education, Relationships and Sex Education (RSE) and Health Education statutory guidance, revised July 2025 and effective from 1 September 2026.

Appendix 4: Delivery and Pedagogy

Teaching approaches include:

- Discussion
- Scenario-based learning
- Video-led learning
- Reflection
- Agreed ground rules and a safe, respectful classroom climate
- Distancing techniques and anonymous/question-box approaches where appropriate
- Explicit teaching and modelling of accurate, age-appropriate vocabulary
- Adaptation and reasonable adjustments to support pupils with SEND

Assessment is formative, proportionate and used to identify starting points, check understanding and plan next steps. Teachers may use 1decision “What I Know Now” and “What I’ve Learnt” activities, discussion, scenario responses, pupil voice and other evidence of learning.

Appendix 5: Withdrawal Request Form

Child’s Name: _____

Class: _____

I request that my child is withdrawn from the following non-statutory sex education content:

Content / lesson(s):

Reason for request (optional):

I understand that my child cannot be withdrawn from Relationships Education, Health Education or National Curriculum Science.

Signed: _____

Date: _____

School discussion / agreed arrangements:

Appendix 6: Monitoring Framework

Monitoring includes:

- Lesson observations
- Planning scrutiny
- Pupil voice
- Staff feedback

- Work/evidence scrutiny where appropriate
- Review of formative assessment and curriculum coverage
- Review of accessibility and provision for pupils with SEND
- Parent and pupil feedback on curriculum content and delivery

Appendix 7: Safeguarding Links

RSHE supports safeguarding by enabling pupils to:

- Recognise risks
- Understand consent (age-appropriate)
- Seek help from trusted adults
- Stay safe online
- Understand body autonomy, privacy and age-appropriate boundaries
- Know that abuse, harassment or exploitation is never the child's fault
- Know how and where to report concerns and keep seeking help until they are heard

Any safeguarding disclosure or concern arising during RSHE is managed in line with the school's Child Protection and Safeguarding Policy and Keeping Children Safe in Education. Staff do not promise confidentiality and concerns are referred promptly to the DSL or a DDSL.