Cannington Church of England Primary School

Together we grow, flourish and thrive. Psalm 92. 12-15

Relationships, Sex & Health Education Policy

Agreed: September 2026
Review: September 2027

1. Our Vision

At Cannington Church of England Primary School, we believe that every child is valued as a unique individual, created in the image of God. Rooted in our Christian vision and values, we aim to nurture children who are kind, respectful, confident and compassionate members of their communities.
As stated in our PSHE curriculum intent, we seek to help children:
"Understand themselves, build positive relationships and develop respect for others. Through learning about health, wellbeing, relationships and living in the wider world, children develop the knowledge, skills and resilience needed to make informed choices and navigate life's opportunities and challenges."
Relationships, Sex and Health Education (RSHE) is a vital part of this vision. It supports children to develop healthy relationships, understand how to keep themselves safe, value their physical and mental wellbeing and prepare for the opportunities and responsibilities of later life.
This policy reflects the Department for Education statutory guidance *Relationships Education, Relationships and Sex Education (RSE) and Health Education* which became mandatory for all schools from 1 September 2026.

2. Aims
Our RSHE curriculum aims to:

- Develop children's understanding of healthy, respectful relationships.
- Promote positive mental health and emotional wellbeing.
- Enable children to keep themselves safe both online and offline.
- Foster self-respect and respect for others.
- Develop resilience, confidence and emotional literacy.
- Support pupils in recognising and managing risk.
- Prepare children for puberty and the physical and emotional changes of growing up.
- Teach accurate, age-appropriate knowledge about human development.
- Equip pupils with the vocabulary and confidence to seek help when needed.
- Reflect our Christian values whilst recognising and respecting diversity within modern Britain.

3. Statutory Requirements
This policy complies with:

- Education Act 2002
- Children and Social Work Act 2017
- Equality Act 2010
- Keeping Children Safe in Education (current version)
- DfE Relationships Education, Relationships and Sex Education (RSE) and Health Education Guidance (effective September 2026)

In primary schools:

- Relationships Education is statutory.
- Health Education is statutory.
- Elements of human development and reproduction are statutory through the National Curriculum Science Programme of Study.

- Parents do not have the right to withdraw children from statutory Relationships Education, Health Education or Science.

4. Definition of RSHE

RSHE is learning about:

- Families and caring relationships
- Friendships
- Respectful relationships
- Online relationships
- Personal safety
- Physical health
- Mental wellbeing
- Growing and changing
- Puberty
- Human development

RSHE equips children with the knowledge, understanding, attitudes and practical skills needed to lead healthy, safe and fulfilled lives.

5. The Christian Distinctiveness of RSHE

As a Church of England school, our teaching is underpinned by Christian values including:

- Love
- Respect
- Compassion
- Forgiveness
- Responsibility
- Dignity
- Service
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We teach that every person is worthy of dignity and respect. Children are encouraged to celebrate difference, challenge discrimination and value the contribution that every individual makes to society.

Whilst our teaching reflects our Christian foundation, it is inclusive and respectful of all families, beliefs and backgrounds represented within our school community.

6. Delivery of RSHE

RSHE is delivered primarily through our carefully sequenced PSHE curriculum and is supported through:

- Science
- Computing
- Religious Education
- Collective Worship
- Safeguarding curriculum
- Special themed weeks and events
- Visitors and external agencies where appropriate

Teaching is progressive, age-appropriate and responsive to pupil need.

7. Our Curriculum
The RSHE curriculum is based upon the Cannington Primary School PSHE Progression Framework and is fully aligned with statutory requirements.

Early Years Foundation Stage
Children learn about:

- New beginnings
- Friendship
- Families
- Kindness
- Personal safety
- PANTS principles
- Road safety
- Emotional regulation
- Sun safety
- Transition and change

Key Stage One
Relationships Education
Children learn:

- What makes a good friend.
- Different types of family.
- Respect and kindness.
- Bullying and how to seek help.
- Trusted adults.
- Personal boundaries.
- Keeping safe in different situations.

Health Education
Children learn:

- Healthy eating.
- Hygiene.
- Physical activity.
- Sleep.
- Feelings and emotions.
- Mental wellbeing.
- Road, water and fire safety.

Online Safety
Children learn:

- Safe use of digital devices.
- Personal information.
- Online behaviour.
- Trusted adults online.
- Age-appropriate online risks.

Lower Key Stage Two
Children learn:
Relationships

- Families in all their diversity.
- Positive friendships.

- Managing conflict.
- Respectful behaviour.
- Rights and responsibilities.
- Inclusion and belonging.

Health and Wellbeing

- Emotional literacy.
- Managing worries.
- Change, loss and bereavement.
- Healthy lifestyles.
- Dental health.
- Physical activity.
- Risk management.

Safety

- Water safety.
- Road safety.
- Railway safety.
- Fire safety.
- Peer influence.
- Online safety and digital citizenship.

Growing and Changing

Year 4 pupils learn:

- Human life cycles.
- Correct names for body parts.
- Early puberty education.
- Menstruation.
- Hygiene and self-care.
- Emotional changes associated with puberty.

Upper Key Stage Two

Children deepen their understanding of:

Relationships

- Identity and individuality.
- Respectful relationships.
- Communication skills.
- Consent in age-appropriate contexts.
- Online friendships and communication.
- Boundaries.

Health

- Mental health.
- Resilience.
- First aid.
- Drugs, alcohol, tobacco and vaping.
- Media influence.
- Online harms and financial scams.
- AI and digital literacy.

Puberty and Human Development

Year 5 pupils learn:

- Physical changes during puberty.
- Emotional changes during puberty.

- Menstruation and menstrual wellbeing.
- Human reproduction linked to Science.
- Body confidence.

Year 6 pupils learn:

- Puberty revisited.
- Human reproduction.
- Conception and birth.
- Healthy relationships.
- Self-esteem and body image.
- Managing change and transition to secondary school.

This provision reflects both our curriculum progression document and the additional expectations introduced through the 2026 guidance, including stronger teaching on online safety, personal safety, accurate anatomical vocabulary, change and loss, and communication and boundary-setting skills.

8. Sex Education

The National Curriculum Science Programme requires pupils to learn:

- Life cycles.
- Human development.
- Reproduction in humans.

In addition, Cannington Primary School teaches age-appropriate sex education in Upper Key Stage Two to prepare pupils for secondary education.
This may include:

- Conception and fertilisation.
- Pregnancy.
- Birth.
- Physical attraction.
- Healthy relationships.

Teaching is factual, sensitive and delivered in an age-appropriate manner. Parents have the right to request withdrawal from any non-statutory sex education lessons.

9. Inclusion

All pupils are entitled to access RSHE.
Teaching will:

- Meet the needs of pupils with SEND.
- Reflect the diverse society in which children live.
- Promote equality and challenge discrimination.
- Respect protected characteristics under the Equality Act 2010.
- Be adapted to meet individual learning needs.

Families, cultures, religions and backgrounds represented in our community will be recognised respectfully.

10. Safeguarding

RSHE forms a key part of the school's safeguarding curriculum.
Pupils are taught:

- How to identify trusted adults.
- How to recognise unsafe situations.
- Appropriate and inappropriate touch.
- That their body belongs to them.
- The difference between secrets and surprises.
- How to seek help and report concerns.
- Online safety and reporting procedures.
- Age-appropriate understanding of consent and boundaries.

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

11. Teaching Sensitive and Controversial Issues

Teachers will:

- Establish clear ground rules.
- Use age-appropriate and accurate language.
- Avoid personal disclosures.
- Encourage respectful discussion.
- Address misconceptions sensitively.
- Ensure lessons remain factual and inclusive.

Children will never be required to share personal experiences.

12. Working with Parents and Carers

We recognise that parents are the primary educators of their children.
The school will:

- Share curriculum overviews.
- Make resources available on request.
- Inform parents before puberty and sex education lessons.
- Offer opportunities for discussion and consultation.
- Respond positively to questions and concerns.

The school values strong partnerships with families in supporting children's personal development.

13. Right to Withdraw
Parents cannot withdraw their child from:

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

Parents may request withdrawal from any non-statutory sex education taught beyond the National Curriculum requirements.
Any request should be made in writing to the Headteacher.

14. Assessment
Assessment in RSHE is formative and may include:

- Discussion
- Reflection
- Pupil voice
- Knowledge quizzes
- Observations
- Learning journals

Assessment focuses on pupils' understanding and skills rather than personal beliefs.

15. Monitoring and Review

The effectiveness of RSHE will be monitored through:

- Lesson observations
- Pupil voice
- Curriculum reviews
- Learning walks
- Planning scrutiny
- Governor monitoring

The PSHE Lead and Headteacher will review this policy annually or sooner in response to changes in legislation or guidance.