BICKLEY PARK SCHOOL

Relationships, Sex and Health Education (RSHE) Policy

Policy Review & Update Process			
Member(s) of SLT responsible for update		DSL / Head of Pre-Prep	
Sub-Committee responsible for review		Education Sub-Committee	
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Statutory Requirements

The Relationships Education, Relationships and Sex Education (RSE) and Health Education (England) Regulations 2019, made under sections 34 and 35 of the Children and Social Work Act 2017, make Relationships Education compulsory for all pupils receiving primary education and Relationships and Sex Education (RSE) compulsory for all pupils receiving secondary education.

This policy has been developed in line with the DfE statutory guidance "Relationships, Sex and Health Education" (first published 25 June 2019; last updated 15 July 2025) and outlines how Bickley Park School meets these requirements.

The Bickley Park School RSHE policy runs in conjunction with our PSHE policy to ensure we meet the needs of the young people in our setting.

Guiding Principles

At Bickley Park School, RSHE is delivered in accordance with the following principles:

- Engagement with pupils – curriculum content is informed by pupils' needs, experiences and stages of development.
- Engagement with parents and carers – the school works in partnership with parents and carers and is committed to openness and transparency regarding RSHE content and resources.
- Positive relationships – teaching promotes kindness, respect, empathy, dignity, inclusion and healthy relationships.
- Careful sequencing – learning is planned progressively, building on prior knowledge and understanding in an age-appropriate and developmentally appropriate manner.
- Relevant and responsive teaching – content is adapted to reflect pupils' needs, current safeguarding priorities and developments in society and technology.
- Skilled delivery – RSHE is delivered by appropriately trained staff using teaching approaches that support participation, discussion and engagement.
- A whole-school approach – RSHE contributes to the wider aims of the school, including safeguarding, wellbeing, equality, inclusion and preparation for adult life.
- Accessibility and inclusion – teaching is adapted to meet the individual needs of pupils, including those with special educational needs and disabilities, so that all pupils can access learning in a meaningful and appropriate way.

What is Relationships, Sex and Health Education (RSHE)?

Relationships, Sex and Health Education (RSHE) is lifelong learning about physical, emotional, social and moral development. It supports pupils to develop healthy, respectful relationships, understand themselves and others, keep safe and prepare for life in modern Britain. Learning is carefully sequenced and age-appropriate, building pupils' knowledge of relationships, families, human development, reproduction, health, wellbeing and sexuality as they mature. Teaching promotes respect, dignity, inclusion and equality for all.

RSHE provides pupils with factual, evidence-based information and opportunities to develop the knowledge, skills and values needed to make informed and responsible choices throughout their lives.

RSHE includes learning about online relationships and digital safety. Pupils are taught how to build respectful relationships online, protect their personal information, recognise and respond to online risks, understand the importance of consent when sharing information or images, and know how to seek help if they experience inappropriate, harmful or exploitative behaviour. As pupils mature, learning also includes online sexual harassment, pornography, image sharing, artificial intelligence (AI)-generated content, deepfakes, misinformation and strategies for staying safe in digital environments.

Within Bickley Park School there are three main elements within RSHE education:

Attitudes and values

- learning the importance of respect, kindness, empathy and inclusion;
- learning about the value of family life, marriage, civil partnerships and other committed, stable relationships;
- learning to respect diversity and individual differences;
- exploring, considering and understanding moral and ethical dilemmas;
- developing critical thinking and informed decision-making skills; and
- promoting dignity, equality and mutual respect in relationships.

Personal and social skills

- learning to manage emotions and relationships confidently and sensitively;
- developing self-respect, self-awareness and empathy for others;
- learning to make informed choices free from prejudice and discrimination;
- developing an appreciation of the consequences of choices and behaviours;
- learning strategies for managing conflict and resolving disagreements respectfully;
- learning how to recognise, report and seek support for exploitation, abuse, harassment and coercion;
- developing skills to build healthy relationships and maintain personal boundaries; and
- learning how to stay safe and act responsibly both online and offline.

Knowledge and understanding

- learning and understanding physical, emotional and social development at appropriate stages;
- understanding relationships, families and the diversity of family structures;
- understanding human sexuality, reproduction, sexual health, emotions and relationships in an age-appropriate manner;
- understanding consent, personal boundaries and respectful behaviour;
- understanding how to recognise healthy and unhealthy relationships;
- understanding online relationships and digital safety, including the risks associated with sharing information and images online;
- understanding how to access help, support and reliable sources of information about health and relationships; and
- understanding the laws relevant to relationships, sexual behaviour, online activity and safeguarding.
- Pupils will be taught accurate scientific vocabulary for body parts and reproductive organs in an age-appropriate way.

RSHE and Safeguarding

RSHE plays an important role in the school's safeguarding responsibilities. Through RSHE, pupils learn how to recognise healthy and unhealthy relationships, understand personal boundaries, identify situations that may place them at risk of harm and know how and where to seek help. Teaching supports pupils to recognise and respond to abuse, grooming, coercion, exploitation, harassment and other behaviours that may affect their safety and wellbeing, both offline and online.

Definitions (Relationships Education – Primary and Relationships and Sex Education (RSE) - Secondary)

Relationships Education (Primary)

Relationships Education is defined as learning about the physical, social, legal and emotional aspects of human relationships including friendships, committed relationships and family life. This also applies to online relationships to ensure that children are safe when online and how others can use their information in a way that they may not expect. We seek to ensure that our teaching of relationships education gives pupils the knowledge, skills, attitudes and values that will help them to:

- realise their health, wellbeing and dignity
- build self-esteem and self-worth
- explore and value their personal identity and the identities of others
- Teaching will reflect the diversity of modern British society and family life, including married couples, civil partnerships, single-parent families, adoptive families, foster families, blended families, families headed by grandparents and families with LGBT+ parents, while respecting the school's ethos and the backgrounds of all pupils.
- understand and make sense of the real-life issues they are experiencing in the world around them
- manage and explore difficult feelings and emotions
- consider how their choices affect their own wellbeing and that of others
- develop as informed and responsible citizens
- understand and ensure the protection of their rights throughout their lives.

Relationships and Sex Education (RSE) (Secondary)

Relationships and Sex Education (RSE) is lifelong learning about physical, sexual, moral and emotional development. It is about teaching sex, sexuality and sexual health in a way that gives pupils the confidence to make sound decisions when facing risks and other challenges. It includes teaching about friendship, the importance of caring, stable and mutually supportive relationships with another person, and how to control and understand feelings that come with being in a relationship.

Pupils will learn about the characteristics of healthy and respectful relationships, including trust, honesty, kindness, equality and effective communication. They will develop an understanding of personal boundaries and consent, including that consent must be freely given and can be withdrawn. Pupils will also learn to recognise unhealthy, coercive, controlling or abusive behaviours, understand how to respond to concerns, and know how and where to seek support.

It also covers human reproduction. This includes conception and contraception, safer sex, sexually transmitted infections and sexual health.

RSE does not encourage early sexual experimentation. It teaches children and young people to understand human sexuality and to respect themselves and others, to build self-esteem and understand the reasons for delaying sexual activity so that they can develop safe, fulfilling and healthy sexual relationships, at the appropriate time.

RSE will outline that there are different types of committed, stable relationships; the characteristics and legal status of other types of long-term relationships; the importance of marriage as a relationship choice and why it must be freely entered into; how relationships might contribute to human happiness and their importance for raising children, as well as highlighting the roles and responsibilities of parents with respect to raising children.

Health Education

Health Education is a statutory part of the RSHE curriculum and supports pupils to develop the knowledge, skills and understanding needed to make informed decisions about their physical health, mental wellbeing and personal safety.

Primary Health Education

Pupils will learn about:

- mental wellbeing, including recognising and managing a range of emotions;
- the importance of healthy friendships and seeking support when needed;
- personal safety, including road, rail, water and fire safety;
- online safety and responsible use of technology;
- healthy lifestyles, including physical activity, nutrition, sleep and oral health;
- the benefits of exercise and maintaining a healthy body;
- the importance of personal hygiene;
- understanding change, loss, grief and bereavement in an age-appropriate way; and
- how and where to seek help for physical or emotional concerns.

Secondary Health Education

As pupils mature, learning will build upon prior knowledge and include:

- strategies for maintaining positive mental health and emotional wellbeing;
- recognising the signs of poor mental health and accessing appropriate support;
- understanding the impact of healthy and unhealthy lifestyle choices;
- personal safety, risk assessment and decision-making;
- the risks associated with drugs, alcohol, tobacco, vaping and other harmful substances;
- online safety, including the risks associated with social media, image sharing, artificial intelligence (AI) and digital technologies;
- managing conflict and making safe choices;
- puberty, reproductive health and sexual health;
- menstrual health and other aspects of physical development;
- the importance of sleep, diet and physical activity in maintaining overall wellbeing; and

- accessing accurate health information and support services.

Meeting the Needs of All Pupils

RSHE will be differentiated and adapted to meet the individual needs, developmental stage and cognitive ability of pupils. Staff will ensure that all pupils, including those with special educational needs and disabilities, can access RSHE learning in a meaningful, inclusive and age-appropriate manner.

How is RSHE delivered in school?

In accordance with government recommendations, Relationships, Sex and Health Education (RSHE) forms an integral part of the PSHE curriculum and from Foundation Stage onwards this is delivered in weekly lessons. Details of the learning objectives by year group are detailed in the Bickley Park School PSHE policy which should be read in conjunction with this document. The lessons are delivered by the class teacher until Y4 when subject teachers take on responsibility for teaching PSHE.

Additionally, the National Curriculum for Science outlines age appropriate teaching of the Science of reproduction and puberty. At Bickley Park School this is covered during Year 5 and Year 7.

During Year 5, pupils will study:

- Puberty - comparing changes that occur to boys and girls and why.
- How the foetus develops within the womb.
- Comparing internal and external fertilisation
- Comparing the gestation period for different animals.

During Year 7, pupils will study these details once again and additionally:

- The journey of the sperm from development to fertilisation.
- The menstruation cycle.
- What happens at birth.
- How we get identical and non-identical twins.
- Labelling the male and female reproductive organs.

Parental Engagement

Parents will be informed about the RSHE curriculum and will have opportunities to view resources, discuss curriculum content and raise questions with the school.

Withdrawal from Sex Education

Parents/carers have the right to withdraw their children from all or part of the Sex Education provided at school except for those parts included in statutory National Curriculum Science. Relationship Education is compulsory for all children of statutory school age.

Those parents/carers wishing to exercise this right are invited in to see the Head and/or RSHE Lead who will explore any concerns and discuss any impact that withdrawal may have on the child.

Once a child has been withdrawn, they cannot take part in the Sex Education part of the programme until the request for withdrawal has been removed.

At Bickley Park School, parents will be contacted by letter in advance of the teaching of RSHE materials in either Science or PSHE. Whilst the school will always respect the parents' wishes on withdrawal of a pupil, sex and relationships topics can arise incidentally in other subjects, such as Science, and it is not possible to withdraw pupils from these relatively limited and often unplanned discussions.