



Fly high. Soar

PSHE and RSHE Policy

2026-2027

Approved by: Stacey Clark

Date: July 2026

Last reviewed on: July 2026

Next review due by: July 2027

PSHE and RSHE

(Relationship, Sex and Health Education)

This policy has been written in accordance with the statutory guidance from the Department for Education issued under section 80A of the Education Act 2002 and section 403 of the Education Act 1996. This policy contains information about how Carleton Green will meet its legal duties, with which schools must comply, when teaching Relationships and Health Education.

From September 2020, Relationships and Health Education became statutory in all schools across the UK and puts in place the building blocks needed for positive and safe relationships of all kinds.

Education Secretary Damian Hinds said:

I want to make sure that our children are able to grow up to become happy and well-rounded individuals who know how to deal with the challenges of the modern world. Part of this is making sure they are informed about how to keep themselves safe and healthy and have good relationships with others.

Many of today's problems did not exist when we last gave schools guidance on how to teach relationships and sex education 18 years ago. The action we're taking is important to help support teachers and schools design a curriculum that will enrich their pupils in an age-appropriate way.

Good physical and mental health is also at the heart of ensuring young people are ready for the adult world. By making health education compulsory we are giving young people the tools they need to be ready to thrive when they leave school.

Relationships and Health Education concentrates on giving all pupils the knowledge they need to make informed decisions about their wellbeing, health and relationships.

Relationships education is 'teaching the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships, and relationships with other children and with adults' (DFE, 2019).

Families and people who care for me
Caring friendships
Respectful relationships
Online relationships
Being safe

Health education is 'teaching the characteristics of good health and mental wellbeing' (DFE, 2019). It should allow children to recognise what is normal, what is an issue and how to seek help and support if needed.

Mental wellbeing
Internet safety and harms
Physical health and fitness
Healthy eating

Drugs, alcohol and tobacco
Health and prevention
Basic first aid
Changing adolescent body and puberty

Teaching and learning

At Carleton Green, Relationships and Health Education is filtered through our PSHE curriculum and taught throughout the year in every year group. This year, we will be using the resources from the leading children's health and well-being charity, Coram Life Education, to deliver our PSHE and RSHE curriculum. RSHE became statutory to deliver in all schools from September 2020 therefore children can no longer be withdrawn from these lessons. These lessons are delivered by teachers in six different topics: *Me and my Relationships*, *Valuing Difference*, *Keeping safe*, *Rights and Respect*, *Being my best* and *Growing and Changing*.

Additionally, Relationships and Health Education complements several national curriculum objectives including Science, Computing and PE and teachers will look for opportunities to make links between the subjects and integrate teaching where appropriate.

Under the new guidance, teachers will plan and deliver lessons in an age-appropriate way. Teachers will deliver engaging lessons using a variety of teaching methods that meet the needs of all pupils. Teachers will use a range of contexts in their provision and will attempt to answer pupils' questions and concerns in a sensitive, age-appropriate manner.

Sex Education is not compulsory in primary schools and at Carleton Green we do not teach Sex Education as part of our PSHE and RSHE curriculum. The National Curriculum for Science 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. We will determine whether we need to cover any additional content on sex education to meet the needs of our pupils.

Carleton Green creates a safe learning environment where all staff and children are respected and free to express their beliefs and opinions without fear of discrimination in relation to the Equality Act 2010.

Throughout the year all teachers and the PSHE subject leader complete assessments to ensure all children are equipped with the knowledge and skills they require in order to achieve age related expectations. All teachers are provided with a progression of skills document and monitoring takes place every half term through pupil assessment, moderation, pupil voice and book scrutinies.

The role of parents

At Carleton Green we wish to build positive and supportive relationships with parents and carers. Therefore, we will provide all parent and carers with information about our Relationship and Health policy and practice. We will continue to answer any parental questions and respond to any issues or concerns. At Carleton Green we will encourage all parents and carers to be involved in reviewing our school policy and make any modifications if necessary.

Parents do not have the right to withdraw their child from Relationships and Health Education (which includes the changing adolescent body and puberty) or the programme of study as part of the requirements of the science curriculum.

Review

This policy will be reviewed on an annual basis by the Relationships and Health Education subject lead, head teacher and governors. The next review date for this policy is September 2025. This policy will be reviewed in light of any changes to statutory guidance, feedback from parents, staff or pupils and issues in the school or our local area that may need addressing.