



Great Sampford Primary School

RSHE Policy

(Sex, Relationships and Health Education)

Updated : September 2026

Review : September 2027

Policy Overview and Statutory Context

At Great Sampford Primary School, we recognise that high-quality Relationships, Sex and Health Education (RSHE) is essential to pupils' personal development, wellbeing, and safety. RSHE supports children to develop the knowledge, skills, and attitudes they need to form positive relationships, manage emotions, stay healthy, and make informed decisions as they grow.

This policy sets out the school's approach to RSHE in line with statutory guidance and reflects our commitment to safeguarding, inclusion, and promoting pupils' physical and mental wellbeing.

This policy has been developed in accordance with:

- The Children and Social Work Act 2017
- Relationships Education, Relationships and Sex Education (RSE) and Health Education statutory guidance (DfE)
- Keeping Children Safe in Education
- The Equality Act 2010

In primary schools:

- Relationships Education is statutory
- Health and Wellbeing Education is statutory
- Sex Education is not statutory beyond the National Curriculum for Science

Definition and Scope of RSHE

RSHE is made up of three interrelated components.

Relationships Education (Statutory)

Relationships Education supports pupils to develop healthy, respectful relationships. This includes learning about:

- Families and people who care for me
- Caring friendships
- Respectful, kind relationships

- Online safety and awareness
- Being safe, including boundaries, consent, and safeguarding in an age-appropriate way

Health and Wellbeing Education (Statutory)

Health Education supports pupils to understand how to maintain their physical and mental wellbeing. This includes:

- General wellbeing
- Wellbeing online
- Physical health and fitness
- Healthy eating
- Drugs, alcohol, tobacco and vaping
- Health protection and prevention
- Personal safety
- Basic first aid
- Developing bodies

There is no right of withdrawal from Health Education.

Sex Education (Non-Statutory)

Sex Education, where taught beyond the statutory science curriculum, is:

- Carefully planned and age-appropriate
- Delivered sensitively and inclusively
- Clearly communicated to parents and carers

Additional sex education does not include explicit teaching about sexual activity. Parents and carers have the right to withdraw their child from non-statutory sex education.

Curriculum Organisation and Delivery

RSHE is taught as part of the school's planned PSHE curriculum and is delivered regularly across the academic year. Lessons are taught by class teachers and are timetabled within the school week, ensuring consistent and age-appropriate coverage for all pupils.

RSHE is delivered using the 1decision programme, which:

- Meets statutory Relationships and Health Education requirements
- Provides a progressive, story-led curriculum
- Supports curriculum sequencing and progression
- Includes teacher guidance and assessment opportunities

RSHE is taught regularly and reinforced through cross-curricular links, including:

- Science (statutory elements)
- Computing (online safety)
- Assemblies and whole-school themes

Teachers may adapt sequencing or revisit content in response to emerging pupil needs, such as safeguarding concerns or wellbeing issues.

Appendix 1 - Curriculum Map

Inclusion, SEND and Equality

RSHE is delivered in line with the Equality Act 2010 and promotes respect for difference and diversity. Teaching is inclusive and reflects the needs of all pupils.

For pupils with special educational needs or disabilities (SEND), RSHE is adapted to ensure accessibility by:

- Using clear and consistent language and visuals
- Breaking learning into smaller steps
- Providing additional scaffolding or repetition
- Considering pupils' emotional and developmental needs

Safeguarding and Safe Learning Environment

RSHE is delivered within a safe, supportive, and respectful learning environment where pupils feel able to participate and ask questions appropriately.

To support this:

- Ground rules are agreed with pupils at the start of RSHE lessons to promote respect, confidentiality, and appropriate discussion
- Correct and age-appropriate terminology is used sensitively by staff
- Teaching approaches such as distancing techniques are used where appropriate, allowing scenarios and examples to be discussed without personalising experiences
- Opportunities are provided for pupils to ask questions in a range of ways, including anonymous question boxes or written questions, to reduce pressure and support pupil confidence
- Personal disclosures are not encouraged during lessons, and pupils are reminded that sensitive concerns should be shared with a trusted adult
- Pupils are signposted to trusted adults and support systems within the school for further help or discussion

All RSHE teaching is underpinned by the school's safeguarding procedures. Any disclosures or concerns arising from RSHE lessons are handled in line with the Safeguarding and Child Protection Policy.

Roles, Responsibilities and Staff Training

Leadership and Governance

- The Headteacher has overall responsibility for RSHE provision
- The Governing Body approves this policy and monitors its implementation
- The PSHE/RSHE Lead oversees curriculum planning, progression, and staff support

Teaching and Support Staff

Staff delivering RSHE:

- Follow the agreed curriculum
- Create a safe and respectful learning environment
- Respond appropriately to pupil questions and disclosures

Staff Training

Staff involved in the delivery of RSHE receive appropriate training and ongoing support to ensure confidence, consistency, and safeguarding compliance. This includes induction support, access to guidance and resources, and updates linked to statutory changes or emerging pupil needs.

Parental Engagement and Communication

We value open and transparent communication with parents and carers and recognise the important role they play in supporting their child's RSHE learning. The school works in partnership with parents and carers to ensure RSHE is delivered in a clear, sensitive, and age-appropriate way.

The school will:

- inform parents and carers about the RSHE curriculum, including the themes covered and how learning is delivered
- provide opportunities for parents and carers to view RSHE curriculum content
- respond to questions, feedback, or concerns in a timely, respectful, and supportive manner
- offer discussion with appropriate members of staff where further clarification or reassurance is needed

Parents and carers have the right to request withdrawal of their child from non-statutory sex education taught beyond the National Curriculum for science. There is no right of withdrawal from Relationships Education or Health Education. Any requests for withdrawal are managed sensitively, in line with statutory guidance, and in discussion with parents or carers to ensure the child's wellbeing and educational needs remain central.

Appendix 2 - Parent/Carer Zone

Monitoring, Evaluation and Review

RSHE is monitored and evaluated to ensure it remains effective, relevant, and responsive to pupils' needs. Monitoring focuses on the quality of provision, pupil understanding, and the impact of learning over time.

This includes:

- **Pupil voice**, gathered through discussion, reflection activities, and feedback, to understand pupils' experiences, confidence, and understanding of RSHE themes. Pupil voice is used to inform curriculum development and ensure learning reflects pupils' needs and lived experiences.
- **Assessment and progress tracking**, using age-appropriate, non-judgemental methods such as discussion outcomes, written reflections, and teacher observations. Assessment information is used to identify strengths, gaps in understanding, and areas requiring reinforcement.
- **Teacher reflection**, where staff review lesson delivery and pupil responses to inform future planning and adapt teaching where necessary.
- **Leadership monitoring**, including curriculum reviews, lesson visits where appropriate, and scrutiny of planning and assessment information to ensure consistency, progression, and statutory coverage across the school.

Monitoring and evaluation of RSHE takes place on a planned and regular basis and is led by the PSHE/RSHE Lead, with oversight from senior leaders. Findings from monitoring activities are used to inform curriculum review, staff training, and future planning, ensuring continuous improvement.

Links to Other Policies

This policy should be read alongside the following:

- Safeguarding and Child Protection Policy
- Behaviour Policy
- Online Safety Policy
- Equality Policy
- SEND Policy

- Anti-Bullying Policy

This RSHE policy has been developed by the school's senior leadership team in consultation with the PSHE/RSHE Lead and with reference to statutory guidance and safeguarding requirements. Where appropriate, the views of staff, parents and carers, and pupils have been considered to inform the content of the policy.

The policy is approved by the Governing Body and is reviewed annually, or sooner if statutory guidance or local circumstances change.

As part of the review process, the school will:

- review updates to statutory RSHE guidance and related safeguarding documentation
- consider feedback from pupils through pupil voice activities
- seek feedback from staff involved in the delivery of RSHE
- provide parents and carers with opportunities to view the policy and submit feedback, in line with consultation requirements
- make amendments where necessary to ensure the policy remains relevant, compliant, and responsive to pupils' needs
- Following review, any significant changes to the policy will be shared with parents and carers.

Appendices

- Appendix 1: Curriculum Map - Below
- Appendix 2: [Parent/Carer Zone](#)
- Appendix 3: Information for parents including, parent information for withdrawal

YEAR 1 - PSHE/RSHE - CLASS PLAN

AUTUMN	KEEPING/STAYING SAFE UNIT CORE COMPREHENSIVE TOPICS What I Know Now Road Safety OPTIONAL RESOURCES Road Safety Extension Personal Safety - Simply RSHE	BEING RESPONSIBLE UNIT CORE COMPREHENSIVE TOPICS What I Know Now Water Spillage OPTIONAL RESOURCES Water Spillage Extension Personal Safety - Simply RSHE	FEELINGS AND EMOTIONS UNIT CORE COMPREHENSIVE TOPICS What I Know Now Jealousy OPTIONAL RESOURCES Jealousy Extension General wellbeing - Simply RSHE
	KEEPING/STAYING HEALTHY UNIT CORE COMPREHENSIVE TOPICS What I Know Now Washing Hands OPTIONAL RESOURCES Washing Hands Extension Healthy protection and prevention - Simply RSHE	RELATIONSHIPS UNIT CORE COMPREHENSIVE TOPICS What I Know Now Friendship OPTIONAL RESOURCES Friendship Extension Caring friendships - Simply RSHE	COMPUTER SAFETY UNIT CORE COMPREHENSIVE TOPICS What I Know Now Online Bullying OPTIONAL RESOURCES Online Bullying Extension Wellbeing online - Simply RSHE
	A WORLD WITHOUT JUDGEMENT UNIT CORE COMPREHENSIVE TOPICS What I Know Now Democracy OPTIONAL RESOURCES Democracy Extension Respectful, kind relationships - Simply RSHE	OUR WORLD UNIT CORE COMPREHENSIVE TOPICS What I Know Now Growing In Our World OPTIONAL RESOURCES Growing In Our World Extension Developing bodies - Simply RSHE	FIRE SAFETY UNIT CORE COMPREHENSIVE TOPICS What I Know Now Hoax Calling OPTIONAL RESOURCES Hoax Calling Extension Basic first aid - Simply RSHE
SPRING			
SUMMER			

YEAR 2 - PSHE/RSHE - CLASS PLAN

AUTUMN

KEEPING/STAYING SAFE UNIT

CORE COMPREHENSIVE TOPICS

**Tying Shoelaces
Staying Safe**

OPTIONAL RESOURCES

Tying Shoelaces Extension
Staying Safe Extension
Personal safety - Simply RSHE
Being safe - Simply RSHE

BEING RESPONSIBLE UNIT

CORE COMPREHENSIVE TOPICS

**Practice Makes Perfect
Helping Someone In Need**

OPTIONAL RESOURCES

Practice Makes Perfect Extension
Helping Someone In Need Extension
General wellbeing - Simply RSHE
Being safe - Simply RSHE

FEELINGS AND EMOTIONS UNIT

CORE COMPREHENSIVE TOPICS

**Worry
Anger**

OPTIONAL RESOURCES

Worry Extension
Anger Extension
General wellbeing - Simply RSHE
Respectful, kind relationships - Simply RSHE

SPRING

KEEPING/STAYING HEALTHY UNIT

CORE COMPREHENSIVE TOPICS

**Healthy Eating
Brushing Teeth**

OPTIONAL RESOURCES

Healthy Eating Extension
Brushing Teeth Extension
Healthy eating - Simply RSHE
Heath protection and prevention - Simply RSHE

RELATIONSHIPS UNIT

CORE COMPREHENSIVE TOPICS

**Bullying
Body Language**

OPTIONAL RESOURCES

Bullying Extension
Body Language Extension
Respectful, kind relationships - Simply RSHE
Caring friendships - Simply RSHE

COMPUTER SAFETY UNIT

CORE COMPREHENSIVE TOPICS

**Image Sharing
Computer Safety Documentary**

OPTIONAL RESOURCES

Image Sharing Extension
Computer Safety Documentary Extension
Online safety and awareness - Simply RSHE
Wellbeing online - Simply RSHE

SUMMER

A WORLD WITHOUT JUDGEMENT UNIT

CORE COMPREHENSIVE TOPICS

**Individual Liberty
Rule of Law**

OPTIONAL RESOURCES

Individual Liberty Extension
Rule of Law Extension
Respectful, kind relationships - Simply RSHE

OUR WORLD UNIT

CORE COMPREHENSIVE TOPICS

**Living in Our World
Working in Our World**

OPTIONAL RESOURCES

Living in Our World Extension
Working in Our World Extension
NO Simply RSHE Links

FIRE SAFETY UNIT

CORE COMPREHENSIVE TOPICS

**Petty Arson
Enya & Deedee Visit the Fire St.**

OPTIONAL RESOURCES

Petty Arson Extension
Enya & Deedee Visit the Fire St. Extension
Personal safety - Simply RSHE

YEAR 3 - PSHE/RSHE - CLASS PLAN

AUTUMN

KEEPING/STAYING SAFE UNIT

CORE COMPREHENSIVE TOPICS

**Leaning Out of Windows
What I've Learnt**

OPTIONAL RESOURCES

Leaning Out of Windows Extension
Personal safety - Simply RSHE

BEING RESPONSIBLE UNIT

CORE COMPREHENSIVE TOPICS

**Stealing
What I've Learnt**

OPTIONAL RESOURCES

Stealing Extension
NO Simply RSHE Links

FEELINGS AND EMOTIONS UNIT

CORE COMPREHENSIVE TOPICS

**Grief
What I've Learnt**

OPTIONAL RESOURCES

Grief Extension
General wellbeing - Simply RSHE

SPRING

KEEPING/STAYING HEALTHY UNIT

CORE COMPREHENSIVE TOPICS

**Medicine
What I've Learnt**

OPTIONAL RESOURCES

Medicine Extension
Drugs, Alcohol, Tobacco and Vaping - Simply RSHE

RELATIONSHIPS UNIT

CORE COMPREHENSIVE TOPICS

**Touch
What I've Learnt**

OPTIONAL RESOURCES

Touch Extension
Being safe - Simply RSHE

COMPUTER SAFETY UNIT

CORE COMPREHENSIVE TOPICS

**Making Friends Online
What I've Learnt**

OPTIONAL RESOURCES

Making Friends Online Extension
Online safety and awareness - Simply RSHE

SUMMER

A WORLD WITHOUT JUDGEMENT UNIT

CORE COMPREHENSIVE TOPICS

**Tolerance
What I've Learnt**

OPTIONAL RESOURCES

Tolerance Extension
Respectful, kind relationships - Simply RSHE

OUR WORLD UNIT

CORE COMPREHENSIVE TOPICS

**Looking After Our World
What I've Learnt**

OPTIONAL RESOURCES

Looking After Our World Extension
NO Simply RSHE Links

FIRE SAFETY UNIT

CORE COMPREHENSIVE TOPICS

**Texting Whilst Driving
What I've Learnt**

OPTIONAL RESOURCES

Texting Whilst Driving Extension
Personal safety - Simply RSHE

YEAR 4 - PSHE/RSHE - CLASS PLAN

AUTUMN

KEEPING/STAYING SAFE UNIT

CORE COMPREHENSIVE TOPICS

What I Know Now
Cycle Safety

OPTIONAL RESOURCES

Cycle Safety Extension
Personal safety - Simply RSHE

BEING RESPONSIBLE UNIT

CORE COMPREHENSIVE TOPICS

What I Know Now
Coming Home on Time

OPTIONAL RESOURCES

Coming Home on Time Extension
Respectful, kind relationships - Simply RSHE

FEELINGS AND EMOTIONS UNIT

CORE COMPREHENSIVE TOPICS

What I Know Now
Jealousy

OPTIONAL RESOURCES

Jealousy Extension
General wellbeing - Simply RSHE

SPRING

KEEPING/STAYING HEALTHY UNIT

CORE COMPREHENSIVE TOPICS

What I Know Now
Healthy Living

OPTIONAL RESOURCES

Healthy Living Extension
Healthy eating - Simply RSHE

GROWING AND CHANGING UNIT

CORE COMPREHENSIVE TOPICS

What I Know Now
Relationships

OPTIONAL RESOURCES

Relationships Extension
Being safe - Simply RSHE

COMPUTER SAFETY UNIT

CORE COMPREHENSIVE TOPICS

What I Know Now
Online Bullying

OPTIONAL RESOURCES

Online Bullying Extension
Wellbeing online - Simply RSHE

SUMMER

A WORLD WITHOUT JUDGEMENT UNIT

CORE COMPREHENSIVE TOPICS

What I Know Now
Breaking Down Barriers

OPTIONAL RESOURCES

Breaking Down Barriers Extension
Respectful, kind relationships - Simply RSHE

THE WORKING WORLD UNIT

CORE COMPREHENSIVE TOPICS

What I Know Now
Chores at Home

OPTIONAL RESOURCES

Chores at Home Extension
General wellbeing - Simply RSHE

FIRST AID UNIT

CORE COMPREHENSIVE TOPICS

What I Know Now
First Aid Year 4

OPTIONAL RESOURCES

First Aid Year 4 Extension
Basic first aid - Simply RSHE

YEAR 5 - PSHE/RSHE - CLASS PLAN

AUTUMN

KEEPING/STAYING SAFE UNIT

CORE COMPREHENSIVE TOPICS

**Peer Pressure
Adults' & Children's Views**

OPTIONAL RESOURCES

Peer Pressure Extension
Being safe - Simply RSHE

BEING RESPONSIBLE UNIT

CORE COMPREHENSIVE TOPICS

**Looking Out for Others
Adults' & Children's Views**

OPTIONAL RESOURCES

Looking Out for Others Extension
General wellbeing - Simply RSHE

FEELINGS AND EMOTIONS UNIT

CORE COMPREHENSIVE TOPICS

**Anger
Adults' & Children's Views**

OPTIONAL RESOURCES

Anger Extension
General wellbeing - Simply RSHE

SPRING

KEEPING/STAYING HEALTHY UNIT

CORE COMPREHENSIVE TOPICS

**Smoking
Adults' & Children's Views**

OPTIONAL RESOURCES

Smoking Extension
Drugs, alcohol, tobacco and vaping - Simply RSHE

GROWING AND CHANGING UNIT

CORE COMPREHENSIVE TOPICS

**Puberty
Adults' & Children's Views**

OPTIONAL RESOURCES

Puberty Extension
Developing bodies - Simply RSHE

COMPUTER SAFETY UNIT

CORE COMPREHENSIVE TOPICS

**Image Sharing
Adults' & Children's Views**

OPTIONAL RESOURCES

Image Sharing Extension
Online safety and awareness - Simply RSHE

SUMMER

A WORLD WITHOUT JUDGEMENT UNIT

CORE COMPREHENSIVE TOPICS

**Inclusion & Acceptance
Adults' & Children's Views**

OPTIONAL RESOURCES

Inclusion & Acceptance Extension
Families and people who care for me - Simply RSHE

THE WORKING WORLD UNIT

CORE COMPREHENSIVE TOPICS

**Enterprise
Adults' & Children's Views**

OPTIONAL RESOURCES

Enterprise Extension
NO Simply RSHE Links

FIRST AID UNIT

CORE COMPREHENSIVE TOPICS

First Aid Year 5 (Part 1 & 2)

OPTIONAL RESOURCES

First Aid Year 5 (Part 1 & 2) Extensions
Basic first aid - Simply RSHE

YEAR 6 - PSHE/RSHE - CLASS PLAN

AUTUMN

KEEPING/STAYING SAFE UNIT

CORE COMPREHENSIVE TOPICS

**Water Safety
What I've Learnt**

OPTIONAL RESOURCES

**Water Safety Extension
Personal safety - Simply RSHE**

BEING RESPONSIBLE UNIT

CORE COMPREHENSIVE TOPICS

**Stealing
What I've Learnt**

OPTIONAL RESOURCES

**Stealing Extension
Respectful, kind relationships - Simply RSHE**

FEELINGS AND EMOTIONS UNIT

CORE COMPREHENSIVE TOPICS

**Worry
What I've Learnt**

OPTIONAL RESOURCES

**Worry Extension
General wellbeing - Simply RSHE**

SPRING

KEEPING/STAYING HEALTHY UNIT

CORE COMPREHENSIVE TOPICS

**Alcohol and Drugs
What I've Learnt**

OPTIONAL RESOURCES

**Alcohol and Drugs Extension
Drugs, alcohol, tobacco, and vaping - Simply RSHE**

GROWING AND CHANGING UNIT

CORE COMPREHENSIVE TOPICS

**Conception
What I've Learnt**

OPTIONAL RESOURCES

**Conception Extension
NO Simply RSHE Links**

COMPUTER SAFETY UNIT

CORE COMPREHENSIVE TOPICS

**Making Friends Online
What I've Learnt**

OPTIONAL RESOURCES

**Making Friends Online Extension
Online safety and awareness - Simply RSHE**

SUMMER

A WORLD WITHOUT JUDGEMENT UNIT

CORE COMPREHENSIVE TOPICS

**British Values
What I've Learnt**

OPTIONAL RESOURCES

**British Values Extension
NO Simply RSHE Links**

THE WORKING WORLD UNIT

CORE COMPREHENSIVE TOPICS

**In-App Purchases
What I've Learnt**

OPTIONAL RESOURCES

**In-App Purchases Extension
Respectful, kind relationships - Simply RSHE**

FIRST AID UNIT

CORE COMPREHENSIVE TOPICS

**First Aid Year 6
What I've Learnt**

OPTIONAL RESOURCES

**First Aid Year 6 Extensions
Basic first aid - Simply RSHE**

Appendix 3: Information for parents including, parent information for withdrawal

Sex Education: Information for Parents and Carers

What Your Child Will Be Taught

At Great Sampford Primary School, we understand that teaching children about relationships, growing up and human development is an important part of supporting their wellbeing, safety and preparation for the future. We also recognise that parents and carers play a vital role in these conversations and that schools and families work best when they work together openly and supportively.

Relationships and Health Education (RHE) is statutory for all primary schools in England and forms part of our PSHE curriculum. This includes puberty education. Parents and carers do not have the right to withdraw their child from any content that covers statutory Relationships or Health Education objectives, or national curriculum science objectives (including human development and reproduction).

In addition to the statutory curriculum, our school also chooses to deliver a Sex Education unit. This is taught in Year 6 through 1decision's Conception topic and covers how babies are made in an age-appropriate, factual way. This is the only element of our PSHE/RSHE provision from which parents and carers may request withdrawal.

We hope you trust that, as a school, we take decisions around RSHE content very seriously. All materials are carefully selected and reviewed to ensure they remain age-appropriate, sensitive and relevant to children's current needs and levels of maturity. Our priority is always to support children in developing accurate understanding, confidence, safety awareness and respect in a way that is appropriate for their stage of development.

Our Chosen Programme: 1decision

To deliver PSHE and RSHE, we use 1decision - a multi-award winning programme used across the country and worldwide. The resources have been developed by PSHE and safeguarding experts, working alongside schools and children.

We encourage you to explore the 1decision Parent/Carer Zone before making any decision about withdrawal. There you will find:

- An overview of what 1decision is and how it works
- A content overview, including examples of puberty and conception animations
- Examples of Early Years content
- Understanding RSHE document
- Free home activities and much more

Why We Teach Sex Education

We believe it is important that children receive accurate, age-appropriate information in a safe environment - from a trusted adult, rather than from peers or online sources. Research shows that children who do not receive this information at school are more likely to turn to the internet, where content can be misleading, harmful or age-inappropriate.

Our teaching is carefully planned, sensitive in its delivery, and gives pupils the opportunity to ask questions in a supportive setting.

Requesting Withdrawal from the Conception Unit

If, after reviewing the 1decision resources, you wish to withdraw your child from the Year 6 Conception unit, please follow the process below.

Our withdrawal process:

Please email the school office with a written request to withdraw from the conception unit and this will be passed to the class teacher.

Please be aware that any request for withdrawal will be noted and kept on your child's record, in line with statutory guidance.

If you have any questions about our RSHE curriculum, please contact us:

admin@greatsampford.essex.sch.uk

01799 586280