

# Ethelbert Road Primary School



## **PSHE (Personal, Social, Health Education) Policy** **(including Relationships and Health Education statutory** **from September 2020, and our position on Sex Education)**

**Together We Thrive**

Reviewed	September 2025	
Next Review	September 2026	
Headteacher	Michele Kirkbride	Date:
Chair of Governors		Date:

## **What is relationships education?**

The Relationships Education, Relationships and Sex Education (RSE) and Health education government document (2019) states that, 'The focus in primary school should be on 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.'

At Ethelbert Road Primary School our Relationships Education will put in place the building blocks needed for positive and safe relationships, including with family, friends and online. Your child will be taught what a relationship is, what friendship is, what family means and who can support them. In an age-appropriate way, we will cover how to treat each other with kindness, consideration and respect.

## **What is Health education?**

At Ethelbert Road Primary School our Health education aims to give your child the information they need to make good decisions about their own health and wellbeing, to recognise issues in themselves and others, and to seek support as early as possible when issues arise.

The Relationships Education, Relationships and Sex Education (RSE) and Health education government document (2019) states that, 'The aim of teaching pupils about physical health and mental wellbeing is to give them the information that they need to make good decisions about their own health and wellbeing. It should enable them to recognise what is normal and what is an issue in themselves and others and, when issues arise, know how to seek support as early as possible from appropriate sources.'

The Relationships Education, Relationships and Sex Education (RSE) and Health education government document (2019) also states that, 'Puberty including menstruation should be covered in Health Education and should, as far as possible, be addressed before onset. This should ensure male and female pupils are prepared for changes they and their peers will experience.'

## **What is sex education in Primary school?**

Under the National Curriculum, the basics of Sex Education fall within the Science curriculum. The statutory content requires maintained schools to teach children about human development, including puberty, and reproduction.

In Key Stage 1, pupils will: Be introduced to the process of reproduction and growth in animals. They should be introduced to the concepts of reproduction and growth, but not how reproduction occurs. (Notice that animals, including humans, have offspring which grow into adults.)

Key Stage 2, pupils will: Be taught about different types of reproduction, including sexual and asexual reproduction in plants and sexual reproduction in animals. Pupils should draw a timeline to indicate stages in the growth and development of humans. They should learn about the changes experienced in puberty.

(- describe the differences in the life cycles of a mammal, an amphibian, an insect and a bird

- describe the life process of reproduction in some plants and animals
- describe the changes as humans develop to old age)

Additionally, the Relationships Education, Relationships and Sex Education (RSE) and Health education government document (2025) states that, 'Sex education is not compulsory in primary schools, but we recommend that primaries teach sex education in years 5 and/or 6, in line with content about conception and birth, which forms part of the national curriculum for science. 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. Schools may also cover human reproduction in the science curriculum, but where they do so, this should be in line with the factual description of conception in the science curriculum'

### **How is PSHE taught?**

At Ethelbert Road Primary School we use the LifeWise Scheme to teach our weekly PSHE lessons. This scheme includes interactive games, videos and activities to engage the children in their learning. The lessons come under three wide ranging subheadings:

- Health and Well-being
- Living in the Wider World
- Relationships

The full range of lesson titles can be found on the school website under the PSHE tab of the curriculum page.

PSHE is also taught in an ad-hoc manner, as teachers and adults respond to situations arising in the day-to-day life of the school. This may be done through class discussions, small group discussions or one to one conversations. Adults may use these times to refer to the school rules of Be Safe, Be Kind and Be Ready as well as the school values of Happiness, Respect, Creativity, Self-Belief, Curiosity and Cooperation.

### **What is taught in PSHE?**

By the end of primary school, your child will have been taught content on:

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe
- Mental wellbeing
- Internet safety and harms
- Physical health and fitness
- Healthy eating
- Facts and risks associated with drugs, alcohol and tobacco
- Health and prevention

- Basic first aid
- Changing adolescent body

The full range of lesson titles can be found on the school website under the PSHE tab of the curriculum page.

### **Who is responsible for teaching PSHE?**

At Ethelbert Road Primary School PSHE is taught by the class teachers and other members of staff well known to the children. At Ethelbert Road we agree that the wide variety of PSHE lessons, which can include sensitive topics should be taught by adults well known to the children, in order to provide the most supportive and caring environment in which pupils feel safe to join in and discuss their feelings and opinions on a wide range of topics.

### **How is PSHE monitored and evaluated?**

At Ethelbert Road Primary School PSHE is monitored in a variety of ways:

- drop-ins during lessons
- looking at pupil activities and work
- monitoring lessons taught via the LifeWise website
- conversations with pupils and staff

### **Do parents have the right to withdraw children from relationships and health education?**

Parents do not have the right to withdraw their children from relationships and health education.

The Relationships Education, Relationships and Sex Education (RSE) and Health education government document (2025) states that, 'The Relationships Education, Relationships and Sex Education 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 'They also make Health Education compulsory in all schools except independent schools.'

### **Do parents have the right to withdraw children from sex education in primary school?**

The Relationships Education, Relationships and Sex Education (RSE) and Health education government document (2025) states that, 'Parents have the right to request that their child be withdrawn from some or all of sex education delivered as part of statutory RSE.'

This right applies only to sex education which is deemed to be additional to that which is required by the science national curriculum, from which children cannot be withdrawn.

The Relationships Education, Relationships and Sex Education (RSE) and Health education government document (2019) states that, 'The national curriculum for

science also 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.'

Therefore, at Ethelbert Road Primary School there are specific lessons from which children may be withdrawn. These are:

Year 6: My Amazing Body Parts 1 and 2.

In order to withdraw your children from these lessons, or discuss concerns, please contact the headteacher and PSHE lead by emailing the office stating your desire to discuss withdrawing your child from these lessons. You will then be contacted to arrange a time to discuss these lessons with the head teacher, PSHE lead or class teacher prior to your request being granted.

**When will this policy be reviewed?**

This policy will be reviewed in September 2026 by the PSHE lead, Headteacher and governing body. It is reviewed and updated on a yearly basis.

New RSHE guidance was published in July 2025 and becomes statutory for schools in September 2026. Ethelbert Road Primary School will be moving towards implementing changes and updates throughout the academic year 2025-2026, in order to fully comply with guidance by September 2026.