

Stoke Park Infant School

Relationships, Sex & Health Education (RSHE) Policy 2026-2029



Approved by	FGB
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Responsible person	PSHE/SMSC Lead
Committee responsible	FGB
Regularity of review	3 Yearly

Relationships, Sex & Health Education (RSHE) Policy 2026-2029

(Updated to reflect DfE Statutory RSHE Guidance effective September 2026)

1. SPECIAL EDUCATIONAL NEEDS AND EQUAL OPPORTUNITIES

Stoke Park Infant School is committed to offering equal opportunities for all pupils, regardless of race, religion or belief, gender, sexual orientation, family circumstance, ability or disability. Relationships Education and Health Education are delivered in a way that:

- promotes equality and respect;
- recognises and values diversity;
- is inclusive of all pupils, including those with special educational needs and disabilities (SEND);
- meets the needs of pupils at different stages of development.

Teaching reflects the protected characteristics set out in the Equality Act 2010 and supports pupils to treat others with dignity and respect.

2. RATIONALE

We aim to work in partnership with parents and carers to deliver a Relationships, Sex and Health Education (RSHE) programme that:

- is age-appropriate and developmentally appropriate;
- reflects the social, cultural and religious backgrounds of our school community;
- supports children's physical, emotional, mental and moral development;
- fulfils statutory requirements laid out by the Department for Education.

Parents are consulted when the RSHE policy is reviewed, and the school is transparent about curriculum content and teaching resources, in line with statutory guidance. [\[gov.uk\]](https://www.gov.uk),

3. WHAT IS RELATIONSHIPS, SEX AND HEALTH EDUCATION?

From **1 September 2026**, all primary schools must follow the **updated statutory guidance for Relationships Education and Health Education** issued by the Department for Education. [\[gov.uk\]](https://www.gov.uk)

Relationships Education (Primary)

The DfE states:

“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.”

Our teaching:

- is rooted in the school value of **respect**;

- is delivered through PSHE, Learning Values, assemblies, circle time and the wider curriculum;
- takes place within the context of caring, respectful and safe relationships;
- recognises that families can take many forms, including single-parent families, same-sex parents, adoptive families and kinship carers. [\[pshe-assoc...ion.org.uk\]](https://pshe-association.org.uk)

Children are encouraged to talk freely and confidently about relationships that matter to them, within a safe and supportive environment.

4. AIMS OF RELATIONSHIPS AND HEALTH EDUCATION

Relationships and Health Education at Stoke Park Infant School aims to help children develop:

- positive self-esteem and self-worth;
- emotional literacy and resilience;
- confidence to express feelings, needs and boundaries;
- skills to form healthy friendships and relationships;
- understanding of personal safety, including online and offline risks;
- the ability to make age-appropriate, informed choices;
- a positive attitude towards their body and wellbeing;
- confidence to seek help and support when needed.

5. GUIDELINES FOR TEACHING AND LEARNING

We will:

- help children understand how their actions affect themselves and others;
- teach children how to recognise unsafe situations and how to seek help;
- promote self-esteem and respect for difference;
- teach children how to recognise appropriate and inappropriate behaviour;
- support children to recognise and talk about a range of emotions;
- teach that families are important for care, love and support, and that families can look different;
- answer children's questions honestly and sensitively, using language appropriate to their age and understanding;
- teach the correct names for body parts, including external genitalia, as part of safeguarding best practice;
- teach children about how bodies grow and change over time in an age-appropriate way;
- teach personal safety (including road, rail, water and online safety) as required by the 2026 guidance. [\[nga.org.uk\]](https://nga.org.uk)

RSHE is embedded across the curriculum, particularly within **PSHE, Science, Computing, and safeguarding education**.

6. SCIENCE CURRICULUM (STATUTORY)

Pupils are taught to:

- identify, name, draw and label the basic parts of the human body;
- use correct terminology for body parts;
- observe that animals, including humans, have offspring which grow into adults;
- understand the basic needs of humans for survival;
- recognise the importance of hygiene, exercise and healthy eating.

Sex education beyond these statutory science requirements is **not compulsory** in primary schools.

7. PSHE AND CITIZENSHIP

Through PSHE, pupils are taught:

- how to recognise right and wrong;
- how to make safe and healthy choices;
- how to care for themselves and others;
- how to maintain personal hygiene;
- about growing up and how people's needs change;
- how to keep themselves safe, including online safety and personal safety;
- to recognise similarities and differences between people;
- that friends and family members should care for one another;
- about change, loss and bereavement, in a sensitive and supportive way, as required by the 2026 guidance. [\[pshe-assoc...ion.org.uk\]](https://www.pshe-assoc.org.uk)

8. SAFEGUARDING AND CONFIDENTIALITY

All RSHE teaching is underpinned by safeguarding principles.

- Staff do not promise confidentiality to pupils.
- If a child is believed to be at risk, information will be shared with the Designated Safeguarding Lead (DSL).
- At Stoke Park Infant School, the **DSL is the Headteacher**.
- All safeguarding concerns are managed in line with the school Child Protection and Safeguarding Policy.

This reflects statutory guidance on safeguarding and RSHE delivery. [\[gov.uk\]](https://www.gov.uk)

9. SEND

Children with special educational needs or disabilities will be given appropriate support, adapted resources and reasonable adjustments to ensure they can access RSHE learning meaningfully and safely.

This may include:

- simplified language;
- visual aids;
- repetition and reinforcement;
- additional adult support.

10. PARENTAL RIGHTS AND INVOLVEMENT

- Parents **cannot withdraw** their child from Relationships Education or Health Education.
- Parents **can request withdrawal** from any non-statutory sex education content (none is taught beyond the Science curriculum at present).
- Parents are encouraged to discuss concerns with the class teacher or Headteacher.
- The school will share information about curriculum content and provide access to teaching materials on request.

These arrangements reflect statutory requirements from September 2026. [[gov.uk](https://www.gov.uk)], [safeguardingchildren.org.uk]

11. MONITORING AND REVIEW

The PSHE and SMSC Lead is responsible for:

- monitoring the delivery of RSHE;
- supporting staff with training and resources;
- reviewing the policy in line with statutory updates.

This policy will be reviewed every **three years** or sooner if statutory guidance changes.

APPENDIX 1: POLICY CONTEXT

This policy is informed by:

- **Relationships Education, Relationships and Sex Education (RSE) and Health Education – Statutory Guidance (DfE, 2026)** [[gov.uk](https://www.gov.uk)]
- PSHE Association best practice guidance [[pshe-association.org.uk](https://www.pshe-association.org.uk)]

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