Relationships and Health Education (RHE) Policy



At Tardebigge CE First School, our commitment to helping every child "live life in all its fullness" (John 10:10) shapes the way we approach RHE. Rooted in our Christian values, our RHE curriculum aims to nurture children who are confident, respectful and able to build positive, healthy relationships. We believe that supporting children to understand themselves, value others and make good choices is a vital part of enabling them to flourish—not just academically, but emotionally, socially and spiritually.

RHE plays a central role in our responsibility to safeguard and prepare children for life in a rapidly changing world. Through age-appropriate, inclusive and thoughtful teaching, we equip pupils with the knowledge and skills they need to stay safe, develop healthy boundaries and grow in confidence as they navigate relationships. By working closely with parents and carers, we ensure our approach reflects our shared belief that every child is precious, uniquely created and deserving of guidance that helps them thrive in all aspects of life.

1. Aims

The aims of relationships and health education (RHE) at our school are to:

- Provide a framework in which sensitive discussions can take place
- Prepare pupils for puberty, and give them an understanding of sexual development and the importance of health and hygiene
- Help pupils develop feelings of self-respect, confidence and empathy
- Create a positive culture around issues of relationships
- Teach pupils the correct vocabulary to describe themselves and their bodies

2. Statutory requirements

As a maintained first school we must provide relationships and health education to all pupils as per section 34 of the Children and Social work act 2017.

However, we are not required to provide sex education but we do need to teach the elements of sex education contained in the science curriculum.

In teaching RHE, we must have regard to guidance issued by the secretary of state as outlined in section 403 of the Education Act 1996.

3. Policy development

This policy has been developed in consultation with staff, pupils and parents. The consultation and policy development process involved the following steps:

1. Review – a member of staff or working group pulled together all relevant information including relevant national and local guidance
2. Staff consultation – all school staff were given the opportunity to look at the policy and are invited to share their feedback
3. Parent/carers consultation – all parents/ carers were given the opportunity to look at the policy and are invited to share their feedback

4. Pupil consultation – we investigated what exactly pupils want from their RHE

5. Ratification – once amendments were made, the policy was shared with governors and ratified

4. Definition

RHE is about the emotional, social and cultural development of pupils, and involves learning about relationships, healthy lifestyles, diversity and personal identity.

RHE involves a combination of sharing information, and exploring issues and values.

RHE is not about the promotion of sexual activity.

5. RHE Curriculum

We follow the KAPOW scheme of learning for teaching RHE within our PSHE lessons. More information on the Long-term plan and a Parents Guide is to be found on our website: Curriculum > Subjects > PSHE (inc. RHE).

If pupils ask questions outside the scope of this policy, teachers will respond in an appropriate manner so they are fully informed and don't seek answers online.

In primary schools, there is no right to withdraw from Relationships and Health Education other than for the non-statutory element of RSHE where it is taught beyond the science curriculum (babies and birth). This is normally taught in Y5/Y6 therefore our school does not teach this, which means the right to withdraw does not apply here.

6. Delivery of RHE

At Tardebigge we believe that Relationships and Health Education is fundamental to growth and development in order to fully appreciate how their bodies will change, and to learn how to form positive relationships with others.

Relationships and Health Education focuses on teaching the fundamental building block and characteristic of positive relationships including:

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

- Being Safe

These areas of learning are taught within the context of family life taking care to ensure that there is no stigmatisation of children based on their home circumstances (families can include single parent families, LGBTQ+ parents, families headed by grandparents, adoptive parents, foster parents/carers amongst other structures) along with reflecting sensitively that some children may have a different structure of support around them (for example: looked after children or young carers).

7. Roles and responsibilities

7.1 The governing body

The governing body ratifies the policy.

7.2 The headteacher

The headteacher is responsible for ensuring that RHE is taught consistently across the school.

7.3 Staff

Staff are responsible for:

Delivering RHE in a sensitive way during PSHE lessons

Modelling positive attitudes to RHE

Monitoring progress

Responding to the needs of individual pupils

Staff do not have the right to opt out of teaching RHE. Staff who have concerns about teaching RHE are encouraged to discuss this with the headteacher.

7.4 Pupils

Pupils are expected to engage fully in RHE and, when discussing issues related to RHE, treat others with respect and sensitivity.

8. Training

Staff are trained on the delivery of RHE as part of their induction and it is included in our continuing professional development calendar.

The headteacher may also invite visitors from outside the school, such as school nurses, to provide support and training to staff teaching RHE.

9. Monitoring and Review

The school will review this policy annually and update, modify, or amend it as it considers necessary. Should there be any changes/further national guidance issued relevant to this policy, it will be updated accordingly prior to the review date shown above and referred to the next Governor's meeting.

Date approved and ratified:	
Review date:	