



Relationships, Sex and Health Education (RSHE) Policy

1. Introduction and aims

At Onny and Lydbury North CE Primaries, our RSHE curriculum aims to give every child the knowledge, skills and values they need for healthy relationships and good physical and mental health. It reflects our school's values and supports each pupil's wider personal development.

Our RSHE curriculum aims to:

- deliver a progressive, age-appropriate and inclusive RSHE curriculum;
- create a safe environment for discussing sensitive topics;
- develop pupils' confidence, empathy and self-respect;
- equip pupils to build healthy, respectful relationships, online and offline;
- prepare pupils for puberty and promote healthy lifestyles;
- teach accurate vocabulary for bodies, relationships and emotions, including the correct scientific names for body parts;
- help pupils recognise boundaries, stay safe and seek support;
- promote respect, responsible decision-making and strong partnerships with parents and carers.

2. Statutory context

This policy reflects the Department for Education's statutory guidance on Relationships Education, Relationships and Sex Education (RSE) and Health Education, for introduction from 1 September 2026. Relationships Education and Health Education are statutory in primary schools.

This policy is published on our school website and a free copy is available on request. Parents and carers are consulted when the policy is developed and reviewed.

Content taught within the National Curriculum for Science remains statutory for all pupils.

3. What RSHE means at our school

RSHE brings together three areas of learning. Each has a different purpose at Onny and Lydbury North CE Primaries.

Relationships Education (statutory): pupils learn to build healthy, respectful and safe relationships with family, friends, carers, trusted adults and people online. This includes respect, kindness, personal boundaries, permission-seeking, privacy, recognising safe and unsafe situations, and knowing how to ask for help. It may include sensitive, age-appropriate safeguarding topics such as personal boundaries, unsafe touch, consent, online safety and harmful behaviours.

Health Education (statutory): pupils learn about physical health, mental wellbeing, growing and changing, puberty, healthy lifestyles, emotional wellbeing and how to seek support.

RSHE: brings these areas together, giving pupils the knowledge, skills and values they need for healthy relationships, physical and mental health, respecting difference, positive identity and safe, informed decisions. It is delivered in an age-appropriate, inclusive and respectful way.

4. Right to withdraw

Onny and Lydbury North CE Primaries does not teach any sex education beyond the statutory content of the National Curriculum for Science, so the right to withdraw does not arise.

There is no right to withdraw from statutory Relationships Education, Health Education or content taught within the National Curriculum for Science. Content within statutory Relationships and Health Education, including personal boundaries, safe and unsafe touch and staying safe, is taught to all pupils. Before any non-statutory sex education were introduced, we would consult parents and carers and update this policy.

5. How RSHE is delivered

RSHE at Onny and Lydbury North CE Primaries is delivered through regular, timetabled myHappyMind lessons, taught weekly across the year by class teachers, who provide a consistent, trusted environment where pupils feel safe to learn, reflect and ask questions.

Onny and Lydbury North CE Primaries delivers the statutory Relationships Education and Health Education requirements through the myHappyMind programme together with our own planned PSHE curriculum, [\[PSHE scheme/resources\]](#). The myHappyMind programme builds preventative habits in resilience, self-esteem, emotional awareness and positive relationships across its five modules.

Learning is carefully sequenced to build on prior knowledge, and is delivered through the myHappyMind learning platform, combining interactive lessons with journals and worksheets. Lessons are inclusive and adapted where needed so that all pupils, including those with SEND, can take part fully.

Staff receive regular safeguarding training. Concerns are managed in line with our Safeguarding and Child Protection Policy and reported promptly to the Designated Safeguarding Lead, Mrs K Geddis.

For each year group, objectives from the PSHE Association are mapped to lessons, and teachers use these mapped objectives to inform planning and monitoring of progress, in line with Onny and Lydbury North CE Primaries's assessment policy.

6. Curriculum overview

Our RSHE curriculum is built around the five modules of the myHappyMind programme:

- **Meet Your Brain:** how our brains work, and regulation strategies such as Happy Breathing.
- **Celebrate:** building self-esteem through recognising and celebrating Character Strengths.
- **Appreciate:** developing an Attitude of Gratitude by thinking about and sharing what we are grateful for.
- **Relate:** relationship-building skills such as Active Listening.
- **Engage:** Goal Setting, so children aspire, dream and learn to persevere.

Statutory Relationships Education and Health Education coverage beyond these five modules is set out in Onny and Lydbury North CE Primaries's own PSHE curriculum map.

British Values are woven through assemblies, classroom activities and interactive sessions:

- Democracy;
- Rule of Law;
- Individual Liberty;
- Mutual Respect, including respecting the protected characteristics of others;
- Tolerance of Different Faiths and Beliefs.

7. Working with parents and carers

Onny and Lydbury North CE Primaries is committed to working in partnership with families. This policy and our curriculum overviews are available to parents and carers, and we hold an annual parental consultation and information session to review the curriculum and resources.

Parents and carers are welcome to contact Onny and Lydbury North CE Primaries at any time to discuss the curriculum or to view lesson materials via Mrs K Geddis.

Where the school has rolled out the myHappymind Parent App, families can access resources linked to the myHappymind programme, understand lesson content and reinforce strategies such as Happy Breathing at home.

8. Equality

Onny and Lydbury North CE Primaries delivers RSHE in line with the Equality Act 2010, the SEND Code of Practice and our duties under the Public Sector Equality Duty.

Teaching is accessible to all pupils, and lessons are adapted where needed so that pupils with SEND can take part fully. RSHE promotes equality, respect and diversity, and is delivered in a way that avoids stereotyping, stigma or bias.

We take positive action where appropriate to meet the particular needs of groups of pupils. Resources are reviewed to make sure they reflect the diversity of our school community and of modern Britain.

9. RSHE and pupils with SEND

RSHE at Onny and Lydbury North CE Primaries is planned so that pupils with SEND can take part fully, using the graduated approach set out in the SEND Code of Practice. Adaptations include pre-teaching key vocabulary, visual supports, breaking learning into smaller steps, repetition and revisiting, and small-group teaching where appropriate. These adaptations are planned with our SENCo, Miss S Reid.

We recognise DfE guidance that some content may need to be tailored and made more explicit for some pupils with SEND because of their greater vulnerability to exploitation. Teaching of accurate vocabulary, personal boundaries and safe and unsafe touch is prioritised for these pupils.

Progress is recognised in smaller steps where pupils are working below year-group expectations. Reasonable adjustments are made in line with the Equality Act 2010, and RSHE learning is considered when preparing for annual reviews for pupils with an EHCP.

10. Protected characteristics and sensitive topics

Pupils at Onny and Lydbury North CE Primaries learn to respect the protected characteristics set out in the Equality Act 2010, taught in an age-appropriate way through the themes of family, friendship, kindness and respect for difference. Families of many forms, including single-parent families, blended families, foster and adoptive families and families with same-sex parents, are represented respectfully.

Sensitive topics are taught within a planned, age-appropriate curriculum: personal boundaries, unsafe touch, consent, online safety and harmful behaviours.

11. Managing difficult questions

Pupils may ask questions that go beyond the planned curriculum. Staff at Onny and Lydbury North CE Primaries respond sensitively and in an age-appropriate way, which may include encouraging the pupil to speak with a parent, carer or another trusted adult, or signposting to appropriate support. Where a question or response raises a possible safeguarding concern, staff follow the school's safeguarding procedures and inform the Designated Safeguarding Lead rather than redirecting the pupil home.

RSHE lessons are taught within agreed class ground rules, so pupils know how discussion will be handled. Teachers use distancing techniques, talking about characters and scenarios rather than pupils' personal experiences, and an anonymous question box allows pupils to raise questions privately. Where a question needs preparation or checking, staff may tell the pupil that they will find out and come back to it, rather than answering unprepared.

Questions are handled thoughtfully and safely rather than avoided, because unanswered questions may lead children to seek answers from unreliable or inappropriate sources, often online.

12. Safeguarding

Safeguarding principles are embedded throughout the RSHE curriculum, including online safety, healthy relationships, consent, personal boundaries, recognising safe and unsafe situations and emotional wellbeing. Lessons are delivered in a safe, age-appropriate and supportive manner.

Staff are alert to concerns arising during lessons and know how to respond in line with Onny and Lydbury North CE Primaries's safeguarding procedures, including sharing information with the Designated Safeguarding Lead, Mrs K Geddis, where appropriate. Pupils are clearly signposted so they know who to talk to if they are worried.

Staff can refer to the myHappyMind guidance on using journals to help ensure potential safeguarding disclosures are recognised and responded to appropriately.

13. Governors and trustees

The governing body of Onny and Lydbury North CE Primaries is responsible for approving this policy and for holding the Headteacher to account for its implementation.

Governors assure themselves that RSHE meets statutory requirements, that the policy is published on the school website with a free copy available on request, that parents and carers have been consulted, and that the right to withdraw is administered correctly.

The full governing body receives updates on RSHE delivery and monitoring as part of the school's regular reporting cycle.

14. Monitoring and review

Our RSHE/PSHE Lead, Mrs K Geddis, monitors the quality and impact of RSHE through activities such as pupil voice, book looks, module assessments and learning walks. Feedback celebrates good practice, identifies areas for development and informs planning. We consult parents and carers every year.

All teachers complete myHappyMind online training before teaching the programme. Staff are updated at the start of each academic year on new content, resources or curriculum changes, and ongoing CPD, including the myHappyMind Staff CPD programme, strengthens confidence, knowledge and practice.

When reviewing this policy, we check that it still reflects the latest DfE RSHE guidance, distinguishes statutory from non-statutory content, explains the right to withdraw, and reflects the Equality Act 2010 and current safeguarding guidance.

This policy is reviewed every year and re-published after each review.

Date written: September 26

Lead: Mrs K Geddis

Review: September 2027