

**BRAMCOTE CHURCH OF ENGLAND
PRIMARY SCHOOL**



**RELATIONSHIPS, SEX AND HEALTH EDUCATION
(RSHE) POLICY**

September 2026

Approved by: Strategic Development Committee
Date of approval: July 2026
Review Date: July 2027

1. Vision and Ethos

At Bramcote Church of England Primary School, our vision is rooted in Jesus' words:

"I have come that they may have life in all its fullness" (John 10:10).

Our RSHE curriculum reflects our Christian vision, values and commitment to enabling every child to flourish academically, socially, emotionally, spiritually and physically.

We recognise that healthy relationships, positive wellbeing and personal safety are fundamental to children living life in all its fullness. Through our RSHE curriculum, we seek to develop respectful, resilient and responsible individuals who understand their own worth, value others and are equipped to navigate an increasingly complex world safely and confidently.

In line with the Church of England's *Valuing All God's Children* guidance, we affirm the dignity and worth of every individual and promote a culture where all members of our community are treated with kindness, respect and compassion.

2. Aims

The aims of Relationships, Sex and Health Education at Bramcote CE Primary School are to:

- Develop pupils' confidence, self-esteem and resilience.
- Promote positive mental health and emotional wellbeing.
- Teach pupils how to build and maintain healthy relationships.
- Help pupils understand boundaries, consent and personal safety.
- Develop respect for themselves and others.
- Prepare pupils for puberty and the changes associated with growing up.
- Equip pupils with skills to stay safe both online and offline.
- Enable pupils to recognise harmful, unhealthy or unsafe situations and seek support.
- Promote understanding of diversity, equality and inclusion.
- Support pupils in becoming active, responsible citizens within modern British society.
- Fulfil statutory Relationships Education and Health Education requirements.

RSHE is not about the promotion of sexual activity.

RSHE is primarily taught by class teachers. Visitors such as health professionals may contribute to specific elements of the curriculum. All external providers are quality assured and work under the direction of school staff.

Use of External Agencies

- school retains responsibility
- safeguarding expectations
- resource approval process

3. Statutory Requirements

This policy has been developed in accordance with:

- Children and Social Work Act 2017.
- Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019.
- DfE Statutory Guidance: *Relationships Education, Relationships and Sex Education (RSE) and Health Education* (July 2025; effective September 2026).
- Equality Act 2010.
- Keeping Children Safe in Education.
- SEND Code of Practice.
- Working Together to Safeguard Children 2026

4. Curriculum Content

RSHE is delivered through weekly PSHE lessons using the Kapow curriculum, supplemented by assemblies, collective worship, RE, computing and wider curriculum opportunities.

The school uses the Kapow Primary PSHE and RSHE programme alongside carefully selected resources approved by school leaders.

The curriculum is planned progressively and age-appropriately to meet all statutory expectations.

Curriculum materials may be viewed by appointment through the school office or via materials shared at parent information sessions.

Relationships Education

Pupils will learn about:

Families and People Who Care For Me

- Different family structures.
- Stable and loving relationships.
- Marriage and civil partnerships.
- Seeking help when relationships become unsafe.

Caring Friendships

- Making and maintaining friendships.
- Kindness, honesty and trust.
- Managing conflict.
- Loneliness and belonging.
- Seeking support when friendships become unhealthy.

Respectful Relationships

- Respecting differences.
- Boundaries.
- Self-respect.
- Assertiveness.
- Challenging stereotypes.
- Preventing bullying and discrimination.

Online Safety and Awareness

- Pupils will learn:
- How to stay safe online.
- Privacy and personal information.
- Social media age restrictions.
- Critical evaluation of online information.
- Online relationships.
- Harmful content and harmful contact.
- Reporting concerns and seeking help.

Being Safe

Pupils will learn:

- Personal boundaries.
- That their body belongs to them.
- Correct anatomical vocabulary.
- Appropriate and inappropriate touch.
- Recognising abuse.
- Reporting concerns to trusted adults.
- Child-on-child abuse awareness.
- Seeking support and keeping safe.

5. Health and Wellbeing Education

Pupils will learn about:

Mental Wellbeing

- Identifying emotions.
- Building resilience.
- Self-regulation.
- Positive mental health.
- Coping with change, loss and bereavement.
- Seeking support.

Wellbeing Online

- Healthy use of technology.
- Screen time.
- Online wellbeing.
- Gaming safety.
- Online scams and financial harms.
- Respectful online behaviour.

Physical Health and Fitness

- Physical activity.
- Healthy lifestyles.
- Sleep and wellbeing.
- Physical and mental health links.

Healthy Eating

- Balanced diet.
- Nutrition.
- Healthy relationships with food.

Drugs, Alcohol, Tobacco and Vaping

Age-appropriate learning regarding:

- Risks of smoking.
- Vaping.
- Nicotine products.
- Alcohol and substance misuse.

Health Protection and Prevention

- Dental health.
- Personal hygiene.
- Infection prevention.
- Vaccinations and immunisations.
- Sun safety.

Personal Safety

- Road safety.
- Railway safety.
- Water safety.
- Fire safety.
- Risk assessment.

Basic First Aid

- Emergency services.
- Reporting incidents.
- Common injuries.

Developing Bodies

Children will learn:

- Human growth and development.
- Puberty.
- Menstruation.
- Reproductive systems - Children will be taught the correct anatomical vocabulary in an age appropriate manner.
- Body autonomy and personal boundaries.

6. Primary Sex Education

Sex Education is not compulsory in primary schools.

Bramcote CE Primary School teaches age-appropriate sex education within Year 5 and Year 6 to prepare pupils for secondary education and adolescence.

Sex education includes:

- Human reproduction.
- Conception and birth.
- Emotional and physical aspects of growing up.

Teaching is factual, age-appropriate, sensitive and delivered within the school's Christian values framework.

7. Inclusion and SEND

All pupils will access RSHE regardless of need or background.

Teaching will be adapted appropriately to ensure accessibility for pupils with SEND and will support independence, wellbeing and preparation for adulthood.

Additional support will be provided where needed to ensure all pupils can engage meaningfully with the curriculum.

8. Equality, Diversity and Inclusion

The school complies with the Equality Act 2010.

We teach about:

- Respect.
- Inclusion.
- Diversity.
- Protected characteristics in age-appropriate ways.
- Different family structures.

Teaching promotes understanding, dignity and mutual respect and is consistent with our Christian vision and values.

9. Safeguarding and Confidentiality

RSHE is an important part of safeguarding.

Staff will:

- Follow safeguarding procedures at all times.
- Never promise confidentiality.
- Report concerns in accordance with the school's Child Protection and Safeguarding Policy.
- Work closely with the Designated Safeguarding Lead (DSL).

Pupils will be taught:

- How to seek help.
- How to report concerns.
- Where to access support.
- That abuse is never their fault.

Lessons are delivered within a safe environment where pupils understand the limits of confidentiality.

10. Managing Difficult Questions

Pupils are encouraged to ask questions.

Teachers will:

- Answer questions honestly and age-appropriately.
- Use professional judgement.
- Avoid providing inappropriate detail.
- Encourage discussion with parents where appropriate.
- Signpost pupils to trusted adults and sources of support.

Where questions raise safeguarding concerns, safeguarding procedures will be followed immediately.

11. Parents and Carers

We recognise parents as the primary educators of their children in matters relating to relationships and health.

The school will:

- Consult parents when reviewing the RSHE policy.
- Inform parents of planned RSHE teaching.
- Provide opportunities to view curriculum materials and resources.
- Respond positively to parental questions and requests for information.
- Share resources used in teaching when requested.
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Parents do not have the right to withdraw children from Relationships Education or Health Education.

Parents may request withdrawal from non-statutory sex education lessons.

12. Roles and Responsibilities

Governing Body

The Governing Body will:

- Approve the policy.
- Monitor compliance.
- Hold leaders to account for implementation.

Headteacher

The Headteacher will:

- Ensure statutory compliance.
- Monitor implementation.
- Manage withdrawal requests.

Staff

Staff will:

- Deliver RSHE professionally and sensitively.
- Model positive relationships.
- Promote safeguarding.
- Monitor pupils' progress.

Pupils

Pupils are expected to:

- Participate respectfully.
- Listen to others.
- Respect different views and experiences.

13. Monitoring, Review and Evaluation

RSHE will be monitored through:

- Learning walks.
- Pupil voice - The school seeks the views of pupils through surveys and pupil voice activities when evaluating and reviewing RSHE provision.
- Planning scrutiny.
- Book scrutiny.
- Curriculum monitoring.
- Governor monitoring activities.

The policy will be reviewed annually or sooner if statutory guidance changes.

Appendix 1: Kapow PSHE and RSHE Curriculum Mapping Used by Bramcote C of E Primary School (September 2026 DfE Guidance)

This appendix demonstrates how the Kapow Primary PSHE and RSHE curriculum fulfils the statutory requirements outlined in the *DfE Relationships Education, Relationships and Sex Education (RSE) and Health Education Guidance (July 2025; effective September 2026)*.]

Relationships Education

DfE Statutory Theme	Kapow Strand	Coverage
Families and people who care for me	Families and Relationships	Understanding different family structures, caring relationships, marriage, civil partnerships, support networks and trusted adults.
Caring friendships	Families and Relationships	Building friendships, conflict resolution, loneliness, belonging, empathy, trust and managing friendship difficulties.
Respectful, kind relationships	Families and Relationships	Respect, self-respect, boundaries, stereotypes, discrimination, inclusion, assertiveness and communication skills.
Online safety and awareness	Safety and the Changing Body	Online relationships, privacy, personal information, digital footprints, social media, online risks and reporting concerns.
Being safe	Safety and the Changing Body	Consent, body ownership, personal boundaries, trusted adults, abuse prevention and recognising unsafe situations.
Mental wellbeing	Health and Wellbeing	Recognising emotions, resilience, positive mental health, self-regulation, coping strategies, bereavement and seeking support.
Wellbeing online	Safety and the Changing Body	Healthy screen use, online behaviours, gaming risks, scams, misinformation and digital wellbeing.
Physical health and fitness	Health and Wellbeing	Exercise, active lifestyles, physical fitness, healthy routines and links between physical and mental wellbeing.
Healthy eating	Health and Wellbeing	Nutrition, balanced diet, healthy choices and food preparation.
Drugs, alcohol, tobacco and vaping	Safety and the Changing Body	Age-appropriate understanding of medicines, smoking, vaping, alcohol and harmful substances.
Health protection and prevention	Health and Wellbeing	Hygiene, dental health, vaccinations, infection prevention, sleep and sun safety.

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DfE Statutory Theme	Kapow Strand	Coverage
Personal safety	Safety and the Changing Body	Road safety, rail safety, water safety, fire safety, risk awareness and emergency response.
Basic first aid	Health and Wellbeing	Emergency services, reporting incidents and basic first aid concepts.
Developing bodies	Safety and the Changing Body	Growth, puberty, menstruation, body changes, reproductive systems and personal hygiene.

Year Group Progression Overview

Early Years Foundation Stage (Reception)

Kapow Units

- Families and Relationships
- Health and Wellbeing
- Safety and the Changing Body
- Citizenship

Key Outcomes

Children begin to:

- Build positive friendships.
- Understand kindness and respect.
- Identify trusted adults.
- Recognise emotions and feelings.
- Learn basic personal safety.
- Understand healthy routines.
- Begin online safety learning.
- Recognise that families can be different and all deserve respect.

Key Stage 1 (Years 1–2)

Families and Relationships

Children learn:

- What makes a good friend.
- How families care for one another.
- Kind and respectful behaviour.
- Resolving disagreements.
- Understanding boundaries.

Health and Wellbeing

Children learn:

- Mental wellbeing.
- Healthy eating.
- Physical activity.
- Sleep and hygiene.

Safety and the Changing Body

Children learn:

- Body ownership.
- Safe and unsafe secrets.
- Online safety basics.
- Communicating concerns to trusted adults.

Lower Key Stage 2 (Years 3–4)

Families and Relationships

Children learn:

- Healthy friendships.
- Respectful disagreement.
- Empathy and inclusion.
- Challenging stereotypes.
- Bullying and discrimination.

Health and Wellbeing

Children learn:

- Emotional regulation.
- Positive self-esteem.
- Dental health.
- Physical activity and wellbeing.

Safety and the Changing Body

Children learn:

- Online risks.
- Privacy and personal information.
- Consent and boundaries.
- Trusted relationships.
- Body changes and growing up.

Upper Key Stage 2 (Years 5–6)

Families and Relationships

Children learn:

- Healthy relationships.
- Conflict management.
- Peer pressure.
- Respectful communication.
- Different types of family structures.

Health and Wellbeing

Children learn:

- Mental health awareness.
- Resilience.
- Healthy lifestyles.
- Risks associated with substances including vaping.

Safety and the Changing Body

Children learn:

- Puberty.
- Menstruation.
- Reproduction.
- Physical and emotional changes.
- Online safety and harmful content.
- Managing personal risk.
- Recognising abuse and exploitation.
- Seeking support effectively.

Protected Characteristics and Inclusion

The Kapow curriculum supports understanding of:

- Age
- Disability
- Race
- Religion or belief
- Sex
- Sexual orientation
- Gender reassignment
- Marriage and civil partnership
- Pregnancy and maternity

through age-appropriate teaching about diversity, equality, respect and inclusion.

Church of England Distinctiveness

At Bramcote CE Primary School, Kapow PSHE and RSHE is taught through the lens of our Christian vision:

"Life in all its fullness" (John 10:10)

Learning is enriched through:

- Christian values.
- Collective worship.
- Religious Education.
- Valuing All God's Children guidance.
- Respect for the dignity and worth of every individual.

This ensures statutory expectations are met while maintaining the distinctive Christian character of the school