



**Abbey Lane Primary School**

**RSHE (Relationships, Sex and  
Health Education)  
Policy**

**Reviewed by: J Heafield**  
November 2023

This policy covers our school's approach to teaching Relationships, Sex and Health Education (RSHE) with Personal, Social, Health Education (PSHE) taught within this. RSHE should teach characteristics of positive relationships, including family, friends and online. It is lifelong learning about physical, moral and emotional development. Although schools are not required to provide sex education, Abbey Lane will provide this to pupils in Year 6. This is optional for parents (detail on opting out of sex education is available further down in this document). RSHE is not about the promotion of any particular sexual orientation, identity, belief system or activity.

### **Definitions**

**RSHE** - Relationships, Sex and Health education- we are required to teach Relationships and Health Education as part of the statutory curriculum from September 2021 (DFE: Policy Statement: Relationships Education, Relationships and Sex Education (RSHE) and Health Education, February 2019).

**PSHE** - Personal, Social, Health and Economic education- PSHE and RSHE objectives overlap and will often be achieved simultaneously.

**Citizenship** - A non-statutory element of the national curriculum. Abbey Lane teaches all of the non-statutory citizenship objectives alongside PSHE and RSHE. This is also the umbrella term that we use to describe all of the lessons that cover national events, such as; Anti Bullying week, Road Safety week etc. PSHE, RSHE and Citizenship. Citizenship is also the umbrella that we use to describe all of these subjects to the children at Abbey Lane. **In this document, the word Citizenship will be used to refer to all of the above subjects.**

### **Aims**

Our school's overarching aims are to create a secure, happy environment, which will help all our pupils to fulfil their potential. We seek to provide a range of opportunities for all of our pupils and show by example the importance of respect and empathy for each other. Therefore, the pupils can consider and evaluate knowledge, attitudes and beliefs concerned with their personal and social development. We aim to help the children develop life skills, which will equip them to be happy, responsible and healthy members of society. We believe that Citizenship education plays a key part in providing children and young people with the knowledge that enables them to make informed decisions about their wellbeing, health and relationships.

### **Curriculum**

At Abbey Lane School, the Sheffield Schools curriculum is used for our RSHE and PSHE learning. PSHE is taught throughout the school as an integral part of our whole school RSHE programme. It is taught depending on the needs of the children. Biological aspects are also covered within Science. The learning also links to topics in PE and Computing. It is delivered by the class teacher or HLTA.

### **Inclusivity**

All pupils, whatever their experience, background and identity, are entitled to quality Citizenship education that helps them to build confidence, a positive sense of self, and the knowledge and understanding to stay safe and healthy. All classes include pupils with different abilities and aptitudes, experiences, home structures, religious/cultural backgrounds, gender and sexual identities. Therefore, we ensure that RSHE is inclusive and meets the needs of all our pupils by adapting the curriculum where appropriate. Techniques such as using highly visual resources, group work, repetition and targeted questioning and discussions are all part of our

basic daily good practice. Teachers will adapt their lessons to bear in mind the specific needs of all pupils, which might include pre-teaching or post lesson discussions.

### **Monitoring**

The delivery of RSHE will be monitored by the RSHE lead through use of RSHE class books, pupil questionnaires and pupil voice. Pupil voice will be influential in adapting planning activities. RSHE learning will be assessed verbally during class discussions.

### **Working with parents**

We are committed to working with parents and carers to ensure that they are fully aware of what is being taught and when during the year through the curriculum matrices, which are uploaded in individual year groups on the school website. They will be informed of this policy through the school website.

### **Right to withdrawal**

Parents have the right to request that their child be withdrawn from some or all of sex education, delivered as part of statutory RSHE (other than understanding the basics of sexual reproduction in plants and animals in the National Curriculum as part of Science), but **not** from relationships or health education. If a parent wishes to have their child withdrawn from sex education, they are required to put the request in writing, addressed to the class teacher or RSHE curriculum lead. Class teachers will ensure appropriate alternative work will be given to pupils who are withdrawn from sex education.

### **Citizenship around school**

We have a Team System, in which children throughout school, from FS to Y6, can earn team points for being:

- polite
- considerate
- thoughtful
- resourceful
- respectful

around school. Team points are independent of any class merit rewards. The team with the most points will receive a reward at the end of each term.

Documents that inform the school's Relationships, Sex and Health Education policy include:

- *Education Act (1996)*
- *Learning and Skills Act (2000)*
- *Education and Inspections Act (2006)*
- *Equality Act (2010),*
- *Supplementary Guidance SRE for the 21st century (2014)*
- *Keeping children safe in education - Statutory safeguarding guidance (2016)*
- *Children and Social Work Act (2017)*
- *Safeguarding Policy - Abbey Lane*

See also policies for Anti-Bullying, Behaviour, Safeguarding and Drug Education.

The RSHE Policy will be reviewed annually.

Joelle Heafield  
RSHE Subject Leader Revised 8.11.2023