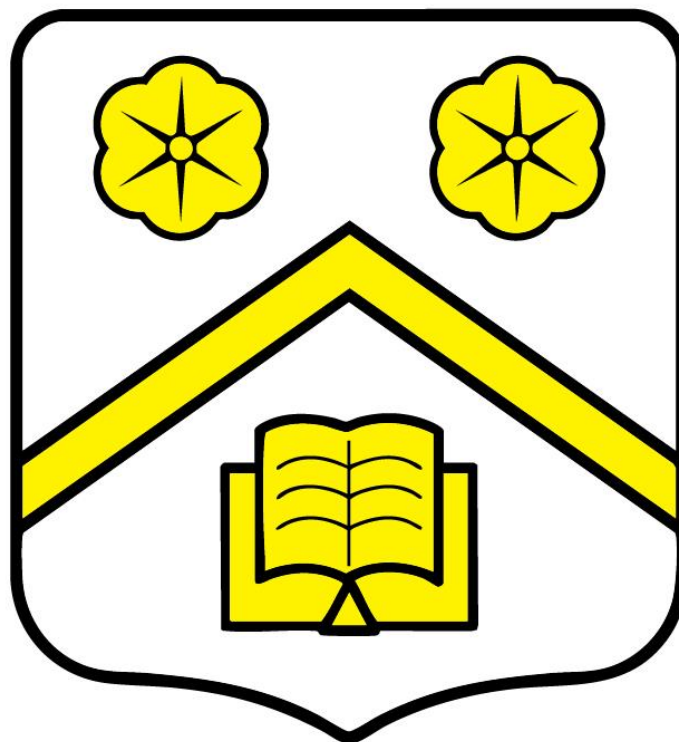


Trinity Academy Whitehill



RSHE Policy 2026 - 2027

Policy	RSHE Policy
Date of review	June 2026
Date of next review	June 2027
Lead professional	Chloe Barstow
Status	Statutory

- 1 This policy is informed by the Department for Education statutory guidance: *Relationships Education, Relationships and Sex Education (RSE) and Health Education (2024)*.
- 2 The governing body is committed to delivering a high-quality Relationships, Sex and Health Education (RSHE) curriculum that equips all pupils with the knowledge, skills and understanding required to:
 - develop safe, positive and respectful relationships
 - understand and manage their physical and mental wellbeing
 - recognise risk and stay safe, both online and offline
 - prepare for the responsibilities and experiences of later life
- 3 The governing body recognises that, within a primary context:
 - Relationships Education and Health Education are statutory
 - Sex Education is non-statutory (beyond the science curriculum) and will be limited, age-appropriate and developmentally informed
- 4 RSHE is a key component of the academy's safeguarding and personal development provision. The curriculum is designed to ensure that all pupils are prepared for life in modern Britain and can thrive as safe, respectful and responsible individuals.
- 5 The governing body will ensure that the following are in place and operating effectively:
 - A clearly identified RSHE Lead
 - A sequenced and progressive curriculum
 - Delivery through PSHE lessons, science, assemblies and wider curriculum opportunities
 - High-quality staff training and professional development
 - Adaptation for SEND and vulnerable pupils
 - Strong links with safeguarding procedures and pastoral systems
 - Regular pupil voice and curriculum review processes
 - Ongoing monitoring, evaluation and quality assurance
- 6 The RSHE curriculum is carefully planned to ensure that knowledge and skills are built progressively and are appropriate to pupils' age, stage and context.

- 7 The RSHE Lead is the central point of contact within the academy and provides strategic leadership for RSHE.
- 8 The RSHE Lead will:
 - Ensure the curriculum is compliant with statutory guidance
 - Promote a whole-school culture where wellbeing, respect and safety are prioritised
 - Support staff to deliver RSHE confidently and effectively
 - Provide high-quality resources and training
 - Monitor the quality of provision and pupil outcomes
 - Work closely with the Designated Safeguarding Lead
 - Lead policy development and review
 - Ensure effective engagement with parents and carers
- 9 The RSHE Lead promotes a culture in which pupils:
 - Feel safe to discuss appropriate issues
 - Understand healthy relationships and personal boundaries
 - Develop respect for others, including those with differing backgrounds and beliefs
 - Can recognise risk and seek support
 - Are prepared for the physical and emotional changes of growing up
 - Know how to stay safe in online and offline contexts

RSHE Curriculum

- 10 The RSHE curriculum is delivered through a structured, progressive programme.

Relationships Education

- 11 Pupils will be taught:
 - The importance of families, including diversity in family structures
 - The characteristics of healthy, respectful relationships
 - Friendship, kindness, trust and conflict resolution
 - Bullying, including online behaviours, and how to respond
 - The importance of respect, equality and inclusion
 - How relationships apply in both real-life and online contexts
 - How to seek help if they feel unsafe or concerned

Health Education

- 12 Pupils will be taught:
 - Mental wellbeing and emotional literacy

- The importance of resilience and seeking support
- Online safety, including risks and responsible use
- Physical health, exercise and healthy lifestyle choices
- Healthy eating and personal hygiene
- The risks associated with drugs, alcohol and tobacco (age appropriate)
- First aid and basic health awareness
- Changes to the human body, including puberty (Year 6)

Sex Education (Year 6)

- 13 Any additional sex education beyond the science curriculum will:
- Be limited and age-appropriate
 - Focus on preparing pupils for puberty
 - Be delivered in a sensitive and inclusive manner
- 14 Parents retain the right to withdraw their child from non-statutory sex education.

Roles and Responsibilities for All Staff

- 15 All staff will:
- Deliver RSHE in a professional, age-appropriate and inclusive way
 - Maintain high expectations of behaviour and engagement
 - Understand safeguarding responsibilities and follow procedures
 - Be aware of pupils' developmental needs
 - Promote respect, equality and positive relationships
 - Respond appropriately to disclosures or sensitive questions
 - Reinforce RSHE across the school environment
- 16 All staff recognise that RSHE is a key aspect of safeguarding.
- Safeguarding is central to RSHE delivery.
- 17 Through RSHE, pupils will learn:
- How to recognise unsafe or inappropriate situations
 - The importance of personal boundaries and consent (age appropriate)
 - How to report concerns and seek help

- 18 Staff will:
- Follow all safeguarding procedures
 - Be alert to disclosures arising from RSHE lessons
 - Respond calmly and appropriately

- Report concerns immediately to the Designated Safeguarding Lead

Working with Parents and Carers

- 19 The academy values the role of parents and carers as primary educators.
- 20 The academy will:
- Provide clear information about RSHE content
 - Offer opportunities for parents to view resources
 - Engage in consultation and communication
- 21 Parents have the legal right to withdraw their child from non-statutory sex education. There is no right to withdraw from Relationships or Health Education.

Equality and Inclusion

- 22 The academy is committed to ensuring that RSHE is inclusive and accessible to all pupils.
- 23 Teaching will:
- Reflect the needs of all pupils, including those with SEND
 - Promote respect for diversity
 - Challenge prejudice and discrimination
 - Reflect the Equality Act 2010, including protected characteristics
 - Ensure all pupils feel safe, represented and respected

Role of the Governing Body

- 24 The governing body will:
- Ensure statutory requirements for RSHE are met
 - Appoint and support the RSHE Lead
 - Monitor the quality and effectiveness of provision
 - Ensure appropriate engagement with parents
 - Review the policy annually
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- 25 The governing body will hold leaders to account for the quality and impact of RSHE.

Monitoring, Evaluation and Impact

- 26 The effectiveness of RSHE will be monitored through:
- Curriculum reviews and development cycles
 - Lesson observations and quality assurance activities
 - Pupil voice and feedback
 - Staff reflection and evaluation
 - Safeguarding data and trends
- 27 The impact of RSHE provision will be evidenced through pupils:
- Demonstrating understanding of how to stay safe
 - Showing respectful attitudes and behaviours
 - Being able to articulate key knowledge
 - Knowing how and when to seek support

Conclusion

- 28 This policy reflects the academy's commitment to delivering a high-quality RSHE curriculum that supports pupils' safety, wellbeing and personal development. Through a structured and inclusive approach, the academy ensures that all pupils are prepared for the opportunities and challenges of modern life.