The Mulberry Primary School

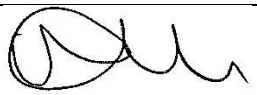
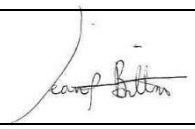
○ Learning and Achieving Together ○

RSHE Policy

2026

Policy Status	***Statutory***
Policy Originator	***The Mulberry Primary School***
Creation Date	***2015***
Adopted by Full Governing Body	***March 2026***
Last Review Date	***June 2026***
Next Review Date	***March 2027***

The Mulberry Primary School
Relationship, Sex and Health Education (RSHE) Policy

Person responsible for RSHE in School	Verona Nuha
Signature of Headteacher	
Signature of Chair of Governors	

Boroughwide consultation taken place concerning the implementation of the 2020 guidance in RSHE
(tick as appropriate)

Pupils	Parents / Carers	Community Groups	Faith Groups	Local Councillors	Teachers	Ofsted	School Governors	LA	Professional Associations

School Consultation taken place concerning the implementation of the 2020 guidance in RSHE

	Parents / Carers	**Teachers**	**School Governors**
Date			
What we did			

Relationships, Sex and Health Education (RSHE) Policy

Policy Statement: Aims and Objectives of RSHE
At The Mulberry Primary School, we are committed to providing a high-quality Relationships, Sex and Health Education (RSHE) curriculum that is age-appropriate, evidence-informed, inclusive, safeguarding-focused and compliant with statutory guidance.

Our RSHE curriculum supports pupils to:

- build healthy, respectful and safe relationships
- understand physical and mental wellbeing
- develop resilience, empathy and emotional literacy
- recognise and respond to risk, including online harm
- understand the importance of consent, boundaries and respect
- prepare for the opportunities, responsibilities and experiences of later life

This policy reflects:

- Department for Education statutory guidance for Relationships Education, Relationships and Sex Education (RSE) and Health Education;
- Equality Act 2010;
- Keeping Children Safe in Education;
- Children and Social Work Act 2017;
- Public Sector Equality Duty 2014;
- Safeguarding and online safety expectations effective from September 2026.

We are clear that our aim is to educate pupils about these important subjects alongside parents and carers.

Statutory Requirements
Primary schools are required to teach:

- Relationships Education
- Health Education
- National Curriculum Science

At The Mulberry Primary School, RSHE is delivered through:

- PSHE curriculum
- science curriculum
- computing curriculum
- assemblies

The school will ensure teaching is:
- factual and age appropriate
- evidence informed

- developmentally appropriate;
- respectful of faith and family backgrounds
- inclusive of all pupils
- delivered within a safeguarding framework

Aims of RSHE

The aims of RSHE at The Mulberry Primary School are to provide pupils with accurate and age-appropriate knowledge while developing their confidence, resilience and self-esteem. Through the curriculum, pupils are supported to recognise healthy and unhealthy relationships and to understand the importance of kindness, respect and tolerance. RSHE also helps children to stay safe both online and offline, equips them with strategies to seek help and support when needed, and prepares them for puberty and emotional development. In addition, the curriculum promotes physical and mental wellbeing, challenges bullying, prejudice and discriminatory behaviour, and teaches pupils about privacy, bodily autonomy and consent in age-appropriate ways.

Safeguarding

Safeguarding is central to the teaching of RSHE.

All RSHE teaching will support pupils to recognise unsafe situations, identify trusted adults and understand the difference between appropriate and inappropriate behaviour. Pupils will also learn to recognise coercion, bullying and other harmful behaviours, understand how to seek help when needed, and feel confident in reporting concerns safely and appropriately.

Teaching staff will follow the school's Safeguarding and Child Protection Policy, Online Safety Policy, Behaviour Policy, Anti-Bullying Policy and Equality Policy when delivering RSHE. Any safeguarding concerns or disclosures arising during lessons will be managed in line with statutory safeguarding procedures. Staff will not promise confidentiality to pupils where safeguarding concerns arise.

Equality, Inclusion and Protected Characteristics

The Mulberry Primary School complies with the Equality Act 2010. RSHE teaching at The Mulberry Primary School will be accessible to all pupils, including those with SEND, and will reflect the diversity of modern Britain while promoting respect for protected characteristics. Teaching will challenge prejudice and discriminatory language and ensure that no pupil is discriminated against because of sex, race, disability, religion or belief, sexual orientation, gender reassignment, pregnancy or maternity. Lessons will be sensitive to pupils' age and developmental stage, religious and cultural backgrounds, and family circumstances. The school recognises that families may hold differing beliefs and values, and teaching will always be delivered respectfully, in line with statutory requirements, using balanced, age-appropriate and evidence-based materials. The school will not teach contested social or political views as fact and will ensure teaching materials are balanced, age-appropriate and evidence based.

Online Safety and Digital Literacy

Online safety is embedded throughout the RSHE curriculum at The Mulberry Primary School. Pupils will learn how to stay safe online, recognise online risks and manipulation, understand

privacy and personal information, and develop healthy online behaviours. They will also learn how to report concerns and understand the risks associated with social media, gaming and online communication, including exposure to inappropriate content and harmful online influences in an age-appropriate way.

Teaching will reflect current safeguarding expectations and help pupils understand issues such as cyberbullying, online exploitation, harmful content, misinformation, excessive screen time and peer pressure online.

Relationships Education
Relationships Education focuses on the fundamental building blocks of positive relationships. Pupils will learn about families and people who care for them, caring friendships, respectful relationships, kindness and empathy, anti-bullying, boundaries and consent, online relationships and staying safe. Teaching will promote respect for others; inclusion, kindness, personal responsibility and appropriate behaviour, while helping pupils understand that all people deserve respect.

There is no right to withdraw from Relationships Education.

Health Education
Health Education aims to support pupils' physical and mental wellbeing by teaching them about mental wellbeing, emotional literacy, healthy lifestyles, physical health and fitness, healthy eating, sleep and hygiene, dental health, puberty and changing bodies, menstrual wellbeing, basic first aid, medicines and household substances, and the importance of seeking help. Teaching will encourage pupils to recognise when they or others may need support and how to access trusted adults and appropriate services.

There is no right to withdraw from Health Education.

Sex Education
In addition to National Curriculum Science, The Mulberry Primary School teaches age-appropriate sex education in Upper Key Stage 2. Teaching will be factual, age appropriate and delivered sensitively using correct scientific vocabulary, while supporting pupils in their transition to secondary school.

Teaching materials will be reviewed regularly to ensure they remain age appropriate and compliant with statutory guidance.

Right to Withdraw
Parents and carers do not have the right to withdraw children from:

- Relationships Education
- Health Education
- National Curriculum Science

Parents and carers may request withdrawal from non-statutory sex education elements beyond the National Curriculum.

Where a request is made:

1. a meeting will take place with a member of the Senior Leadership Team
2. concerns will be discussed respectfully
3. the school will explain curriculum content and rationale

Teaching and Learning
RSHE will be taught through:

- PSHE/RSHE lessons
- science lessons
- computing curriculum
- assemblies
- themed events

The school uses SCARF and additional quality-assured resources selected by the RSHE Lead. Resources will be:

- evidence informed
- age appropriate
- regularly reviewed
- free from inappropriate bias
- compliant with safeguarding expectations

Teaching approaches may include:

- discussion work
- scenario-based learning
- circle time
- paired and group activities
- video and story-based learning

Ground rules will be established to ensure lessons remain respectful, safe and inclusive. Pupils will not be expected to disclose personal experiences.

SEND and Accessibility
The school will ensure that RSHE is accessible to all pupils, including those with SEND, through the use of differentiated resources, adapted language, visual supports, additional adult support where appropriate, and flexible teaching strategies. All pupils are entitled to RSHE that helps them stay safe and develop an understanding of healthy relationships.

Working with Parents and Carers
The school values partnership working with parents and carers.

The school will:

- provide opportunities for consultation
- share curriculum information
- communicate when sensitive content is taught
- offer meetings where appropriate
- respond to concerns respectfully

Parents and carers may view curriculum materials on request.

Monitoring, Review and Governance
The Governing Body will ensure that:

- statutory requirements are met
- the policy is implemented effectively
- RSHE remains compliant with current guidance

The RSHE Lead will monitor:
- curriculum coverage
- teaching quality
- pupil voice
- safeguarding themes

Appendix 1 – SCARF Curriculum Overview

Year/Half-termly unit titles	1 Me and my Relationships	2 Valuing Difference	3 Keeping Safe	4 Rights and Respect	5 Being my Best	6 Growing and Changing
EYFS	What makes me special People close to me Getting help	Similarities & difference Celebrating difference Showing kindness	Keeping my body safe Safe secrets & touches People who help to keep us safe	Looking after things: friends, environment, money	Keeping by body healthy – food, exercise, sleep Growth Mindset	Cycles Life stages Girls & boys – similarities & difference
Y1	Feelings Getting help Classroom rules Special people Being a good friend	Recognising, valuing & celebrating difference Developing respect & accepting others Bullying & getting help	How our feelings can keep us safe – inc. online safety Safe & unsafe touches Medicine Safety Sleep	Taking care of things: Myself My money My environment	Growth Mindset Healthy eating Hygiene & health Cooperation	Getting help Becoming independent My body parts Taking care of self & others
Y2	Bullying & teasing Our school rules about bullying Being a good friend Feelings/self-regulation	Being kind & helping others Celebrating difference People who help us Listening Skills	Safe & unsafe secrets Appropriate touch Medicine safety	Cooperation Self-regulation Online safety Looking after money – saving & spending	Growth Mindset Looking after my body Hygiene & health Exercise & sleep	Life cycles Dealing with loss Being supportive Growing & changing Privacy
Y3	Cooperation Online rules & restrictions Online behaviours Friendship (respectful relationships) Coping with loss	Recognising & respecting diversity Being respectful & tolerant My community Bullying, inc. online	Managing risk Decision-making skills Drugs & their risks Staying safe online Digital literacy	Helping & being helped Looking after the environment Managing money Developing critical thinking	Keeping myself healthy & well Celebrating & developing my skills Developing empathy	Changing bodies & puberty Keeping safe Safe & unsafe secrets Relationships, inc. online
Y4	Healthy relationships Listening to feelings Bullying Assertive skills	Recognising & celebrating difference (inc. religions & cultural difference) Understanding & challenging stereotypes	Managing risk inc. online Understanding the norms of drug use (cigarette & alcohol use) Influences Online safety & behaviours	Making a difference (different ways of helping others or the environment) Media influence & digital literacy Decisions about spending money	Having choices & making decisions about my health Taking care of my environment My skills & interests	Body changes during puberty Managing difficult feelings Relationships inc. marriage
Y5	Feelings Friendship skills, inc. compromise Assertive skills Cooperation Recognising emotional needs	Recognising & celebrating difference, inc. religions & cultural Critical digital awareness Online Bullying & self esteem	Online safety Bullying inc. online Norms around use of legal drugs (tobacco, alcohol) Decision-making skills	My health rights, respect & duties Making a difference Decisions about lending, borrowing & spending Media manipulation Artificial Intelligence	Growing independence & taking ownership Keeping myself healthy Media awareness & safety My community	Managing difficult feelings Managing change How my feelings help keeping safe Getting help
Y6	Assertiveness Cooperation Safe/unsafe touches Positive relationships	Recognising & celebrating difference Recognising & reflecting on prejudice-based bullying Bystander behaviour Gender stereotyping	Understanding emotional needs Staying safe online Digital footprint Drugs: norms & risks (inc. the law)	Understanding media bias Digital critical thinking Caring: communities & the environment Earning & saving money Understanding democracy	Aspirations Managing risk Looking after wellbeing Digital literacy & critical thinking skills	Coping with changes Keeping safe inc. online AI/ deep fakes Body Image Sex education Self-esteem