



Highgate Primary School

Relationship, Sex and Health Education Policy 2026

At Highgate Primary School, we base our RSHE education programme upon the Islington 'You, Me and PSHE' PSHE programme and use it as a framework to meet all Relationship, Sex and Health Education statutory requirements. This is a progressive and sequential approach to the learning of key concepts and ideas. It is adapted to meet the needs of individual pupils and groups of pupils and is carefully designed to fit with our overall curriculum methodology. This ensures children can make meaningful links across subject areas and build on existing knowledge and skills. We will ensure that RSHE is inclusive and meets the needs of all our pupils, including those with special educational needs and disabilities, and that RSHE fosters equality for all.

RSHE at Highgate Primary School reflects the requirements of the 2026 statutory guidance for Relationships, Sex and Health Education. Teaching is age appropriate, evidence informed and inclusive, supporting pupils to develop the knowledge, skills and attributes needed to form positive relationships, make informed decisions and keep themselves safe both online and offline. Teaching reflects the diversity of modern Britain and complies with the Equality Act 2010. Pupils will be taught in a way that respects different faiths, cultures, family structures and backgrounds.

All adults will work towards achieving these aims for RSE in our school. We seek to enable our children to:

- develop interpersonal and communication skills
- develop positive values and a moral framework that will guide their decisions and behaviour
- develop understanding of the value of marriage, stable relationships and family life as a positive environment for bringing up children
- respect themselves and others, their views, backgrounds, cultures and experiences
- develop loving, caring relationships based on mutual respect
- name the private parts of the body confidently and communicate with trusted adults to keep themselves safe
- understand the process of human reproduction
- understand the reasons for and benefits of delaying sexual activity
- be prepared for puberty and the emotional and physical effects of body changes

- understand the attitudes and skills needed to maintain their sexual health
- have opportunities throughout their schooling to address RSE in an age-appropriate way
- value, care for and respect their bodies
- access additional advice and support.
- develop the confidence to recognise trusted adults and seek help when needed
- understand how to build and maintain healthy relationships, including managing conflict and respecting boundaries
- develop the skills to stay safe online, including understanding privacy settings, scams, fraud and inappropriate content
- understand personal safety in a range of situations including around roads, railways, water and fire
- understand change and loss, including bereavement, and know how to access support
- use correct anatomical vocabulary when discussing body parts and personal health
- recognise that everyone has the right to feel safe and be treated with respect and dignity

Safeguarding and Confidentiality

Teachers will create a safe and respectful learning environment in which pupils feel able to ask questions and share views. Ground rules will be established at the start of lessons. While pupils' contributions will be treated with sensitivity, staff cannot offer complete confidentiality. If a pupil discloses information that raises a safeguarding concern, staff will follow the school's safeguarding procedures and report concerns to the Designated Safeguarding Lead in line with the school's Child Protection and Safeguarding Policy. RSHE supports safeguarding by helping pupils recognise unsafe situations, understand consent and boundaries, and know how to seek support from trusted adults.

Throughout the school, pupils will learn about:

- healthy friendships and family relationships
- respectful behaviour and communication
- online relationships and online safety
- privacy and personal information
- scams, fraud and online risks
- personal safety, including road, rail, water and fire safety
- emotional wellbeing, resilience and self-regulation
- change, loss and bereavement
- the importance of seeking help and support when needed

Curriculum overview

By the end of Key Stage 2, pupils will have had the opportunity to express their views and respect those of others. They will have discussed some of the bodily and emotional changes that occur during puberty and how to deal with these in positive way. They will have practiced skills in making judgements and decisions and will be able to list some ways of resisting negative peer pressure around issues affecting health and well-being. Pupils will

also have considered different types of relationship (for example friendship, siblings) and discussed ways in which people can maintain good relationships (for example listening, supporting, caring).

Lessons will be taught by class teachers. All teachers are confident to deliver the content and all subject matter and technical language will be explained.

Teaching and resources will be differentiated as appropriate to address the needs of all learners including those with special educational needs in order for them to have full access to the content of relationships and sex education. **Teachers will send out information to parents/carers before the programme is taught.**

With regards to the relationship and sex element of the curriculum pupils will cover the following (there are other units about healthy relationships, friendships which feature on the PSHE overview):

Spring Term Year 2	
Boys and girls, families	
• Understand and respect the differences and similarities between people • Know about the biological differences between male and female animals and their role in the life cycle • Know about the biological differences between male and female children • Know about growing from young to old and that they are growing and changing • Know that everyone needs to be cared for and ways in which they care for others • Know about different types of family and how their home life is special	
Summer term Year 5 RSE	Autumn Year 6 RSE
Growing up and changing	Healthy Relationships: How a baby is made
• about the way we grow and change throughout the human lifecycle • about the physical changes associated with puberty • about menstruation • about the impact of puberty on physical hygiene and strategies for managing this • about how puberty affects emotions and behavior and strategies for dealing with the changes associated with puberty • about strategies to deal with feelings in the context of relationships • to answer each other's questions about puberty with confidence • where to seek support and advice when they need it	• about the changes that occur during puberty • to understand and challenge stereotypes, respect differences and recognise the importance of treating others fairly and with respect. • which values are important to them in relationships and to appreciate the importance of friendship in intimate relationships. • about human reproduction in the context of the human life cycle • about how a baby is made and grows (conception and pregnancy) • about roles and responsibilities of parents and carers • to answer each other's questions about sex and relationships with confidence • where to find support and advice when they need it.

Parental Right to Withdraw

In primary schools, Relationships Education and Health Education are compulsory, and parents do not have the right to withdraw their child from these subjects. This includes lessons on friendships, families, respect, online safety, and health topics such as puberty, menstruation, hygiene, emotional changes, and strategies for managing feelings. These areas are essential for safeguarding and preparing children for life and are statutory requirements.

However, parents **do have** the right to request that their child be withdrawn from any sex education provided in primary school that goes beyond the national science curriculum. This typically includes lessons on human reproduction, conception, and pregnancy if taught outside the science programme. If a parent makes such a request, the headteacher will grant it automatically. The school will provide alternative, purposeful education during these sessions. There is no right to withdraw from science lessons, which cover the human life cycle and reproduction in plants and animals.

Policy Review: This policy will be reviewed every two years, or sooner if statutory guidance changes. The school will consult with staff, governors, parents and, where appropriate, pupils when reviewing the policy and curriculum content. Information about the RSHE curriculum will be made available to parents and carers

Monitoring & assessment

RSHE will be monitored by the subject leader through student voice, questioning and observations.

Anonymous question boxes will be used in the lessons so pupils can ask questions should they feel the need to use it.

Pupil Services

Pupils will be taught how to access various support services such as the NSPCC and Childline.

The RSHE Policy is implemented in line with the following school/Trust policies:

- Safeguarding and Child Protection
- PSHE
- Behaviour
- Online Safety
- SEND
- Equality