



**Aspire-Learn-Succeed**

# **Relationships Education Policy**

**2025-2026**

# Mill Hill Primary School

## Relationships and Sex Education (RSE) and Health Education Policy

**Policy:** Relationships and Sex Education (RSE) & Health Education  
**Status:** Statutory  
**Responsibility:** PSHE Lead (Mrs C Small) / Head Teacher (Mrs L Errington)  
**Approved by:** Governing Body  
**Review Cycle:** Annual  
**Last Reviewed:** September 2025  
**Next Review:** September 2026

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## 1. Policy Statement

Mill Hill Primary School is committed to providing high-quality Relationships and Sex Education (RSE) and Health Education that supports pupils to develop the knowledge, skills and attributes they need to keep themselves healthy, safe and prepared for life and work.

This policy aligns with:

- The Children and Social Work Act 2017
- The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019
- Statutory RSE Guidance (DfE, 2019)
- Equality Act 2010

## 2. Definition and Legal Requirements

Relationships Education teaches the fundamental building blocks of positive relationships, including friendships, family relationships and relationships with other children and adults.

From September 2020, Relationships Education and Health Education became compulsory for all primary pupils.

Parents do not have the right to withdraw their child from Relationships Education or Health Education.

Sex Education is not compulsory in primary schools and is not included in the Mill Hill Primary School curriculum beyond the statutory Science curriculum.

## 3. Aims of RSE and Health Education

Mill Hill Primary School aims to ensure that all pupils:

- Develop healthy, respectful relationships
- Understand family and friendship dynamics
- Know how to stay safe, including online
- Understand physical and mental wellbeing
- Develop self-care skills and know how to seek help
- Are prepared for the changes of growing up

## 4. Curriculum Delivery

RSE and Health Education are taught:

- Through a planned PSHE curriculum
- By trained teaching staff
- In a sensitive, inclusive and age-appropriate manner
- With respect for pupils' backgrounds, beliefs and experiences

RSE is also supported through:

- Science curriculum content
- Computing (Online safety)
- PE (Health and fitness)

External agencies may support delivery where appropriate. All visitors must comply with safeguarding procedures and deliver pre-agreed content.

Educational visits may enhance learning and will be planned in line with safeguarding expectations.

## 5. Curriculum Structure

The curriculum is based on three core themes:

**Core Theme 1: Health and Wellbeing**

**Core Theme 2: Relationships**

**Core Theme 3: Living in the Wider World**

Curriculum planning has been developed in consultation with:

- Parents
- Governors
- Senior Leadership Team
- Staff

## 6. Early Years Foundation Stage (EYFS)

In EYFS, RSE and Health Education are taught through topic-based learning linked to the Early Learning Goals, including:

- Healthy lifestyles
- Growing and changing
- Keeping safe
- Feelings and emotions
- Healthy relationships
- Valuing differences

## 7. Inclusion and Equal Opportunities

RSE and Health Education are provided to all pupils, including those with:

- SEND
- Communication and interaction needs
- Cognition and learning needs
- SEMH needs
- Sensory or physical needs

Teachers adapt lessons to meet individual needs and consider:

- Cultural background
- Family circumstances
- Sexual orientation
- Disability

Provision is informed by pupils' SEN Support Plans where appropriate.

## 8. Parental Engagement

Mill Hill Primary School values strong partnerships with parents and carers. We will:

- Inform parents of the RSE curriculum via termly newsletters
- Provide opportunities to view teaching materials
- Offer information sessions where appropriate
- Respond to questions or concerns sensitively and promptly
- Ensure transparency around curriculum content

*Although parents cannot withdraw their child from statutory content, we aim to work collaboratively to build confidence and understanding.*

## 9. Safeguarding and RSE

RSE plays a vital role in safeguarding. It helps pupils:

- Understand boundaries
- Recognise unsafe situations
- Know how to report concerns
- Develop vocabulary to describe their feelings and experiences

Any disclosures made during RSE lessons will be handled in line with the school's Safeguarding Policy. Staff cannot promise confidentiality and must report concerns to the Designated Safeguarding Lead and recorded appropriately.

## 10. Roles and Responsibilities

### Governing Body

- Ensures the policy meets statutory requirements
- Reviews and approves the policy annually

### Head Teacher

- Ensures RSE is taught consistently
- Oversees staff training and curriculum delivery

### PSHE Lead

- Leads curriculum planning
- Supports staff
- Monitors teaching and learning
- Reviews resources

### Teachers

- Deliver RSE sensitively and inclusively
- Follow the policy and curriculum
- Respond to pupils' needs

### Parents/Carers

- Support their child's learning
- Engage with information provided by the school

### Pupils

- Engage respectfully in lessons
- Ask questions
- Seek help when needed

## 11. Confidentiality

Teachers will:

- Maintain professional boundaries
- Not promise confidentiality
- Report safeguarding concerns immediately to Designated Safeguarding Leads.
- Support pupils sensitively

Pupils will be encouraged to talk to trusted adults if they feel unsafe.

## 12. Use of Resources and Materials

Resources used in RSE will be:

- Age-appropriate
- Inclusive
- Evidence-based
- Reviewed regularly

Parents may request to view teaching materials.

## 13. Equality and Protected Characteristics

RSE at Mill Hill Primary School promotes:

- Respect for all families
- Understanding of diversity
- Awareness of protected characteristics under the Equality Act 2010

Teaching will not discriminate against any pupil and will reflect a range of family structures and identities.

## 14. Assessment

Assessment in RSE and Health Education focuses on:

- What pupils have learned and remembered
- Their ability to apply knowledge
- Their personal reflections and development

Assessment methods include:

- Teacher assessment
- Self-assessment
- Peer assessment
- Baseline and end-of-unit reflection

Ipsative assessment is used; comparing a pupil's progress against their own starting point.

Pupil progress is reported to parents annually.

## 15. Monitoring and Review

The Senior Leadership Team oversees the planning and delivery of RSE and Health Education.

The PSHE Lead will:

- Support staff
- Monitor curriculum delivery
- Review resources
- Evaluate strengths and areas for development
- Meet with the Head Teacher to discuss provision

This policy will be reviewed annually.

## 16. Signatures

Chair of Governors: \_\_\_\_\_

Head Teacher: \_\_\_\_\_

# **Appendix 1**

## **Statutory Requirements for Relationships Education and Health Education *(By the end of primary school)***

### **Relationships Education**

#### **1. Families and People Who Care for Me**

Pupils should know:

- Families provide love, security and stability
- Characteristics of healthy family life
- Families may differ but should be respected
- Stable, caring relationships are important
- Marriage is a formal, legally recognised lifelong commitment
- How to recognise unsafe or unhappy family relationships and seek help

#### **2. Caring Friendships**

Pupils should know:

- The importance of friendships
- Characteristics of healthy friendships
- That healthy friendships are inclusive and positive
- That friendships may have ups and downs
- How to recognise unhealthy friendships
- How to seek help

#### **3. Respectful Relationships**

Pupils should know:

- The importance of respecting others
- Practical steps to support respectful relationships
- Courtesy and manners
- Self-respect and its link to happiness
- Expectations of respect in school and society
- Types and impact of bullying
- Stereotypes and their effects
- Permission-seeking and giving

#### **4. Online Relationships**

Pupils should know:

- People may behave differently online
- The same principles apply online as offline
- Rules for staying safe online

- How to evaluate online friendships and information
- How data is shared and used online

## **5. Being Safe**

Pupils should know:

- Appropriate boundaries in friendships
- The concept of privacy
- That their body belongs to them
- How to respond safely to unfamiliar adults
- How to report unsafe feelings
- How to ask for help and persist until heard
- How to report concerns or abuse
- Where to get advice

## **Physical Health and Mental Wellbeing**

### **1. Mental Wellbeing**

Pupils should know:

- Mental wellbeing is a normal part of life
- A range of emotions and their causes
- How to talk about emotions
- How to judge whether feelings are appropriate
- Benefits of exercise, outdoor time and community participation
- Self-care techniques
- Effects of isolation and loneliness
- Impact of bullying
- How to seek support
- That mental ill health is common and treatable

### **2. Internet Safety and Harms**

Pupils should know:

- The internet is integral to life
- Benefits of rationing screen time
- Effects of online behaviour on wellbeing
- Age restrictions on online content
- Online risks such as abuse, trolling and harassment
- How to evaluate online information
- How to report concerns

### **3. Physical Health and Fitness**

Pupils should know:

- Benefits of an active lifestyle

- How to build exercise into routines
- Risks of inactivity
- How to seek support

#### **4. Healthy Eating**

Pupils should know:

- What constitutes a healthy diet
- How to plan and prepare healthy meals
- Risks of unhealthy eating
- Effects of alcohol on diet and health

#### **5. Drugs, Alcohol and Tobacco**

Pupils should know:

- Facts about legal and illegal harmful substances
- Associated risks

#### **6. Health and Prevention**

Pupils should know:

- Early signs of physical illness
- Safe and unsafe sun exposure
- Importance of sleep
- Dental health and oral hygiene
- Personal hygiene and germs
- Facts about immunisation and vaccination

#### **7. Basic First Aid**

Pupils should know:

- How to call emergency services
- Basic first-aid concepts

#### **8. Changing Adolescent Body**

Pupils should know:

- Key facts about puberty
- Physical and emotional changes
- Menstrual wellbeing and the menstrual cycle