

PSHE including Relationship & Sex Education Policy

Beaconside Primary & Nursery School



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1. Aims

The aims of personal, social and health education (PSHE) and relationships and sex education (RSE) at our school are to:

- Provide a framework in which sensitive discussions can take place
- Prepare pupils for puberty, and give them an understanding of sexual development and the importance of health and hygiene
- Help pupils develop feelings of self-respect, confidence and empathy
- Create a positive culture around issues of sexuality and relationships
- Teach pupils the correct vocabulary to describe themselves and their bodies
- Allow pupils to develop the knowledge, skills and attributes they need to manage their lives, now and in the future, helping them to stay healthy and safe, while preparing them to make the most of life and work.

2. Statutory requirements

As a maintained primary school, we must provide relationships education to all pupils under section 34 of the [Children and Social Work Act 2017](#).

We are not required to provide sex education, but we do need to teach the elements of sex education contained in the science curriculum.

In teaching RSE, we must have regard to [guidance](#) issued by the secretary of state, as outlined in section 403 of the [Education Act 1996](#).

We must also have regard to our legal duties set out in:

- Sections 406 and 407 of the Education Act 1996

- Part 6, chapter 1 of the [Equality Act 2010](#)
- The Public Sector Equality Duty (as set out in section 149 of the Equality Act 2010). This duty requires public bodies to have due regard to the need to eliminate discrimination, advance equality of opportunity and foster good relations between different people when carrying out their activities

At Beaconside Primary and Nursery School we teach PSHE & RSE as set out in this policy.

3. Policy development

This policy has been developed in consultation with staff, pupils and parents/carers. The consultation and policy development process involved the following steps:

1. Review – a member of staff pulled together all relevant information including relevant national and local guidance
2. Staff consultation – all school staff were given the opportunity to look at the policy and make recommendations
3. Parent/stakeholder consultation – parents/carers and any interested parties were invited to attend a meeting about the policy and a working party was formed
4. Ratification – once amendments were made, the policy was shared with governors and ratified

4. Definitions

PSHE is Personal, Social, Health and Economic Education. It's a curriculum subject that aims to help young people develop the knowledge, skills, and attributes they need to manage their lives, both now and in the future. PSHE encompasses a wide range of topics, including relationships, health, wellbeing, drugs and alcohol, financial education, and other aspects of personal development.

RSE is about the emotional, social and cultural development of pupils, and involves learning about relationships, sexual health, sexuality, healthy lifestyles, diversity and personal identity.

RSE involves a combination of sharing information and exploring issues and values.

RSE is not about the promotion of sexual activity.

5. Curriculum

Our PSHE/RSE curriculum is set out as per Appendix 1, but we may need to adapt it as and when necessary. From September 2025, we will deliver our curriculum using resources from My Happy Mind and Kapow, which covers both the statutory requirements of the DfE and the wider programme of study as recommended by the PSHE Association.

We have developed the curriculum in consultation with parents/carers, pupils and staff, and taking into account the age, developmental stage, and needs of our pupils. If pupils ask questions outside the scope of this policy, teachers will respond in an appropriate manner so that pupils are fully informed and don't seek answers online.

We will share all curriculum materials with parents and carers upon request.

Primary sex education will focus on:

- Preparing boys and girls for the changes that adolescence brings
- How a baby is conceived and born

For more information about our curriculum, see our curriculum map in Appendix 1.

6. Delivery of PSHE & RSE

RSE is taught within the personal, social, health and economic (PSHE) education curriculum. Biological aspects of RSE are taught within the science curriculum, and other aspects are included in religious education (RE).

PSHE & RSE focuses on teaching the fundamental building blocks and characteristics of positive relationships including:

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe
- Health and wellbeing
- Preparing boys and girls for the changes that adolescence brings
- How a baby is conceived and born

For more information about our PSHE/RSE curriculum, see Appendices 1 and 2.

These areas of learning are taught within the context of family life, taking care to make sure that there is no stigmatisation of children based on their home circumstances (families can include single parent families, LGBT parents, families headed by grandparents, adoptive parents and foster parents/carers, amongst other structures), along with reflecting sensitively that some children may have a different structure of support around them (for example, looked-after children or young carers).

We will also be mindful of the law and legal requirements, taking care not to condone or encourage illegal political activity, such as violent action against people, criminal damage to property, hate crime, terrorism or the illegal use of drugs.

6.1 Inclusivity

We will teach about these topics in a manner that:

- Considers how a diverse range of pupils will relate to them
- Is sensitive to all pupils' experiences
- During lessons, makes pupils feel:
 - Safe and supported
 - Able to engage with the key messages

We will also:

- Make sure that pupils learn about these topics in an environment that's appropriate for them, for example in:
 - A whole class setting
 - Small groups or targeted sessions
 - 1-to-1 discussions
 - Digital formats
- Give careful consideration to the level of differentiation needed

6.2 Use of resources

We **will** consider whether any resources we plan to use:

- Are aligned with the teaching requirements set out in the statutory RSE guidance
- Would support pupils in applying their knowledge in different contexts and settings
- Are age-appropriate, given the age, developmental stage and background of our pupils
- Are evidence-based and contain robust facts and statistics
- Fit into our curriculum plan
- Are from credible sources
- Are compatible with effective teaching approaches
- Are sensitive to pupils' experiences and won't provoke distress

7. Use of external organisations and materials

We will make sure that an agency and any materials used are appropriate and in line with our legal duties around political impartiality.

The school remains responsible for what is said to pupils. This includes making sure that any speakers, tools and resources used don't undermine the fundamental British values of democracy, the rule of law, individual liberty, and mutual respect and tolerance of those with different faiths and beliefs.

We will:

- Make appropriate checks and engage with external agencies to make sure that their approach to teaching about RSE is balanced, and it and the resources they intend to use:
 - Are age-appropriate
 - Are in line with pupils' developmental stage
 - Comply with:
 - This policy
 - The [Teachers' Standards](#)
 - The [Equality Act 2010](#)
 - The [Human Rights Act 1998](#)
 - The [Education Act 1996](#)
- Only work with external agencies where we have full confidence in the agency, its approach and the resources it uses
- Make sure that any speakers and resources meet the intended outcome of the relevant part of the curriculum
- Review any case study materials and look for feedback from other people the agency has worked with
- Be clear on:
 - What they're going to say
 - Their position on the issues to be discussed
- Ask to see in advance any materials that the agency may use

- Know the named individuals who will be there, and follow our usual safeguarding procedures for these people
- Conduct a basic online search and address anything that may be of concern to us, or to parents and carers
- Check the agency's protocol for taking pictures or using any personal data they might get from a session
- Remind teachers that they can say "no" or, in extreme cases, stop a session
- Make sure that the teacher is in the room during any sessions with external speakers
- Share all external materials with parents and carers
- We **won't**, under any circumstances:
 - Work with external agencies that take or promote extreme political positions
 - Use materials produced by such agencies, even if the material itself is not extreme

8. Roles and responsibilities

8.1 The governing body

The governing body will approve the PSHE/RSE policy and hold the headteacher to account for its implementation.

8.2 The headteacher

The headteacher is responsible for ensuring that PSHE/RSE is taught consistently across the school, for sharing resources and materials with parents and carers, and for managing requests to withdraw pupils from [non-statutory] components of RSE (see section 9).

8.3 Staff

Staff are responsible for:

- Delivering PSHE/RSE in a sensitive way
- Modelling positive attitudes to PSHE/RSE
- Monitoring progress
- Responding to the needs of individual pupils
- Responding appropriately to pupils whose parents/carers wish them to be withdrawn from the [non-statutory] components of RSE

Staff do not have the right to opt out of teaching PSHE/RSE. Staff who have concerns about teaching PSHE/RSE are encouraged to discuss this with the headteacher.

8.4 Pupils

Pupils are expected to engage fully in PSHE/RSE and, when discussing issues related to PSHE/RSE, treat others with respect and sensitivity.

9. Parents' right to withdraw

Parents/carers do not have the right to withdraw their child from relationships education.

Parents/carers have the right to withdraw their child from the [non-statutory] components of sex education within RSE.

Requests for withdrawal should be put in writing using the form found in Appendix 3 of this policy and addressed to the headteacher.

Alternative school work will be given to pupils who are withdrawn from sex education.

10. Training

Staff receive CPD on the delivery of PSHE/RSE through My Happy Mind portal, have access to additional CPD through The National College, and on-going support from the subject leader.

The headteacher may also invite visitors from outside the school, such as school nurses or sexual health professionals, to provide support and training to staff teaching PSHE/RSE if required.

11. Monitoring arrangements

The delivery of PSHE/RSE is monitored by the subject leader through monitoring arrangements, such as planning scrutinies, learning walks, pupil voice etc.

Pupils' development in PSHE/RSE is monitored by class teachers as part of our internal assessment systems.

This policy will be reviewed annually. At every review, the policy will be approved by the governing body.

Appendix 1: Curriculum map

Coverage

myHappyworld

Maps to:
Core Theme 3 - Living in the wider world

Covers:
Shared Responsibilities
Communities
Media literacy and digital resilience
Economic Wellbeing: Money
Economic Wellbeing: Aspirations, work, career

Number of Lessons:
KS1 – 5 Lessons
LKS2 – 6 Lessons
UKS2 – 7 Lessons

myHappymind

Core programme that teaches children preventive habits to look after their mental health.

myHappybody

Maps to:
Core Theme 1 - Health & Wellbeing

Covers:
Healthy Lifestyles (Physical wellbeing)
Mental Health
Ourselves Growing and changing
Keeping Safe
Drugs, alcohol and tobacco

Number of Lessons:
KS1 – 8 Lessons
LKS2 – 7 Lessons
UKS2 – 6 Lessons

myHappyrelationships

Maps to:
Core Theme 2 - Relationships

Covers:
Families and close positive relationships
Friendships
Managing hurtful behaviour and bullying
Safe relationships
Respecting self and others

Number of Lessons:
KS1 – 7 Lessons
LKS2 – 4 Lessons
UKS2 – 4 Lessons

myHappymind
Backed by NHS

Reception

Week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Autumn	myHappymind - Meet Your Brain 						myHappymind Places 			myHappymind - Celebrate 						
Spring	myHappymind - Appreciate 						myHappymind - Relate 						<p>Buffer weeks can be used to catch up on missed lessons or to consolidate learning, making the most of our extra resources, including themed activities inspired by events throughout the year like Christmas, Diwali and Chinese New Year.</p>			
Summer	myHappymind - Engage 						myHappy. body 		myHappy. relationships 		myHappy. world 					

Year 1

Week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Autumn	myHappymind - Meet Your Brain 					myHappymind Places 					Showing respect and managing hurtful behaviour 	myHappymind - Celebrate 				
Spring	myHappymind - Appreciate 		Healthy Lifestyles 		Buffer		myHappymind - Relate 		Families and positive close relationships 		Buffer		Buffer weeks can be used to catch up on missed lessons or to consolidate learning, making the most of our extra resources, including themed activities inspired by events throughout the year like Christmas, Diwali and Chinese New Year.			
Summer	myHappymind - Engage 			Shared responsibilities 	Communities 	Ourselves Growing and Changing 		Ourselves, Growing and Changing - Transition 	Buffer							

Year 2

Week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Autumn	myHappymind - Meet Your Brain					myHappymind Places				myHappymind - Celebrate			Buffer			
Spring	myHappymind - Appreciate		Keeping Safe		Media Literacy and Digital Resilience	myHappymind - Relate			Friendships		Buffer	<p>Buffer weeks can be used to catch up on missed lessons or to consolidate learning, making the most of our extra resources, including themed activities inspired by events throughout the year like Christmas, Diwali and Chinese New Year.</p>				
Summer	myHappymind - Engage			Safe relationships		Economic Wellbeing		Ourselves, Growing and Changing - Transition	Buffer							

Year 3

Week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Autumn	myHappymind - Meet Your Brain 				 myHappymind Places				myHappymind - Celebrate 				Buffer			
Spring	myHappymind - Appreciate 			Healthy Lifestyles 		myHappymind - Relate 			Friendships 	Families and close positive relationships 	<p>Buffer weeks can be used to catch up on missed lessons or to consolidate learning, making the most of our extra resources, including themed activities inspired by events throughout the year like Christmas, Diwali and Chinese New Year.</p>					
Summer	myHappymind - Engage 			Buffer		Communities 	Shared responsibilities 	Ourselves, Growing and Changing - Grief 	Ourselves, Growing and Changing - Transition 	Buffer						

Year 4

Week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	
Autumn	myHappyMind - Meet Your Brain				myHappyMind Places			Showing respect and managing hurtful behaviour		myHappyMind - Celebrate							
Spring	myHappyMind - Appreciate			First Aid	Media Literacy and Digital Resilience	myHappyMind - Relate			Safe Relationships	Buffer		<p>Buffer weeks can be used to catch up on missed lessons or to consolidate learning, making the most of our extra resources, including themed activities inspired by events throughout the year like Christmas, Diwali and Chinese New Year.</p>					
Summer	myHappyMind - Engage			Keeping Safe	Buffer	Economic Wellbeing		Ourselves, Growing and Changing - Transition	Buffer								

Year 5

Week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Autumn	<u>myHappymind - Meet Your Brain</u> 								<u>myHappymind - Celebrate</u> 							
Spring	<u>myHappymind - Appreciate</u> 			<u>Healthy Lifestyles</u> 		<u>myHappymind - Relate</u> 			<u>Friendships</u> 	<u>Families and Close Positive Relationships</u> 	<p>Buffer weeks can be used to catch up on missed lessons or to consolidate learning, making the most of our extra resources, including themed activities inspired by events throughout the year like Christmas, Diwali and Chinese New Year.</p>					
Summer	<u>myHappymind - Engage</u> 			Buffer		<u>Economic Wellbeing</u> 		<u>Ourselves, Growing and Changing- Grief</u> 	<u>Ourselves, Growing and Changing- Transition</u> 	Buffer						

Year 6

Week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	
Autumn	myHappymind - Meet Your Brain		myHappymind Places				Shared responsibilities		Showing respect and managing hurtful behaviour	myHappymind - Celebrate		Communities	Buffer				
Spring	myHappymind - Appreciate	First Aid	Drugs, Alcohol & Tobacco	Media Literacy and Digital Resilience		myHappymind - Relate	Safe Relationships	Buffer			<p>Buffer weeks can be used to catch up on missed lessons or to consolidate learning, making the most of our extra resources, including themed activities inspired by events throughout the year like Christmas, Diwali and Chinese New Year.</p>						
Summer	myHappymind - Engage	myHappymind - Be Your Best		Buffer	myHappymind - Transition Programme (2 sessions a week)												

Appendix 2: By the end of primary school pupils should know

TOPIC	PUPILS SHOULD KNOW
Families and people who care about me	<ul style="list-style-type: none"> • That families are important for children growing up because they can give love, security and stability • The characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives • That others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care • That stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up • That marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong • How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed
Caring friendships	<ul style="list-style-type: none"> • How important friendships are in making us feel happy and secure, and how people choose and make friends • The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties • That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded • That most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right • How to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed

TOPIC	PUPILS SHOULD KNOW
Respectful relationships	<ul style="list-style-type: none"> • The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs • Practical steps they can take in a range of different contexts to improve or support respectful relationships • The conventions of courtesy and manners • The importance of self-respect and how this links to their own happiness • That in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority • About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help • What a stereotype is, and how stereotypes can be unfair, negative or destructive • The importance of permission-seeking and giving in relationships with friends, peers and adults
Online relationships	<ul style="list-style-type: none"> • That people sometimes behave differently online, including by pretending to be someone they are not • That the same principles apply to online relationships as to face-to face relationships, including the importance of respect for others online including when we are anonymous • The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them • How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met • How information and data is shared and used online
Being safe	<ul style="list-style-type: none"> • What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context) • About the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe • That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact • How to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know • How to recognise and report feelings of being unsafe or feeling bad about any adult • How to ask for advice or help for themselves or others, and to keep trying until they are heard • How to report concerns or abuse, and the vocabulary and confidence needed to do so • Where to get advice e.g. family, school and/or other sources

Appendix 3: Parent/carer form: withdrawal from sex education within RSE

TO BE COMPLETED BY PARENTS/CARERS			
Name of child		Class	
Name of parent/carer		Date	
Reason for withdrawing from sex education within relationships and sex education			
Any other information you would like the school to consider			
Parent signature			

TO BE COMPLETED BY THE SCHOOL	
Agreed actions from discussion with parents/carers	