



Hounslow Town Primary School **Relationships, Sex and Health** **Education (RSHE) Policy**

Approved by: Laura Khalil **Date:** April 2025

Last reviewed on: November 2021

Next review due by: September 2026

Hounslow Town Primary School is a Rights Respecting School; the principles and articles of the UNCRC are embedded in our school ethos, vision and values. Many articles have been taken into consideration when writing this policy on Relationships, Sex and Health Education, starting with Article 28: all children have the right to an education.

We believe that RSHE is vital for the personal, social and emotional development of our pupils. It equips children and young people with the information, skills and values they need to have safe, respectful and enjoyable relationships and empowers them to take responsibility for their sexual health and wellbeing. Hounslow Town Primary School believes that all children and young people have a right to holistic, inclusive and needs-led RSHE. We believe that through providing high quality RSHE, we are upholding the ethos and values of our school and its commitment to equality and celebration of difference.

Aims

The aims of Relationships, Sex and Health Education (RSHE) at our school is 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.

Statutory Requirements

As a maintained primary school we must provide Relationships Education and Health Education to all pupils as per section 34 of the **Children and Social Work Act 2017** and following the **DfE Statutory Guidance published in June 2019**. In teaching RSHE, we must have regard to guidance issued by the secretary of state as outlined in section 403 of the **Education Act 1996**.

Although we are not required to provide sex education, we do need to teach the elements of sex education contained in the Science curriculum. At Hounslow Town Primary School we teach RSHE as set out in this policy.

Policy Development

This policy has been developed in consultation with staff, pupils and parents. The consultation and policy development process involved the following steps: review, staff consultation, parent/stakeholder consultation, pupil consultation, ratification.

Definition

RSHE is about the emotional, social and cultural development of pupils, and involves learning about relationships, sexual health, sexuality, healthy lifestyles, diversity and personal identity. RSHE involves a combination of sharing information, and exploring issues and values. It is **not** about the promotion of sexual activity. We believe that high quality, comprehensive RSHE does not encourage early sexual experimentation but in fact builds young people's confidence and self-esteem and helps them understand the reasons for delaying sexual activity.

Curriculum

Our curriculum is set out as per Appendix 1: the Ealing PSHE Scheme of Work (2017). The curriculum programme is developed by the Ealing Health Improvement Team.

We have adopted a scheme of work which we feel takes into account the age, needs and feelings of pupils. If pupils ask questions outside the scope of this policy, teachers will respond in an appropriate manner so they are informed and do not seek answers online. This scheme includes lesson plans and resources taken from the **Christopher Winter Programme** for RSHE and is covered in Key Stage 1 and Key Stage 2 (from Year 1 to Year 6) in the Summer Term. All content will be delivered in a timely way and will be age and developmentally appropriate to meet the needs of our pupils, including those pupils with SEND.

Relationships, Sex and Health Education will cover the objectives in [blue text](#) in Appendix 1 (HTPS PSHE Scheme of Work – Summer Term). These are part of Relationships and Health Education which must be taught to pupils. Relationships Education 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.

These areas of learning are taught within the context of family life taking care to ensure that there is no stigmatisation of children based on their home circumstances (families can include single parents families, LGBT parents, families headed by grandparents, adoptive parents, 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).

Specific sex education objectives will be taught in Year 6:

- Preparing boys and girls for the changes that adolescence brings ('To consider puberty and reproduction' – lesson 2),

- How a baby is conceived and born ('To explore the process of conception and pregnancy' – lesson 4). **Parents may choose to withdraw their child/ren from this session.**

Delivery of RSHE

At Hounslow Town Primary School, RSHE is taught within the Personal, Social, Health and Economic (PSHE) education curriculum which has planned, timetabled lessons across all key stages, using a spiral curriculum approach. The programme will be delivered in a non-judgemental, factual way, using the correct medical terms where appropriate. School staff will not express or be expected to express their personal views or beliefs when teaching RSHE.

Staff who have responsibility for delivering RSHE will have CPD opportunities to ensure they are up-to-date with the RSHE policy and curriculum requirements regarding RSHE.

Roles and Responsibilities

The **Governing Board** will approve the RSHE policy, and hold the Headteacher to account for its implementation.

The **Headteacher** is responsible for ensuring that RSHE is taught consistently across the school, and for managing requests to withdraw pupils from non-statutory/non-science components of RSHE.

Staff are responsible for:

- Delivering RSHE in a sensitive way,
- Modelling positive attitudes to RSHE,
- Monitoring progress,
- Responding to the needs of individual pupils,
- Responding appropriately to pupils whose parents wish them to be withdrawn from the non-statutory/non-science components of RSHE.

Staff do not have the right to opt out of teaching RSHE. Staff who have concerns about teaching RSHE are encouraged to discuss this with the Headteacher.

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

Right of Withdrawal

As outlined within the Statutory Guidance (2020), parents/carers have the right to request their child be withdrawn from all or part of non-statutory **sex education** lessons that are delivered as part of RSHE. Parents/carers do not have a right to withdraw their child from Relationships and Health Education (RHE), nor do they have the right to withdraw their child from any sex education delivered as part of the Science curriculum. Although parents/carers have the right to request to withdraw their child from any sex education as part of RSHE, it is our aim to encourage parents to see the value of RSHE learning and its contribution to keeping children safe, developing their emotional, social and physical wellbeing and for promoting equality and social justice.

Should a parent decide that they do not wish their child to take part in any of these lessons, we would ask that they first speak to the Headteacher to discuss their concerns. Requests for withdrawal should be put in writing using the form found in Appendix 2 of this policy and be addressed to the Headteacher, and the school will keep a record of this. Alternative work

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

Training

Staff are trained on the delivery of RSHE as part of their induction and it is included in our continuing professional development calendar. Staff delivering RSHE follow a specific programme which contains all the material needed to teach RSHE at an age appropriate level (The Christopher Winter Project).

Monitoring Arrangements

The delivery of RSHE is monitored by the PSHE Curriculum Lead and Assistant Head through learning walks, pupil conferencing, looking at samples of pupils' work, planning adaptation scrutinies and analysing pupil attendance in lessons.

Pupils' development in RSHE is monitored by class teachers. This policy will be reviewed by the Curriculum Lead annually. At every review, the policy will be approved by the Governing Body.

PSHE at HTPS 2024-25

Ealing scheme of work Whole School Focus School Council Christopher Winter Project RSHE & DAE

Appendix 1 - Curriculum Overview (Ealing PSHE Scheme of Work 2017)

Term	Autumn	Spring	Summer
<p>Nursery EYFS</p> <p>Class Charters Anti-Bullying Week 11/11/24 - 'Choose Respect' Ealing Scheme of Work (12 sessions to include):</p> <ul style="list-style-type: none"> Getting to know others Recalling names Recognising similarities and differences between people in the class Identifying what is special about themselves Exploring feelings that you may have <u>starting</u> nursery i.e. anxious, nervous, sad Celebrating achievements Recognising what children can do Setting and achieving simple goals Recognising qualities of a good friend Understanding how to recognise and respond to bullying Link To Anti-Bullying week Working with another child Importance of keeping clean Oral health 	<p>Health and Well-Being</p> <p>Mental Health Awareness (Spring 1) School Council Fundraiser (Spring 1) Ealing Scheme of Work (12 sessions to include):</p> <ul style="list-style-type: none"> PANTS- keeping safe Celebrating similarities and differences Recognising special people in our lives Understanding different types of families Understanding how we are all different Understanding how to celebrate being different Exploring gender stereotypes Understanding how to stay safe online Explaining who to tell if you are worried or scared To identify, manage and express a range of emotions To explain what charity is and explain why people donate to charities 	<p>Living in the Wider World</p> <p>School Council Fundraiser (Summer 1) Ealing Scheme of Work (12 sessions to include):</p> <ul style="list-style-type: none"> To explore the feeling of loss To explore feeling lonely To identify important people in our lives To identify special people in our lives To explain why we have friends To identify the qualities of a good friend To identify what makes us happy or sad To identify basic ways to use medicine correctly To explain how to manage difficult feelings 	<p>Relationships</p> <p>School Council Fundraiser (Summer 1) Ealing Scheme of Work (12 sessions to include):</p> <ul style="list-style-type: none"> To understand the terms fair and unfair and identify what is fair and unfair To understand how we can keep ourselves clean To identify what it is important to keep ourselves clean To explore different types of families To identify special people in our lives and explain why these people are special To begin to break gender stereotypes To begin to challenge gender stereotypes To explain how to use medicine safely To identify how things can change To begin to prepare for change To explain why change is good
<p>Reception EYFS</p> <p>Class Charters Anti-Bullying Week 11/11/24 - 'Choose Respect' Ealing Scheme of Work (12 sessions to include):</p> <ul style="list-style-type: none"> Recognising a range of emotions <u>ie.</u> happy, sad, excited Recalling names Recognising what make them special Recognising similarities and differences between people in the class Recognising what children can do Setting and achieving simple goals To identify the qualities of a good friend To identify and respond to bullying Link To Anti-Bullying week To describe how to make friends and play with other children To understand the importance of keeping clean To understand the importance of keeping teeth clean 	<p>Mental Health Awareness (Spring 1) School Council Fundraiser (Spring 1) Ealing Scheme of Work (12 sessions to include):</p> <ul style="list-style-type: none"> PANTS - keeping safe To recognise what makes us proud To recognise our achievements To celebrate the achievements of others To explore assertive skills To explain who we are similar and different To explore gender stereotypes To explore different types of families Understanding how to stay safe online Explaining who to tell if you are worried or scared To identify, manage and express a range of emotions To explain what charity is and explain why people donate to charities 	<p>Relationships</p> <p>School Council Fundraiser (Summer 1) Ealing Scheme of Work (12 sessions to include):</p> <ul style="list-style-type: none"> To understand the terms fair and unfair and identify what is fair and unfair To understand how we can keep ourselves clean To identify what it is important to keep ourselves clean To explore different types of families To identify special people in our lives and explain why these people are special To begin to break gender stereotypes To begin to challenge gender stereotypes To explain how to use medicine safely To identify how things can change To begin to prepare for change To explain why change is good 	

<p>Year 1</p>	<p>Class Charters</p> <p>Anti-Bullying Week 11/11/24 - 'Choose Respect'</p> <p>Goal Scheme of Work (12 sessions to include):</p> <ul style="list-style-type: none"> To set a goal To understand and explain how to keep teeth healthy To understand the importance of food To understand the difference between healthy and unhealthy foods To understand the importance of variety on a diet To explain how to use medicines safely To explain what voting is and why it is important Link to Student Council Elections To identify different types of bullying and explain what to do if they are being/witness bullying Link to Anti-Bullying week To identify and explain a range of positive and negative emotions 	<p>Mental Health Awareness (Spring 1)</p> <p>School Council Fundraiser (Spring 1)</p> <p>Goal Scheme of Work (12 sessions to include):</p> <ul style="list-style-type: none"> To understand what charity is and explain why people donate to charity To understand the difference between wants and needs To celebrate achievements To celebrate the achievements of others To fundraise money for a charity To explain how to keep safe online To identify who to talk to if you are worried or scared about something To explain how you can keep yourself safe at home To explain how to keep safe at home To explain the difference between good and bad secrets 	<p>School Council Fundraiser (Summer 1)</p> <p>Day for Change</p> <p>Goal Scheme of Work (12 sessions to include):</p> <ul style="list-style-type: none"> To identify the qualities of a good friend To explain what a compliment is and why it is important To recognise our achievements To identify places and people who make us feel safe. To explain why these places and people make us feel safe To explain why good friends are important and explore how to make new friends To understand what 'bad' secrets are To explain how to keep ourselves clean Link to RSE To explain why it is important to keep clean Link to RSE To explain how we have changed since we were born Link to RSE To explore different types of families Link to RSE
<p>Year 2</p>	<p>Class Charters</p> <p>Anti-Bullying Week 11/11/24 - 'Choose Respect'</p> <p>Goal Scheme of Work (12 sessions to include):</p> <ul style="list-style-type: none"> To set a goal To identify healthy and unhealthy foods To explain what a healthy snack is To name the 5 food groups To identify foods within each of the food groups To understand the importance of eating fruit and vegetables To explain how to stay safe around harmful substances To identify the risks associated with smoking To explain what parliament is and why it is important Link to Student Council Elections To identify different types of bullying and explain what to do if they are being/witness bullying Link to Anti-Bullying week To explain what conflict is and ways of resolving conflict To explain what to do if conflict escalates 	<p>Mental Health Awareness (Spring 1)</p> <p>School Council Fundraiser (Spring 1)</p> <p>Goal Scheme of Work (12 sessions to include):</p> <ul style="list-style-type: none"> To understand what charity is and explain why people donate to charity To fundraise money for a charity To explain the difference between wants and needs To explore life in different countries To explain how their life is different to the lives of children in other countries To explain how to keep safe online To identify who to talk to if you are worried or scared about something To explain how to keep safe around fire To explain the risks associated with fire To explore gender stereotypes 	<p>School Council Fundraiser (Summer 1)</p> <p>Day for Change</p> <p>Goal Scheme of Work (12 sessions to include):</p> <ul style="list-style-type: none"> To identify the qualities of a good friend To explain how to keep ourselves safe Link to PANTS risk To understand that they have the right to say 'no' to unwanted touch Link to RSE To identify differences between males and females Link to RSE To explore some of the differences between males and females and to understand how this is part of the lifecycle Link to RSE To focus on difference and naming body parts Link to RSE To understand what pride is and identify what makes us proud To explain why it is important to feel proud To explain what makes us proud of other people To understand what makes a good friend To identify how we can be a good friend to others

<p>Year 3</p>	<p>Class Charters</p> <p>Anti-Bullying Week 11/11/24 - 'Choose Respect'</p> <p>Evaluating Scheme of Work (12 sessions to include):</p> <ul style="list-style-type: none"> To set a goal To explain what food <u>sources</u> make up meals To understand how food choices can contribute to teeth decay To explain what a <u>drug</u> is To categorize <u>drugs</u> To explain the effects of <u>passive smoking</u> To understand the effects of <u>caffeine</u> To explain democracy and explain why democracy is important Link to Student Council Elections To explain the difference between unkindness and bullying Link to Anti-Bullying week To explain what conflict is and ways of resolving conflict To explain what to do if conflict escalates 	<p>Mental Health Awareness (Spring 1)</p> <p>School Council Fundraiser (Spring 1)</p> <p>Evaluating Scheme of Work (12 sessions to include):</p> <ul style="list-style-type: none"> To understand what charity is and explain why people donate to charity To fundraise money for a charity To explain the difference between wants and needs To explore life in different countries To explain how their life is different to the lives of children in other countries To explain how to keep safe online To identify who to talk to if you are worried or scared about something To explain how to keep safe around fire To explain the risks associated with fire To explore gender stereotypes 	<p>School Council Fundraiser (Summer 1)</p> <p>Day for Change</p> <p>Evaluating Scheme of Work (12 sessions to include):</p> <ul style="list-style-type: none"> To identify the qualities of a good friend To explore the differences between males and females and to name the body parts Link to RSE To consider touch and to know that a person has the right to say what they like and dislike Link to RSE To explore different types of families and who to go to for help and support Link to RSE To identify positive thoughts and how positive thoughts can affect us To explore the concept of self-talk and identify how this can help us To identify what makes a healthy relationship and explain what makes a good friend If covering FGM lessons: <ul style="list-style-type: none"> To know you can say no to bad touch To understand that FGM is not a rite of passage If you are NOT covering FGM lessons: <ul style="list-style-type: none"> To understand what dementia is and how it is related to memory
<p>Year 4</p>	<p>Class Charters</p> <p>Anti-Bullying Week 11/11/24 - 'Choose Respect'</p> <p>Evaluating Scheme of Work (12 sessions to include):</p> <ul style="list-style-type: none"> To set a goal To explain how food gives us energy To explain why nutrients are important To explain the risks and dangers associated with smoking To explain the risks associated with alcohol To understand how democracy works in the UK Link to Student Council Elections To understand the role of the bully, <u>bully standard</u> and victim in a bullying scenario Link to Anti-Bullying week To develop critical think skills about information available online. This includes thinking critically about information, people who may try to talk to you and images online. 	<p>Mental Health Awareness (Spring 1)</p> <p>School Council Fundraiser (Spring 1)</p> <p>Evaluating Scheme of Work (12 sessions to include):</p> <ul style="list-style-type: none"> To understand what charity is and explain why people donate to charity To fundraise money for a charity To explain how to save and the benefits of saving To explore the water crisis around the world To explain how to keep safe online To identify who to talk to if you are worried or scared about something To explain how to keep safe around water To identify the risks associated with water To understand how stereotypes can label people To explain how to break gender stereotypes 	<p>School Council Fundraiser (Summer 1)</p> <p>Day for Change</p> <p>Evaluating Scheme of Work (12 sessions to include):</p> <ul style="list-style-type: none"> To identify the qualities of a good friend To explore the human lifecycle Link to RSE To identify some basic facts about puberty Link to RSE To explore how puberty is linked to reproduction Link to RSE To understand a growth mind-set and how it can affect us To understand rights in a friendship and to explain why it is important to know these rights To understand responsibilities in a friendship and explain why it is important to know these responsibilities If covering FGM lessons: <ul style="list-style-type: none"> To understand aspects of discrimination To understand that every individual no matter what their gender should be treated with equal respect and opportunities If you are NOT covering FGM lessons: <ul style="list-style-type: none"> To explore how dementia affects the whole family To explore how assistive technologies can help people living with dementia

<p>Year 5</p>	<p>Class Charters</p> <p>Anti-Bullying Week 11/11/24 - 'Choose Respect'</p> <p>Evaluating Scheme of Work (12 sessions to include):</p> <ul style="list-style-type: none"> To set a goal To explain what makes a healthy meal Link to Eat Like A Champ To explain the importance of nutrients and fibre Link to Eat Like A Champ To explain the importance of hydration Link to Eat Like A Champ To understand the importance of portion control Link to Eat Like A Champ To interpret and understand information on food labels Link to Eat Like A Champ To explain what makes a situation fair or unfair, Link to Student Council Elections To explain how being excluded can affect people and to explain what to do if they are being bullied/witness bullying. Link to Anti-Bullying week To explore the risks associated with drug use To challenge misconceptions about drug users To explain what peer pressure is and how to challenge it 	<p>Mental Health Awareness (Spring 1)</p> <p>School Council Fundraiser (Spring 1)</p> <p>Evaluating Scheme of Work (12 sessions to include):</p> <ul style="list-style-type: none"> To understand what charity is and explain why people donate to charity To fundraise money for a charity To understand deductions that are taken from pay slips To explain what budgeting is and why it is important To explain what migration is To explain why people need to migrate To explain how to keep safe online To identify who to talk to if you are worried or scared about something To explain how to keep safe when cycling To explain the risks associated with cycling To explore gender stereotypes To explain why it is important to challenge gender stereotypes 	<p>School Council Fundraiser (Summer 1)</p> <p>Day for Change</p> <p>Evaluating Scheme of Work (12 sessions to include):</p> <ul style="list-style-type: none"> To identify the qualities of a good friend To explore the emotional and physical changes occurring in puberty Link to RSE To understand male and female puberty changes in more detail Link to RSE To explore the impact of puberty on the body and the importance of physical hygiene Link to RSE To explain what it means to belong and explain why belonging is important To identify places where we feel we belong To understand benefits of a growth mind-set and explain how to develop a growth mind-set
<p>Year 6</p>	<p>Class Charters</p> <p>Anti-Bullying Week 11/11/24 - 'Choose Respect'</p> <p>Evaluating Scheme of Work (12 sessions to include):</p> <ul style="list-style-type: none"> To set a goal To understand the importance of exercise To explain the risks associated with alcohol To understand the risks associated with cannabis and volatile substance abuse To understand how a parliamentary debate takes place in the House of Commons Link to Student Council Elections To understand and explain difference and similarities. Link to Anti-Bullying week To develop critical think skills about information available online. This includes thinking critically about information, people who may try to talk to you and images online 	<p>Mental Health Awareness (Spring 1)</p> <p>School Council Fundraiser (Spring 1)</p> <p>Evaluating Scheme of Work (12 sessions to include):</p> <ul style="list-style-type: none"> To understand what charity is and explain why people donate to charity To fundraise money for a charity To understand the different jobs have different salaries To explore what value for money means To understand the reasons people may be homeless To explain what hidden homelessness is To challenge stereotypes associated with homelessness To explain how to keep safe online To identify who to talk to if you are worried or scared about something To identify risks that they may face To understand what risky behaviours are To challenge gender stereotypes 	<p>School Council Fundraiser (Summer 1)</p> <p>Day for Change</p> <p>Evaluating Scheme of Work (12 sessions to include):</p> <ul style="list-style-type: none"> To identify the qualities of a good friend To consider puberty and reproduction Link to RSE To consider physical & emotional behaviour in relationships Link to RSE To explore the process of conception and pregnancy Link to RSE To explore positive and negative ways of communicating in a relationship Link to RSE To understand how to develop positive self-talk To explore positive friendships and explain what makes a friendship successful If covering FGM lessons: <ul style="list-style-type: none"> To understand how beauty is portrayed around the world To know I have the right to say no. If you are NOT covering FGM lessons: <ul style="list-style-type: none"> To know the types of difficulties people with dementia may experience To explore ways in which communities can support people living with dementia

Appendix 2: Parent form: withdrawal from sex education within RSHE

To be completed by parents

Name of child	•	• Class	•
Name of parent	•	• 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	<p>Include notes from discussions with parents and agreed actions taken. Eg: Joe Bloggs will be taking part in all relationships lessons and during the sex education lessons, he will be working independently on a project in the Year 5 classroom</p>
To be completed by the school	