



PSHE & Relationships Education

Next review: Spring 2026

Purpose, Principles and Ethos

This policy covers how we approach teaching PSHE and Relationships Education at St. Wilfrid's. From September 2020, Relationships Education is a statutory component of PSHE. Under the Education Act 2002/Academies Act 2010, all schools must provide a balanced and broadly-based curriculum which promotes the spiritual, moral, cultural, mental and physical development of school pupils and prepares them for the opportunities, responsibilities and experiences of later life. The following documents have informed this Policy:

- Education Act (1996)
- Learning and Skills Act (2000)
- Education and Inspections Act (2006)
- Equality Act (2010)
- Supplementary Guidance SRE for the 21st century (2014)
- Keeping children safe in education – Statutory safeguarding guidance (2016)
- Children and Social Work Act (2017)
- Relationships Education, Relationships and Sex Education and Health Education statutory guidance (2019)

This policy sets out the purpose of PSHE and Relationships Education, the intended outcomes for pupils, what is covered in our curriculum, and how it is delivered. Relationships Education is defined as learning about the many strands of relationships and growing up. This includes: family relationships, friendships and relationships with peers and adults, healthy and unhealthy relationships, the characteristics of positive relationships, relationships online, and the emotional, social and physical aspects of growing up, including understanding physical health and mental wellbeing.

At our school, we believe in providing every pupil with age-appropriate, open, honest and accurate PSHE lessons including those about relationships. Through the school's ethos and values, we aim to develop children's knowledge, skills, opinions, strategies and confidence - enabling them to cope with life and live safely and happily in the modern world. Our PSHE and Relationships Education curriculum is inclusive and meets the needs of all children, including those with special educational needs and/or disabilities (SEND). In addition, we promote gender equality and represent the LGBTQA+ community, alongside the protected characteristics as part of our curriculum.

Our PSHE and Relationships Education Curriculum

Aims and Objectives

KS1 and KS2

Our inclusive PSHE and Relationships curriculum encompasses the following objectives set out by the Coram Life Education programme and meets the statutory requirements of Relationships Education for Foundation stage, Key Stage 1 and 2:

- Reassure children of their value and self-worth, including aspects of dignity, self-respect and self-restraint.
- Nurture a responsible attitude towards personal relationships, such as aspects of mutual respect and care.
- Promote the value of loving relationships and of family life.
- Teach children the importance of healthy, respectful relationships focusing on family and friendships in all contexts, including online.
- Begin to prepare pupils for puberty by learning about change and growth in humans.
- Teach pupils the correct vocabulary to describe themselves and their bodies.
- Help children to value their welfare and safety, including an understanding of the importance of health and hygiene.
- Encourage exploration of values and moral issues, taking into account the physical and moral risks associated with certain behaviour.
- Educate against discrimination and prejudice.
- Develop a belief that they can achieve goals both personal and academic, to stick to tasks that will help them achieve these goals.
- Develop personal attributes including kindness, honesty and generosity and those that link to our school values.
- Develop children's understanding of mental wellbeing.
- Support pupil's wellbeing and develop resilience and character which is fundamental to pupil's being happy and successful and productive members of society.

In addition to the above:

The Foundation Stage also covers the following areas as part of the Early Learning Goals for PSED (Personal Social and Emotional Development) and Understanding the World:

- Self-regulation
- Managing self
- Building relationships
- People, cultures and communities

Y6 follow the DAaRT programme (Drug, Alcohol and Resilience Training) in the Autumn term.

Structure of learning

At St. Wilfrid's we follow the Coram Life Education's SCARF programme (Safety, Caring, Achievement, Resilience, Friendships). Relationships education and health education are embedded in this programme which is split into the following half termly themes:

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- Keeping myself safe
- Me and my relationships
- Valuing difference
- Rights and responsibilities
- Being my best
- Growing and changing

The PSHE and relationships curriculum is organised in a spiral curriculum which means that topics are revisited as pupils get older, taking into account the age and maturity of the child. It is also fully integrated into our curriculum and taught in line with our cross-curricular approach through topics as well as our RE, science and the E-safety curriculum.

The teaching of PSHE and Relationships Education

In order to meet the needs of all children and to make lessons engaging, we deliver our Relationships Education and PSHE curriculum through a variety of teaching methods and interactive activities, based on the lessons provided by SCARF. Our aim is to ensure a safe environment where all children feel comfortable to make enquiries and openly discuss issues. Any child wishing to talk about a confidential matter relating to the lesson content, will be provided with opportunities to do so. Additionally, KS2 classes have a question box, which enables the children to write down their questions and receive answers on a one-to-one basis, rather than in front of the whole class. Distancing techniques are also employed throughout our sessions, meaning that children are able to discuss fictional characters and scenarios, rather than their own lives and experiences. When teaching particularly sensitive content, special consideration will be given, and staff will be fully aware of how the children in their class may relate to the lesson content.

Assessment, Monitoring and Reporting

To ensure effectiveness and differentiation, a variety of teaching and learning styles are employed. The needs of all pupils are considered to ensure all children are able to participate fully. Children are given opportunities throughout the units of work to reflect on, and evaluate their learning - assessment opportunities are built in to every lesson. Self-assessment is an important part of learning in Relationships Education and PSHE. Children will reflect on their learning throughout the units. We highly value pupil voice and take into account the opinions and comments of our children about what they would like to learn. Staff delivering the curriculum will critically reflect on their teaching and best practice will be shared through lesson observations, monitoring of planning, monitoring of children's work, and training opportunities. Assessments will be carried out at the end of each unit and teachers will complete skills progressions ladders within PSHE.

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Safeguarding

Teachers are aware that an effective Relationships Education and PSHE curriculum brings an understanding of what is and what is not appropriate in a relationship. This can lead to a disclosure of a child protection issue. In this instance, teachers will consult with the designated safeguarding lead and in his/her absence, their deputy. Our Safeguarding leads are:

Safeguarding lead: Mark North

Safeguarding deputy: Natalie Sisson

Visitors and external agencies which support the delivery of Relationships Education and PSHE, will be required to adhere to the school's safeguarding policy and policies relating to the subjects they are teaching or contributing towards.

Engaging Stakeholders

This policy will be available to view on the school website by all stakeholders. Parents will be informed of this policy in the school newsletter. We are committed to working closely with parents and carers and we do this through communication about the PSHE and Relationships Education half termly themes in class newsletters, and on class pages of the website. We also share links to other relevant websites on the school website.

Parents' rights to withdrawal

We are committed to ensuring that the education provided to pupils in Relationships Education and PSHE lessons are appropriate to the age of the pupil, and compliant with the requirements of the Equality Act 2010. We recognise in accordance with statutory guidance, that parents have the right to request for their child to be withdrawn from some or all of the sex education delivered as part of the statutory RSE (other than sex education in the National Curriculum as part of Science), **but not from relationships education** at primary.

Reviewing the Policy

This policy will be reviewed every three years. This will ensure that information is accurate and up-to-date and that the views of all stakeholders are heard and considered regularly.

Useful Documents and resources

- DfE 2019, Relationships Education, Relationships and Sex Education (RSE) and Health Education; Statutory guidance for governing bodies, proprietors, head teachers, principals, senior leadership teams, teachers
- SEND Code of Practice

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Relationships Education

- Safeguarding: NSPCC PANTS rule with film.

Relationships and Sex Education

- Sexual health and relationships: up to date information on all aspects of sexual and reproductive health available on Sexwise's website which teachers may find helpful for their knowledge.
- Abuse in relationships: Disrespect NoBody from the Home Office and Government Equalities Office.
- Consent: PSHE Association lesson plans from the PSHE association.
- LGBTQ+ inclusivity: Stonewall lesson plans and materials for primary and secondary.
- Resources covering all contexts, including online, and specifically relationships and bullying, alcohol, smoking, stress, body image from Public Health England website with videos made by young people and resources tested with teachers.

Mental Health

- Mental health and emotional wellbeing lesson plans from PSHE Association.
- MindEd educational resources on children and young people's mental health.

Online safety

- Education for a Connected World is the UK Council for Internet safety (UKCCIS) framework of digital knowledge and skills for different ages and stages.
- Sexting advice from UKCCIS for schools on preventative education and managing reports of sexting.
- Thinkuknow is the education programme from National Crime Agency (NCA) and Child
- Exploitation Online Programme (CEOP), which protects children both online and offline. The site offers materials for parents, teachers and pupils on a wide range of online safety issues and facts about areas such as digital footprints, recognising fake websites and checking URLs.

PSHE

- PSHE Association Programme of study for KS1-5

Drugs and alcohol

- Planning effective drug and alcohol education from Mentor-ADEPIS research and briefing papers with ideas for lessons.
- Life skills education DAaRT – Drug, Alcohol and Resilience Training

Extremism and radicalisation

- Practical advice and information from Educate Against Hate for teachers, teachers in leadership positions and parents on protecting children from extremism and radicalization.

Curriculum

- Non-statutory framework for Citizenship KS 1 and 2 (Non-statutory programme of study).
- Data to understand the health and wellbeing needs of the local school-age population

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- Public Health England's Child and Maternal Health Intelligence Network brings together a range of publicly available data, information, reports, tools and resources on child and maternal health into one easily accessible hub.
- It includes school-age health profiles and young people's health profiles.
- The indicators allow areas to see how they perform against the national average and against other local areas. These tools, accompanied by local health intelligence, will be useful in supporting schools to identify and respond to the particular health and wellbeing needs of their local school-age population.

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