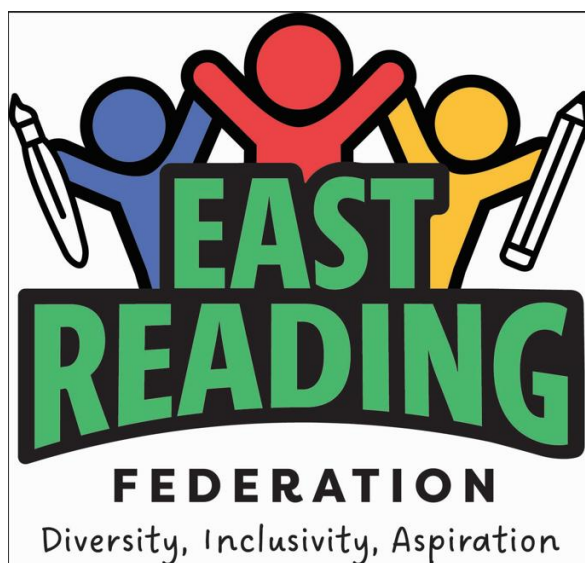




Relationships, Sex & Health Education

POLICY OWNER

Laura Kerr/Christian Lim
Headteachers

DELEGATION

Full Governing Board

DATE OF APPROVAL

July 2026

DATE OF NEXT REVIEW

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Introduction

In the East Reading Federation, we believe that Relationships, Sex and Health Education (RSHE) plays a vital role in supporting pupils' wellbeing, safety and personal development.

Through RSHE, pupils develop the knowledge, skills and attitudes they need to build positive relationships, understand themselves and others, and make informed decisions that support their health and wellbeing.

This policy sets out how RSHE is taught in our schools and reflects current statutory guidance.

Aims

The aims of RSHE in our schools are to:

- support pupils to develop positive, respectful relationships
- promote emotional wellbeing and resilience
- help pupils understand how to stay safe, including online
- enable pupils to recognise risk and know how to seek help
- prepare pupils for the changes they experience as they grow

RSHE is delivered in a way that is age-appropriate, inclusive and sensitive to the context of our school communities.

Statutory Requirements

The schools teach Relationships Education and Health Education in line with statutory guidance.

The schools do not teach non-statutory sex education beyond the requirements of the science curriculum.

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

Curriculum Content

RSHE is taught as part of the schools' PSHE curriculum using the Kapow Primary scheme.

The curriculum is structured and sequenced to build pupils' knowledge and skills over time. It includes learning about:

- relationships and friendships
- emotional wellbeing and mental health
- personal safety and boundaries
- online safety
- physical health and changes during puberty

Content is revisited across year groups to ensure pupils develop a secure and age-appropriate understanding.

Delivery of RSHE

Lessons include discussion, reflection and structured activities. Pupils are not required to share personal experiences.

Sensitive Content

Some aspects of RSHE may be considered sensitive, including relationships, personal boundaries, online safety and puberty.

These topics are planned carefully to ensure that:

- content is age-appropriate
- teaching is respectful and inclusive
- pupils feel safe and supported

The schools identify areas of sensitive content in advance to ensure consistency in teaching and communication.

Working with Parents

The schools value the role of parents in supporting their child's learning.

Parents are informed about the RSHE curriculum through:

- the school website
- curriculum overviews
- communication about specific topics where appropriate

Parents are able to view representative materials and are welcome to contact the school with any questions.

The schools consult with parents when reviewing the RSHE policy.

Safeguarding

RSHE is an important part of the schools' safeguarding approach.

Through RSHE, pupils are taught to:

- recognise safe and unsafe situations
- understand personal boundaries
- identify trusted adults
- know how to seek help

Any concerns or disclosures arising from RSHE lessons are managed in line with the schools' safeguarding procedures.

Confidentiality and Safeguarding

All RSHE lessons are delivered within a safe and supportive environment.

Ground rules are used to support respectful discussion. Pupils are encouraged to talk about ideas and scenarios rather than personal experiences.

Teachers cannot offer confidentiality where a safeguarding concern is identified. Any disclosures will be managed in line with the schools' safeguarding policy.

Roles and Responsibilities

The Governing Body

The governing body is responsible for ensuring that the school meets its statutory obligations in relation to RSHE. This includes:

- approving the RSHE policy
- ensuring the curriculum is in line with statutory guidance
- monitoring the effectiveness of RSHE provision

The Headteachers

The headteachers are responsible for:

- ensuring RSHE is taught consistently across the school
- ensuring staff are supported to deliver RSHE effectively
- overseeing communication with parents
- ensuring safeguarding procedures are followed

The PSHE / RSHE Subject Lead

The subject lead is responsible for:

- overseeing the planning and delivery of the RSHE curriculum
- supporting staff with resources and guidance
- ensuring the curriculum is appropriately sequenced and reflects pupil need
- monitoring provision in a proportionate way
- leading policy review and parent consultation

Class Teachers

Class teachers are responsible for:

- delivering RSHE in line with the schools' curriculum
- creating a safe and respectful learning environment
- responding to pupil questions appropriately
- following safeguarding procedures where concerns arise

Monitoring and Review

RSHE is monitored as part of the schools' wider curriculum and safeguarding processes.

Monitoring may include:

- review of planning and curriculum coverage
- pupil voice and discussion
- professional dialogue with staff
- consideration of safeguarding themes

Monitoring is proportionate to the subject and does not rely solely on written outcomes.

This policy will be reviewed annually and in line with any changes to statutory guidance.

Equality and Inclusion

RSHE is delivered in a way that is inclusive and respectful of all pupils.

The schools are committed to ensuring that RSHE:

- reflects the diversity of pupils and families
- is accessible to pupils with SEND
- is sensitive to the cultural and faith context of the school community

Adjustments are made where appropriate to ensure all pupils can access the curriculum.

Links to Other Policies

This policy should be read alongside:

- Safeguarding and Child Protection Policy

- Behaviour Policy
- Online Safety Policy
- Equality Policy