



RSHE Policy

Updated: June 2026
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Headteacher
Ratified by: Governing Body –

Signed: 
Chair of Governors

Review Date: May 2028

Intent

The intention of relationships and sex education at Ryhope Infant School Academy is to provide children with the opportunities to develop knowledge, skills and understanding to lead a confident, healthy and happy life. We have a strong focus on developing children's understanding of positive and healthy relationships, to enable successful relationships throughout their lives.

At RISA we place high value and importance on family life and we aim to reflect the different family backgrounds our children come from. We will help the children develop knowledge and understanding of what caring and loving families are.

The children will explore emotions and feelings and we will provide the children with opportunities to develop their vocabulary to enable them to express these clearly. We will help the children to understand who you should speak to when you feel unsafe or worried about something.

Our aim is for the children to develop feelings of self-respect and pride in themselves. We aim to develop the children's empathy towards others, understanding that although people and families may be different everybody is entitled to respect.

We recognise that children are growing up in a world where the internet will be a key part of their lives with both benefits and risks. We aim to equip children with the knowledge to enable them to stay safe online and understand what to do if something online concerns or worries them.

We will model healthy relationships and help the children understand how having a healthy relationship is important to your mental wellbeing.

This policy has been developed in accordance with the Department for Education's revised statutory guidance for Relationships Education, Relationships and Sex Education (RSE) and Health Education, which becomes mandatory from September 2026.

Aims

The aims of RSHE at Ryhope Infant School Academy are to:

- Provide accurate, age-appropriate information.
- Support pupils' physical, emotional and mental wellbeing.
- Develop positive, respectful relationships.
- Promote safeguarding and personal safety.
- Help pupils understand boundaries, consent and privacy in age-appropriate ways.
- Encourage respect for diversity and difference.
- Support children to recognise unsafe situations and seek help.
- Promote healthy lifestyles and positive mental health.
- Develop resilience, confidence and self-esteem.

Definition

Relationship and Sex education in Infant schools is about the emotional, social and cultural development of pupils, and involves learning about relationships, healthy lifestyles, diversity and personal identity. RSE aims to give children essential life skills to build positive, respectful and enjoyable relationships with others. RSE also aims to give children the skills to stay safe both on and

off line. RSE, within PSHE, helps to explore children's own attitudes and values and develops their self-esteem and confidence to view themselves in a positive way.

Our Curriculum

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

Pupils will learn about:

Families and Caring Relationships

- Different family structures.
- Caring relationships.
- People who love and care for us.
- The importance of family life.

Friendships

- Making friends.
- Being a good friend.
- Resolving disagreements.
- Kindness and empathy.

Respectful Relationships

- Respect for self and others.
- Good manners.
- Inclusion.
- Valuing differences.

Online Relationships

- Staying safe online.
- Trusted adults.
- Appropriate behaviour online.
- Asking for help.

Being Safe

- Personal boundaries.
- Privacy.
- Appropriate and inappropriate touch.
- Trusted adults.
- Recognising unsafe situations.
- How to seek support.

These areas are particularly emphasised within the revised 2026 guidance as part of schools' safeguarding responsibilities.

Health Education

Pupils will learn about:

Mental Wellbeing

- Recognising feelings.
- Managing emotions.
- Building resilience.
- Seeking help.

Physical Health and Healthy Lifestyles

- Healthy eating.
- Physical activity.
- Sleep and rest.
- Personal hygiene.

Keeping Safe

- Road safety.
- Medicines safety.
- Sun safety.
- Basic risk awareness.

Growing and Changing

Children will learn:

- The names of body parts using correct scientific vocabulary.
- How bodies change as children grow.
- Personal hygiene routines.

Any teaching will be age-appropriate and aligned with statutory guidance and the National Curriculum for Science.

For more information about our curriculum, see our curriculum map on our website.

Delivery of Relationships and Sex Education

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

Aspects of RSE are referred to in whole school assemblies, especially when exploring themes such as tolerance, respect and understanding of others.

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 parent 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).

At RISA we cover the KS1 science national requirements for 'animals including humans'. This covers identifying main body parts and life cycles.

At Ryhope Infant School Academy the staff use the accurate and scientific name for body parts, which is taught as a part of our curriculum.

Safeguarding

RSHE plays an important role in safeguarding.

Through our curriculum pupils learn:

- How to identify trusted adults.
- How to recognise unsafe situations.
- How to report worries.
- How to seek help.

Staff will follow the school's safeguarding and child protection procedures where concerns arise.

Roles and Responsibilities

The School

The School will ensure that parents are kept informed of the curriculum. Teaching of Relationships and Sex Education is not explicit but rather it is embedded within different subject areas.

Governors

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

Head Teacher

The headteacher is responsible for ensuring that RSE is taught consistently across the school.

Staff

At Ryhope Infant School Academy, we believe that the nurturing of the whole child is very important and that for a child to achieve academic potential it is important to nurture their physical, moral and spiritual well-being. Staffs' beliefs and attitudes will not influence the teaching of the relationships and sex education curriculum. Teaching will be matched sensitively whilst children's questions will be answered sensitively and honestly, partnership with parents is essential and staff will consult with parents where appropriate. The delivery of the content will be accessible to all pupils including those with SEND. Parents do not have a right to withdraw pupils from Relationships Education but do have a right to withdraw pupils from Sex education, however at infant level sex education is not taught but rather the Foundations are laid in the children's understanding of life cycles of animals.

Staff are responsible for:

- Delivering RSE in a sensitive way
- Modelling positive attitudes to RSE
- Monitoring progress
- Responding to the needs of individual pupils

Pupils

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

Working with Parents and Carers

Parents and carers are the primary educators of their children and play a vital role in RSHE. The school will:

- Publish this policy on the school website.
- Inform parents about curriculum content.
- Share resources where appropriate.
- Provide opportunities for consultation and feedback.

Monitoring and Evaluation

The Head teacher will monitor the implementation of the Relationships and Sex Education Policy.

Pupils' development in RSE is monitored by class teachers as part of our internal assessment systems. This policy will be reviewed every 2 years. At every review, the policy will be approved by governing body and headteacher.

Inclusion and Equality

The school endeavours to provide equal opportunities to all children regardless of age, gender, ethnicity, and ability including SEND and for those whom English is a second language so that the needs of each child are considered when planning the curriculum to ensure an inclusive environment so that each child reaches his/her potential.

Other relating policies

The policy should be read in conjunction with:

- PSHE
- RE
- Science
- SEN Policy
- Safeguarding Policy