



HIGHGATE

PRIMARY SCHOOL

PSHE and RSE Policy

(Personal, Social, Health Education and Relationships and Sex Education)

March 2025

Aims

This policy outlines our commitment to providing pupils with the knowledge, skills and understanding they need to lead confident, healthy, independent lives, in order to become informed, active and responsible citizens. Highgate Primary School is committed to the development of the whole child and places Personal, Social, Health and Economic Education (PSHE) at the heart of all that we do.

Relationships Education (RSE) is taught within a broader PSHE education programme. RSE enhances and is enhanced by learning related to other topics within PSHE such as anti-bullying; keeping safe on and off line; keeping physically and mentally healthy, learning about drugs, alcohol and tobacco; and the development of skills and attributes such as communication skills, managing peer pressure, risk management, resilience and decision making.

The aims of PSHE and RSE at Highgate Primary are to:

- Teach pupils how to make informed choices
- Prepare pupils to be positive and active members of a democratic society
- Allow pupils to acknowledge and appreciate difference and diversity
- Encourage pupils to value themselves and others
- Promote the spiritual, moral, cultural, mental and physical development of all pupils
- Prepare pupils for the opportunities, responsibilities and experiences of later life
- Teach pupils to understand what constitutes a safe and healthy lifestyle
- Provide a framework in which sensitive discussions can take place
- Promote safety in forming and maintaining relationships
- Provide pupils with a toolkit for understanding and managing their emotions
- Provide pupils with the opportunities to consider issues which may affect their own lives and/or the lives of others
- Help pupils to identify the characteristics of healthy relationships, how relationships may affect mental and physical health; and how to stay safe online
- 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

Relationships Education is compulsory for primary aged pupils. It is also compulsory for all schools to teach Health Education. At Highgate Primary, we are committed to teach age-appropriate sex education alongside relationships education. In doing so, we have regard to guidance issued by the Secretary of State as outlined in Section 403 of the Education Act 1996.

Definition

Relationships Education is learning about the physical, social, emotional and legal aspects of human relationships. These include friendships, family life and relationships with other children and adults. Relationships Education supports our children to be happy, healthy and safe in their connections and interactions with others, now and in the future.

Sex Education is learning about the physical, social, emotional and legal aspects of human sexuality and behaviour, including human reproduction. Aspects of sex education are also covered in the context of learning about life cycles in Science.

RSE, within PSHE, aims to give children and young people essential skills for building positive, enjoyable, respectful and non-exploitive relationships and the skills to stay safe both on and off line. It enables pupils to explore their own and other's attitudes and values and builds their self-esteem and confidence to view their own sexuality positively.

PSHE and RSE Curriculum

Our Personal, Social and Health Education (PSHE) curriculum is designed to:

- Build resilience, self-esteem and confidence
- Encourage children to make the right decisions, manage risk and make safer choices
- Encourage debate and challenging ideas

At Highgate Primary School, all members of our community are valued equally and treated with respect. Teaching considers the age, ability, readiness, and cultural backgrounds of children to ensure that all can fully access PSHE education provision. We pride ourselves on having a strong 'talking' culture where we are able to explore complex issues in a safe environment.

PSHE often works within pupils' real-life experiences, addressing a range of personal, social, emotional and health issues. A safe, supportive and respectful learning environment is created by establishing clear ground rules, developed and agreed with all pupils across the school, and referred to during PSHE lessons. This helps to secure an atmosphere within which pupils feel able to discuss concerns, feelings and sensitive issues.

RSE is taught within the personal, social and health (PSHE) education curriculum. Some biological aspects of sex education are taught within the science curriculum.

The school's PSHE scheme of work is integrated within the topics as set out in the Highgate Primary Curriculum.

RSE is planned to be of relevance to all pupils, whatever their developing sexuality or identity and includes age-appropriate teaching about different types of relationships in the context of the law. Pupils learn about LGBT relationships, for example, through teaching about different types of family, including those with same sex parents.

Pupils learn about the importance for girls to be protected against FGM. Pupils are taught that FGM is a form of abuse; understand everyone has a right to be protected against harm to their bodies and know where and how someone can get help and support.

Pupils with SEND

As far as is appropriate, pupils with special educational needs follow the same PSHE education programme as all other students. Careful consideration is given with regard to the level of differentiation required and, in some cases, the content or delivery will be adapted to meet a pupil's need.

It is not the school's policy to withdraw pupils with special educational needs from PSHE education to catch up on other National Curriculum subjects: these aspects of personal and social development are as important to all pupils as their academic achievement.

Roles and responsibilities

The PSHE and RSE policy is approved by the governing body, whilst the headteacher is responsible for its implementation. The headteacher is responsible for ensuring that PSHE and RSE is taught consistently across the school and for managing requests to withdraw pupils from components of RSE.

Staff members are responsible for:

- Delivering PSHE and RSE in a sensitive way
- Modelling positive attitudes to RSE
- Assessing pupils' understanding
- 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 PSHE and RSE

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

Pupils are expected to engage fully in PSHE and RSE, treating others with respect and sensitivity.

Parents' right to withdraw

The school is aware that the primary role in children's relationships and sex education lies with parents and carers, with whom we wish to build a positive and supportive relationship by promoting mutual understanding, trust and co-operation.

In promoting this objective we:

- Make available online, via the school's website, this PSHE and RSE Policy
- Answer any questions that parents may have about the PSHE/RSE education of their child
- Take seriously any issue that parents raise about this policy or the arrangements for PSHE/RSE in the school.

We respect parents' right to withdraw their child from sex education within RSE (other than sex education in the National Curriculum as part of science). Parents do not have the right to withdraw their child from Relationships Education as the content of these lessons, such as family, friendship, safety (including online safety) is important for all children to understand.

If a parent wishes their child to be withdrawn from the sex education elements of RSE, they should discuss this with the headteacher, making it clear which aspects of the programme they do not wish their child to participate in. Requests for withdrawal should be put in writing and addressed to the headteacher. A copy of withdrawal requests will be placed in the pupil's educational record. The headteacher will discuss the request with parents and take appropriate action.

Parents should be aware that schools are legally required to provide a broad, balanced curriculum. Sex education topics can arise incidentally and overlap with relationships education lessons and it is not possible to withdraw pupils from these relatively limited and often unplanned discussions. Alternative work will be given to pupils who are withdrawn from lessons.

Confidentiality and Safeguarding

In the course of PSHE lessons, pupils may indicate in some way that they are vulnerable or at risk. In these circumstances staff are aware that they must refer to the school's Safeguarding Policy to ensure that they are clear about what is required in such circumstances.

The school will ensure that pupils know that teachers cannot offer unconditional confidentiality and are reassured that their best interests will be maintained. They will be reminded that if confidentiality has to be broken, they will be informed first and then supported as appropriate. They are encouraged to talk to their parents or carers and are provided with support to do so.

Training

Staff receive training with regard to the delivery of PSHE and RSE as part of the school's continuing professional development programme.

Monitoring arrangements

The delivery of the PSHE and RSE curriculum is monitored by the school's Pastoral and PSHE Leads through lesson observations, learning walks and feedback from staff and children.

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

Links to other policy documents

This policy should be read in conjunction with the following documents:

- PSHE parent pages on the school website
- Curriculum Policy
- Teaching and Learning Policy
- Safeguarding Policy
- eSafety Policy
- Prevent Policy
- Anti-bullying Policy
- Healthy Eating Policy

Staff Responsible

William Dean	Headteacher
Emma Judge	Deputy Headteacher
Karen Tickner	PSHE Lead
Michael Ingall-Clark	Pastoral Lead

Policy Monitoring and Review

A copy of this guidance is available to all staff and parents and is published on the school website. Parents will be made aware of this policy when their child is admitted to this school.

This policy is reviewed every three years by the Governors' Curriculum Committee.