



Bethersden Primary School

PSHE/RSE

POLICY

September 2026

This policy is a statement of the principles, aims and strategies for the teaching of Personal, Social, Health and Economic Education (PSHE) including Relationships and Sex Education (RSE) at Bethersden Primary School.

1. Vision

Here at Bethersden we want all children to grow up healthy, happy and safe. It is within our school ethos that children should be equipped with the tools to become confident, tolerant and kind in their relationships. We want all children to feel they are able to manage challenges and opportunities within today's society. Since September 2020 it is a requirement for all primary age children to be taught Relationships and Health Education. Here at Bethersden our PSHE and RSE curriculum encapsulates this learning. Topics covered within PSHE and RSE learning includes helping them to deal with critical issues they face every day such as friendships, emotional wellbeing and change. We hope to provide all children with a solid foundation for whatever challenging opportunities lie ahead, so they feel confident in their ability to face an ever changing world.

Relationships and Sex Education (RSE) is a key aspect of Personal, Social and Health Education at Bethersden Primary School. Our combined PSHE/RSE curriculum forms a foundation for further work in secondary schools, and the skills and attitudes developed will enable the children to lead healthy lives. This is supported in the DfE Guidance document (RSE and Health Education; Statutory Guidance, Feb 2019). 'In primary schools, we want the subject to put in place the key building blocks of healthy, respectful relationships, focusing on family and friendships, in all contexts, including online. This will sit alongside the essential understanding of how to be healthy.'

Whilst LGBT issues are not taught explicitly in their own individual modules, gender differences and same-sex relationships are discussed throughout the year in relation to other topics. For example, when looking at different types of family, or personal identity. No one type of lifestyle is promoted or encouraged over any other, nor is any moral judgement made regarding gender identity or sexual orientation. In-keeping with the ethos of Bethersden Primary School, children are taught to understand differences between people and to treat everyone with the same respect, tolerance and understanding.

Bethersden Primary School's PSHE/RSE policy is based on the DfE Guidance document (RSE and Health Education; Statutory Guidance, Feb 2019). In this document RSE is defined as 'giving young people the information they need to help them develop healthy, nurturing relationships of all kinds, not just intimate relationships. It should enable them to know what a healthy relationship looks like and what makes a good friend, a good colleague and a successful marriage or other type of committed relationship.'

2. Aims & Objectives

The purpose of teaching PSHE and RSE is to ensure that children learn about issues in a caring and informed way, which dispels myths that they may have acquired. PSHE education helps pupils prepare for all the opportunities, challenges, life decisions and responsibilities they will face in life. At Bethersden Primary we strive to equip children with life-long skills, knowledge and attitudes to lead healthy lives and form caring relationships. We aim to ensure that children explore issues in a sensitive and informed way so that they are prepared for challenges and situations that they encounter on a daily basis and later in life. Children should learn to ask moral questions and make their own decisions about their health, wellbeing and education.

We aim to do so using Kapow's progressive PSHE and RSE program. This scheme offers full curriculum coverage, in accordance with the DfE guidance (RSE and Health Education; Statutory Guidance, Feb 2019), one that has been created by RSE and PSHE specialists. Kapow has been written to support the PSHE Association's Programme of Study.

The Kapow Primary scheme is a whole school approach that consists of three areas of learning in EYFS: Reception (to match the EYFS Personal, social and emotional development prime area) and five areas of learning across Key stages 1 and 2.

EYFS:

- Self-regulation
- Building relationships
- Managing self

Key stage 1 and 2:

- My healthy self
- Connecting with others
- The online world
- Health protection
- Staying safe
- Growing up and sex education

Sex education has been included in line with the DfE recommendations and is covered in Year 6 of our scheme.

Teaching takes place in a variety of ways, from role-play and discussion to written work and independent thinking activities. Lessons centre around broadening children's understanding of the world around them and managing their own responses appropriately, aiming for the children to feel empowered to make informed choices.

Within RSE, our aims are:

- to ensure that children are prepared for puberty
- to develop confidence in talking, listening and thinking about feelings and relationships, and to respect the differences between people
- for children to be able to name parts of the body and describe how their bodies work
- to empower children to make informed choices about their education and future adult life
- for children to respect their own bodies and the importance of being within a committed, long term and loving relationship
- for children to understand the importance of family life, in all its forms
- for children to ask moral questions

The school will work towards these aims through partnership with parents.

3. Planning & Organisation

At Bethersden, a PSHE/RSE lesson takes place each week within every classroom across Years 1-6. We include the statutory Relationships and Health Education within our whole-school PSHE/RSE programme - a programme that has been designed to ensure progression. An overview of our PSHE/RSE programme can be seen on the school website. This overview also shows how Early Years cover Personal, Social and Emotional Development within the PSHE curriculum, through both taught sessions across each term, as well as incidental PSED opportunities day to day.

RSE is taught through a developmental PSHE scheme of work to all children across the school, to fully equip the children with the skills and attitudes necessary for them to benefit effectively from sex education by having an understanding of how their body is changing and developing both physically and emotionally.

4. Confidentiality

Teachers conduct PSHE and RSE lessons in a sensitive manner and with consideration for the need for confidentiality. However, should issues of disclosure regarding inappropriate sexual behaviour / activity arise, the teacher will take the matter seriously and deal with it as a matter of child protection. In such cases, procedures as laid down in the Safeguarding Policy will be followed.

5. Equality Statement

At Bethersden Primary School we recognise that all children will have varied life experiences and a range of feelings and attitudes. Those of which they will have to offer within our lessons. These taught lessons will allow all perceptions to be articulated, and all contributions will be valued and respected. However, any potentially harmful or discriminatory comments based on race, gender or sexual orientation will be challenged and addressed, through class discussion and/or liaison with parents. We are committed to working towards equal opportunities in all areas of school life and aims to avoid stereotyping, believing that religious and/or cultural differences and sexual orientation should also be respected.

Teachers may need to use different resources or activities, or provide specific support, depending on the needs of the children. Teaching points need to be conveyed using language that is accessible to the children. Information regarding our key vocabulary explored within our PSHE/RSE curriculum can be found on our school website within our PSHE Vocabulary Progression document. This informs parents of key vocabulary that will be taught over the course of the year, but it is important to recognise the possibility of language arising within lessons that cannot be predicted.

6. Inclusion

Here at Bethersden Primary our PSHE/RSE policy and curriculum as a whole ensures that the teaching programme is inclusive and is appropriate and accessible for all children, including those with SEN and disabilities. Teachers ensure that the content, approach to teaching and the use of inclusive language reflect the diversity of the school community, and help all pupils feel valued and included, regardless of their gender, ability, disability, experiences and family background. Within our PSHE/RSE curriculum, we strive to meet the needs of all pupils regardless of their developing sexuality, maturity, learning abilities and social contexts.

7. Parents and RSE

At Bethersden Primary School, we appreciate the sensitivity and concerns some parents may feel towards RSE and therefore parents are informed about the timings of their child's upcoming RSE lessons as well as the lesson outlines. Parents are also welcome to discuss any questions or concerns they may have about these lessons with their child's class teacher or the PSHE subject leader. Bethersden Primary School believes that for children to achieve the desired objectives, a positive and united relationship must continue to exist between home and school so that discussion about this area of the curriculum is also encouraged at home.

In promoting this objective, Bethersden Primary School:

- informs families about the school's PSHE and RSE policy and practice
- answers any questions that families may have about PSHE and RSE in regards to their child
- takes seriously any issues that families raise with teachers or governors about this policy or the arrangements for PSHE and RSE in the school

- informs parents/carers about the best practice known with regard to PSHE and RSE, so that the teaching in school supports the key messages that families give to children at home

At Bethersden Primary school, there is a culture of openness, honesty and acceptance, and this extends to the teaching of PSHE and RSE. As these lessons often involve discussion around sensitive issues, or those which children are not used to being able to ask about, the content of each lesson can vary from what was originally planned by the class teacher. It is sometimes necessary to explore children's misconceptions further and take conversations in a different direction than first intended, in order to meet the needs of the class. On these occasions, teachers will answer questions truthfully, in an age-appropriate manner, if they feel able to do so. If the class team feels that a particular issue or topic that arises in class would be better addressed at home, your child's class teacher will inform you of this and will be happy to discuss it with you.

Parents cannot withdraw their child from Relationships Education because it is important that all children receive this content. Areas within the curriculum such as reproduction are included within the Science curriculum, which there is also no right to withdraw from. However parents do have the right to withdraw their child from lessons that cover Sex Education. Those parents who wish to withdraw their child from this aspect of the RSE curriculum must discuss this with the Headteacher and confirm this in writing.