Relationships and Health Education

Collective Policy of Windsor First Schools

September 2026

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Contents

1. Aims 2
2. Statutory requirements 2
3. Policy development 3
4. Definition 3
5. Curriculum 3
6. Delivery of Relationships and Health Education 3
7. Use of external organisations and materials 5
8. Roles and responsibilities 6
9. Parents' right to withdraw 6
10. Training 7
11. Monitoring arrangements 7
Appendix 1: By the end of primary school pupils should know 8

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1. Aims

The aims of relationships and health education at our school is to:

Provide a framework in which sensitive discussions can take place

Prepare pupils for puberty and the importance of health and hygiene

Help pupils develop feelings of self-respect, confidence and empathy, and cultivate positive characteristics such as kindness and integrity

Create a positive culture around relationships

Teach pupils the correct vocabulary to describe themselves and their bodies

2. Statutory requirements

As a maintained primary school, we must provide relationships education to all pupils under section 34 of the Children and Social Work Act 2017.

We are not required to provide sex education, and being a first school, we will not be teaching the elements of sex education contained in the Year 5/6 science curriculums.

In teaching relationships and health education, we must have regard to guidance issued by the secretary of state, as outlined in section 403 of the Education Act 1996.

We also have regard to legal duties set out in:

- Sections 404 to 407 of the Education Act 1996;
- Part 6, chapter 1 of the Equality Act 2010;
- The Public Sector Equality Duty (PSED) (as set out in section 149 of the Equality Act 2010). This duty requires public bodies to have due regard to the need to eliminate discrimination, advance equality of opportunity and foster good relations between different people when carrying out their activities.

As a Windsor first school we teach relationships and health education as set out in this policy.

3. Policy development

This policy has been developed collectively by Headteachers of Windsor first schools in consultation with individual school's governors, staff and parents/carers. The consultation and policy development process involved the following steps:

1. Review – a group of Windsor first school Headteachers pulled together all relevant information including relevant national guidance

2. Staff consultation – all school staff at individual Windsor first schools were given the opportunity to look at the policy and make recommendations

3. Governor consultation – governors at individual Windsor first schools were given the opportunity to look at the policy and make recommendations

4. Parent/stakeholder consultation – parents/carers and any interested parties at individual Windsor first schools were given the opportunity to look at the policy and make comments

5. Ratification – once any amendments were made, the policy was ratified and adopted by individual Windsor first schools' full governing bodies

4. Definition

For the purpose of this policy:

Relationships and health education in a first school is about the emotional, social and cultural development of pupils, and involves learning about relationships, healthy lifestyles, diversity and personal identity.

Relationships and health education involves a combination of sharing information, and exploring issues and values.

Relationships and health education is not about the promotion of sexual activity.

5. Curriculum

Appendix 1 details what pupils should know by the end of primary school.

Individual schools' curriculums have been developed in consultation with individual schools' parents and carers and staff, and taking into account the age, developmental stage, needs (such as cultural and religious needs) and feelings of their pupils. If pupils ask questions outside the scope of this policy, teachers will respond in an age-appropriate manner and will direct questions to the child's parents/carers.

We will share all curriculum materials with parents and carers on request.

6. Delivery of Relationships and Health Education

Relationships and health education is taught within the personal, social, health and economic (PSHE) education curriculum. Aspects of relationships and health education are taught within science and other curriculum areas including religious education (RE).

The school will make sure that:

- Core knowledge is sectioned into units of manageable size
- The required content is communicated to pupils clearly, in a carefully sequenced way and within a planned scheme of work
- Teaching includes sufficient and well-chosen opportunities and contexts for pupils to embed new knowledge, so that it can be used confidently in real-life situations
- Both boys and girls will be taught about the names of boys' and girls' body parts, and in Year 4, the changes boys and girls go through during puberty, including menstruation.

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, kind relationships
- Online safety and awareness
- Being safe

Throughout each year group we will use appropriate material to assist learning in our relationships and health curriculum such as:

- Diagrams
- Videos
- Books
- Games
- Discussions and practical activities

Teachers will make sure that all pupils' views are listened to, and will encourage them to ask questions and engage in discussion. Teachers will answer questions sensitively, honestly and appropriately for the age of the pupils.

The school will make sure that all teaching and materials are appropriate for the ages and needs of the pupils including any additional needs, such as special educational needs and disabilities (SEND).

Teachers will review all resources and materials to ensure they are appropriate for the lesson prior to use with the children.

Teacher assessment will be on-going through a combination of formative and summative assessment opportunities.

For more information about our relationships and health curriculum, see Appendices 1 and 2.

We may amend our curriculum content to respond to the needs and context of our pupils, to discuss issues affecting them in an age-appropriate manner. We will inform parents and carers of any deviation from our published policy in advance, and share any relevant materials on request.

These areas of learning are taught within the context of family life, taking care to make sure that there is no stigmatisation of children based on their home circumstances (i.e. families can include single-parent families, same-sex parents, families headed by grandparents, adoptive parents and foster parents among other structures), along with reflecting sensitively that some children may have a different structure of support around them (for example, looked-after children, young carers or kinship carers).

Across our school, we will also be mindful of the law and legal requirements, taking care not to condone or encourage illegal activity, such as violent action against people, criminal damage to property or hate crime.

6.1 Inclusivity

We will teach about these topics in a manner that:

- Considers how a diverse range of pupils will relate to them
- Is sensitive to all pupils' experiences
- During lessons, makes pupils feel:
    - Safe and supported
    - Able to engage with the key messages

We will also:

- Make sure that pupils learn about these topics in an environment that's appropriate for them, for example in:
  - A whole-class setting
  - Small groups or targeted sessions
  - 1-to-1 discussions
  - Digital formats
- Give careful consideration to the level of differentiation needed

6.2 Use of resources

We will consider whether any resources we plan to use:

- Are aligned with the teaching requirements set out in the statutory relationships and health guidance
- Would support pupils in applying their knowledge in different contexts and settings
- Are age-appropriate, given the age and maturity of the pupils
- Are evidence-based and contain robust facts and statistics
- Fit into our curriculum plan
- Are from credible sources
- Are compatible with effective teaching approaches
- Are sensitive to pupils' experiences and won't provoke distress

We will make sure that when we consult parents/carers we provide examples of the resources that the school plans to use.

7. Use of external organisations and materials

We will make sure that any external organisation or agency materials used are accurate, age and stage appropriate and unbiased and in line with our legal duties around political impartiality.

We **will**:

- Make appropriate checks and engage with external agencies to make sure that their approach to teaching about relationships and health education is balanced, and it and the resources they intend to use:
  - Are age-appropriate
  - Are in line with pupils' developmental stage
  - Comply with:
    - This policy
    - The Teachers' Standards
    - The Equality Act 2010
    - The Human Rights Act 1998
    - The Education Act 1996
- Only work with external agencies where we have full confidence in the agency, its approach and the resources it uses
- Make sure that any speakers and resources meet the intended outcome of the relevant part of the curriculum
- Review any case-study materials and look for feedback from other people the agency has worked with
- Be clear on:

- What they're going to say
- Their position on the issues to be discussed

- Ask to see in advance any materials that the agency may use
- Know the named individuals who will be there, and follow our usual safeguarding procedures for these people
- Conduct a basic online search and address anything that may be of concern to us, or to parents and carers
- Check the agency's protocol for taking pictures or using any personal data they might get from a session
- Remind teachers that they can say "no" or, in extreme cases, stop a session
- Make sure that the teacher is in the room during any sessions with external speakers
- Inform all external organisations that the school is legally obliged to share all content with parents and carers
- Share all external materials with parents and carers

We **won't**, under any circumstances:

- Work with external agencies that take or promote extreme political positions
- Use materials produced by such agencies, even if the material itself is not extreme
- Work with agencies who don't allow their material to be shared with parents and carers

8. Roles and responsibilities

8.1 The governing board

The governing board will approve the relationships and health education policy, and hold the headteacher to account for its implementation.

8.2 The headteacher

The headteacher is responsible for making sure that relationships and health education is taught consistently across the school, for sharing all resources and materials with parents and carers.

8.3 Staff

Staff are responsible for:

- Delivering relationships and health education in a way that is sensitive, high-quality and appropriate for each year group
- Modelling positive attitudes to relationships and health education
- Monitoring progress
- Responding to the needs of individual pupils
- Modelling positive behaviour and avoiding language that might perpetuate harmful stereotypes, and being conscious of everyday sexism, misogyny, homophobia and stereotypes
- Reporting any safeguarding concerns or disclosures that pupils may make as a result of the subject content to the school's designated safeguarding lead (DSL)
- Staff do not have the right to opt out of teaching relationships and health education. Staff who have concerns about teaching relationships and health education are encouraged to discuss this with the headteacher.

8.4 Pupils

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

9. Parents' right to withdraw

Parents/carers do not have the right to withdraw their child from relationships and health education.

10. Training

Staff are trained on the delivery of relationships and health education as part of their induction and it is included in our continuing professional development.

The headteacher may also invite visitors from outside the school, such as school nurses to provide support and training to staff teaching relationships and health education.

11. Monitoring arrangements

The delivery of relationships and health education is monitored by the Headteacher through activities such as learning walks, book scrutinies, pupil voice etc.

Pupils' development in relationships and health education is monitored by class teachers as part of the school's internal assessment systems.

This policy will be reviewed by the Headteacher every 3 years or when new legislation comes into force. At every review, the policy will be approved by the full governing body.

Appendix 1: By the end of primary school pupils should know

TOPIC	PUPILS SHOULD KNOW
Families and people who care for me	That families are important for children growing up because they can give love, security and stability The characteristics of safe and happy family life, such as: commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives That other children's families, either in school or in the wider world, sometimes look different from their own, but they should respect those differences and know that other families are also characterised by love and care That stable, caring relationships are at the heart of safe and happy families, and are important for children's security as they grow up That marriage and civil partnerships represent a formal and legally recognised commitment of 2 people to each other which is intended to be lifelong How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed
Caring friendships	How important friendships are in making us feel happy and secure, and how people choose and make friends The characteristics of friendships that lead to happiness and security, including: mutual respect, truthfulness, trust and trustworthiness, loyalty, kindness, generosity, sharing interests and experiences and support with problems and difficulties That healthy, caring and kind friendships are positive and welcoming towards others, and do not make others feel lonely or excluded. Pupils should learn skills for developing caring, kind friendships That not every child will have the friends they would like at all times, that most people feel lonely sometimes, and that there is no shame in feeling lonely or talking about it That most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened About managing conflict with kindness and respect, and that violence is never right How to recognise when a friendship is making them feel unhappy or uncomfortable, and how to seek help or advice from others, if needed

TOPIC	PUPILS SHOULD KNOW
Respectful, kind relationships	The importance of respecting others, including in families and friendships. Pupils should be encouraged to discuss how we can balance the needs and wishes of different people, and why this can be complicated The importance of setting and respecting healthy boundaries in all relationships with friends, family, peers and adults How to communicate effectively: how to be assertive and express needs and boundaries and manage feelings, including disappointment and frustration That they can expect to be treated with respect and the importance of respecting others, including those who are different (for example: physically, in character, personality or background), or make different choices, or have different preferences or beliefs The practical steps they can take in a range of different contexts to improve or support their relationships The conventions of courtesy and manners The importance of self-respect and how this links to their own happiness. They should have opportunities to consider issues like self-esteem and building a sense of their own identity Pupils should have opportunities to discuss the difference between being assertive and being controlling, and the difference between being kind to other people and neglecting your own needs. About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help How to seek help when needed, including when they are concerned about violence, harm, or when they are unsure who to trust What a stereotype is, and how stereotypes can be unfair, negative or destructive or lead to bullying and how to challenge a stereotype

TOPIC	PUPILS SHOULD KNOW
Online safety and awareness	That people sometimes behave differently online, including by pretending to be someone they are not and/or pretending to be a child That the same principles apply to online relationships as to face-to face relationships, including the importance of respect for others online including when we are anonymous The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them That there is a minimum age for joining most social media sites which protects children from inappropriate content or unsafe content with older social media users, who may be strangers, including other children and adults That it's important to be cautious about sharing any information about themselves online, and how to use privacy and location settings to protect their information online How to critically consider their online friendships and sources of information, including awareness of the risks associated with people they have never met How information and data is shared and used online, including where pictures or words might be circulated Online risks, including that any material provided online might be circulated, and that once a picture or words has been circulated there is no way of deleting it everywhere and no control over where it ends up That the internet contains a lot of content that can be inappropriate and upsetting for children, and where to go for advice and support when they feel worried or concerned about something they have seen or engaged with online
Being safe	What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context). This can include learning about boundaries in play and in negotiations about space, toys, books, resources for example About the concept of privacy and the implications of it for both children and adults, including that it's not always right to keep secrets if they relate to being safe That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact How to respond safely and appropriately to adults they may encounter (in all contexts, including online) including those they do/don't know How to recognise when a relationship is harmful or dangerous, including skills for recognising who to trust and who not to trust How to report concerns or abuse, about something seen online or experienced in real life, or feelings of being unsafe or feeling bad about any adult, and the vocabulary and confidence needed to do so Where to get advice, for example from their family, school and/or other sources

RSE TOPIC	PUPILS SHOULD KNOW
Developing bodies	• About growth and other ways the body can change and develop, particularly during adolescence. This topic should include the human lifecycle, and puberty should be discussed as a stage in this process. • The correct names of body parts, including the penis, vulva, vagina, testicles, scrotum, nipples. Pupils should understand that all of these parts of the body are private and have skills to understand and express their own boundaries around these body parts. • The facts about the menstrual cycle, including physical and emotional changes, whilst the average age of the onset of menstruation is twelve, periods can start at eight, so covering this topic before girls' periods start will help them understand what to expect and avoid distress.