



Personal, Social, Health and Relationships Education Policy

Reviewed by Nicole Lang (PSHRE Leader) October 2025 Next review October 2026

PSHRE is a school subject through which pupils develop the knowledge, skills and attributes they need to keep themselves healthy and safe and prepare for life and work in modern Britain. Evidence shows that well-delivered RSHE programmes have an impact on both academic and non-academic outcomes for pupils, particularly the most vulnerable and disadvantaged. (PSHE Association)

At The Carlton Infant Academy we provides a caring, inclusive, and stimulating environment where children feel safe, confident, and excited to learn.

Safeguarding:

At The Carlton Infant Academy we respect and value all children and are committed to providing a caring, friendly and safe environment for all our pupils so they can learn, in a relaxed and secure atmosphere. We believe every pupil should be able to participate in all school activities in an enjoyable and safe environment and be protected from harm. This is the responsibility of every adult employed by, or invited to deliver services at The Carlton Infant Academy. We recognise our responsibility to safeguard all who access school and promote the welfare of all our pupils by protecting them from physical, sexual and emotional abuse, neglect and bullying

1. Overview:

The aims of the RSE curriculum are to:

Promote Safe, Healthy Relationships.

- Help children understand different types of relationships, including friendships and family structures.
- Teach respect, kindness, and empathy in interactions with others.
- Support children in recognising healthy and unhealthy relationships, including how to seek help when needed.

Support Emotional and Mental Wellbeing

- Encourage self-respect, resilience, and confidence.
- Teach children how to manage emotions and understand mental health.

Ensure Physical Health and Safety

- Educate children about healthy lifestyle choices including healthy eating, physical activity, and sleep.
- Teach basic first aid and safety in various contexts
- Introduce age-appropriate understanding of the human body, including correct terminology for body parts.

Foster Respect and Inclusion

- Promote understanding of diversity in families, relationships, and identities.
- Challenge stereotypes and encourage respect for differences.

- Teach the importance of consent and personal boundaries.

Enhance Online Safety Awareness

- Help children critically engage with online content.
- Teach about privacy, digital footprints, and risks such as scams or inappropriate content.
- Emphasise the importance of age-appropriate online behaviour and safety.

2. Statutory Requirements:

The statutory RSHE (Relationships, Sex and Health Education) requirements for primary schools in England are set out by the Department for Education (DfE) and are designed to ensure that children receive a broad, balanced, and age-appropriate education that supports their wellbeing, safety, and development.

Relationships Education

Primary schools must teach pupils about:

- **Families and people who care for them:** Understanding different family structures and the importance of stable, caring relationships.
- **Caring friendships:** How to build and maintain healthy friendships.
- **Respectful relationships:** The importance of respect, kindness, and boundaries.
- **Online relationships:** Safe and responsible use of technology and the internet.
- **Being safe:** Recognising unsafe situations, understanding consent, and knowing how to seek help.

Health Education

This includes:

- **Mental wellbeing:** Recognising emotions, developing resilience, and understanding mental health.
- **Internet safety and harms:** Understanding risks online, including scams, gaming monetisation, and privacy issues.
- **Physical health and fitness:** Importance of exercise and healthy habits.
- **Healthy eating:** Nutrition and balanced diets.
- **Drugs, alcohol and tobacco:** Basic awareness of substances and their effects.
- **Health and prevention:** Hygiene, illness prevention, and dental health.
- **Basic first aid:** How to respond to common injuries.
- **Changing adolescent body:** Puberty education, including correct terminology for body parts.

Sex Education

- Primary schools **are not required** to teach sex education beyond what is covered in the science curriculum (e.g., reproduction).
- However, schools **can choose to teach additional sex education**, and parents have the **right to withdraw** their children from these lessons.

PSHRE at our school

At The Carlton Infant Academy, we teach Personal, Social, Health and Relationships Education as a whole-academy approach to underpin children's character development, which we believe also supports their learning capacity. PSHE is taught in a holistic, engaging and real-life way. Lessons are created and adapted to meet the context of our school.

All lessons are relevant to our pupil's lives and real life issues are discussed with pupils where necessary. We follow the national Relationships and Health statutory guidance with support and relevant adaptations from the PSHE Association curriculum which offers us a comprehensive, carefully considered scheme of work which brings consistency and progression to our children's learning in this vital curriculum area. Alongside this we engage in other programmes to support the development of the children such as; NSPCC programmes and Clever Never Goes. These opportunities support the "Personal Development" and "Behaviour and Attitudes" aspects required under the Ofsted Inspection Framework, as well as significantly contributing to the academy's Safeguarding and Equality Duties, the Government's British Values agenda and the Spiritual, Moral, Social, Cultural (SMSC) development opportunities provided for our children. The overview of the PSHE curriculum can be seen on the school website.

Sex Education

The DfE Guidance 2019 (p.23) recommends that all primary schools 'have a Sex Education programme tailored to the age and the physical and emotional maturity of the pupils. However, 'Sex Education is not compulsory in primary schools'. (p. 23)

At Carlton Infant Academy, we teach children the importance of keeping private areas private through the NSPCC PANTS programme, which supports statutory safeguarding guidance. We do not deliver any non-statutory sex education from which parents would have the right to withdraw.

What do we teach when and who teaches it?

The PSHRE curriculum is taught in a variety of ways such as, circle times, standalone PSHRE lesson and themed days, however, aspects of the PSHE curriculum are embedded throughout the children's daily school lives and discussions are frequently taking place around school. PSHE lessons allow children to be reflective and consider how they can make a positive contribution to society as a valued member. Pupils are encouraged to feel confident and valued within a safe environment so they can express their opinions in a variety of contexts. Whole school assemblies provide a regular opportunity to enhance pupils' spiritual, moral, social and cultural development, promoting the school's values and celebrating achievement. School assemblies are linked to the school's core values and weekly themes. Enrichment and experiences, such as trips, whole school themed days, visitors and visits to the local community, are used frequently to support the teaching of PSHRE, this creates cultural capital for our learners.

We allocate roughly 45 minutes to PSHRE each week to teach the knowledge and skills in a developmental and age-appropriate way. Class teachers deliver the weekly lessons to their own classes.

Staff Training

RSHE is a subject that can involve sensitive topics, and teachers may appreciate additional guidance and professional development. To support this, the school will provide opportunities for staff to deepen their understanding of relevant legislation, curriculum expectations, and effective teaching strategies and resources. The school also encourages collaboration with external visitors—such as healthcare professionals, police officers, and representatives from voluntary and community organisations—to enhance staff training and support in delivering RSHE.

Managing difficult questions

Controversial topics may naturally arise within PRSHE, and these will be approached with care, sensitivity, and in a manner appropriate to the age and developmental stage of the pupils. Additional needs, including SEND, will be considered to ensure inclusive and respectful delivery. All discussions will be conducted objectively and without personal bias. Where appropriate, opportunities for small group or one-to-one conversations will be provided to address specific questions or concerns.

A range of perspectives, including those informed by different religious or cultural beliefs, will be acknowledged and respected. Discussions will be framed within the boundaries of the law, and students will be informed about relevant legal contexts. Pupils will also be made aware that certain disclosures cannot be kept confidential, and that appropriate safeguarding actions may follow. Throughout, students will be offered sensitive and appropriate support.

It is essential that those teaching RSHE are completely familiar with the child protection procedures and these must be followed when needed.

Monitoring and Review

The delivery of RSE is monitored by the Senior Leadership Team. During the year a range of quality assurance methods will be used to ensure sessions are of a high quality. These may include, but are not limited to, work scrutinise, learning walks, lesson observations, focus groups and student surveys.

Students' development in RSE is monitored by class teachers as part of our internal assessment systems.

This policy will be reviewed by the Headteacher and PSHRE on an annual basis. At every review, the policy will be approved by the Governing Board.