

RSHE Policy Explainer 2026–2028

Guiding Our Pupils Toward
Healthy, Safe, and Fulfilling Lives

St Martin's C of E Primary School



Faith-Sensitive & Inclusive

Protecting, informing, and nurturing all pupils to fulfil their potential without fear.

Dignity & Respect

Treating all people as made in the image of God and loved equally.

Safe Learning Communities

Ensuring differences of lifestyle and opinion are treated with respect, adhering strictly to UK safeguarding law.

Balancing Factual Knowledge with a Moral Framework

Factual Realities

- Biology and medicine
- UK law and marriage
- Diverse family structures
- Composition of modern society

Moral Values

- Christian vision
- Dignity and respect
- Loving care for ourselves (health)
- Loving care for others (relationships)

Synthesis Insight: We teach RSHE within a moral—but not moralistic—framework. We ensure clear discernment between objective scientific facts and Christian relationship values, helping pupils navigate the modern world with integrity.

The 2025/2026 Safeguarding Updates

Physical Safety

Introduction of the Water Safety Code (Search and Rescue International) and the national Big Live Rail Safety initiative.



Digital Resilience

Explicit instruction addressing image-sharing pressure, sextortion, AI-generated content/deepfakes, and harmful online subcultures.



Mental Health & Wellbeing

Enhanced pastoral support including explicit lessons on grief, loss, and loneliness (specifically in Year 6), alongside Children's Mental Health Week.



Anatomical Clarity

Strict use of correct, specific anatomical terminology for body parts (including genitalia) to ensure unambiguous communication.

The Three Pillars of Our RSHE Curriculum

Relationships

- Families and Friendships
- Safe Relationships
- Respecting Ourselves and Others

Living in the Wider World

- Belonging to a Community
- Media Literacy and Digital Resilience
- Money and Work

Health & Wellbeing

- Physical Health and Mental Health
- Growing and Changing
- Keeping Safe

Clarifying Statutory Domains and Parental Rights

| Domain | Topics Covered | Taught When | Right to Withdraw? |
|-------------------------|---|--|--------------------|
| Statutory Science | Human body parts, growth, puberty, and gestation. | Human body parts and gestation: throughout primary. Puberty (Y4), Recapped in Y5 & Y6. | No (Statutory) ✘ |
| Relationships Education | Friendships, family relationships, boundaries online/in-person. | Reception to Year 6 | No ✘ |
| Health Education | Physical health, mental wellbeing, hygiene. | Reception to Year 6 | No ✘ |
| Sex Education | Close intimacy, reproduction, making babies, conception. | Year 6 Only | Yes ✔ |

Navigating the right to remove a child from Y6 Sex Education



To prepare children for adulthood, Year 6 lessons cover consent, conception through sexual intercourse, pregnancy, and parenting responsibilities. Parents may excuse their children from these specific lessons.

1. Discussion

Speak with the Headteacher to talk through concerns and understand the curriculum rationale.

2. Review

View the intended teaching materials and discuss the potential impact of the child not receiving this education alongside peers.

3. Formalise

Apply in writing by completing the formal Parental Form Appendix 2.



Commitment: Children excused from these sessions are guaranteed appropriate, purposeful alternative education during the withdrawal period.

Progression Arc: Relationships Education

Early Years
(Rec – Year 2)

Separating from carers, identifying what makes a family, learning to manage secrets, resisting peer pressure, and recognising hurtful behaviour.

Middle Years
(Year 3 – Year 4)

Understanding features of family support and stability, establishing personal boundaries, safely responding to others, and managing confidentiality.

Upper Years
(Year 5 – Year 6)

Managing peer influence, understanding attraction, romantic relationships, civil partnerships, marriage, and learning how to navigate consent.

Progression Arc: Living in the Wider World

Early Years (Rec – Year 2)

Following rules, sharing resources, understanding what money is, and basic introductions to using the internet safely.

Middle Years (Year 3 – Year 4)

Understanding human rights and local laws, assessing the reliability of online information, managing data sharing, and setting personal financial goals.

Upper Years (Year 5 – Year 6)

Protecting the local environment, valuing diversity, challenging discrimination, evaluating media sources (including deepfakes and AI), and identifying career aspirations.

Progression Arc: Health & Wellbeing

Early Years (Rec – Year 2)

Learning the Green Cross Code, establishing basic hygiene and sleep routines, identifying emergency services, and safety at home.

Middle Years (Year 3 – Year 4)

Expressing feelings and understanding what affects them, oral hygiene, understanding everyday medicines, and safety in unfamiliar local environments.

Upper Years (Year 5 – Year 6)

Sun safety, what affects mental health (including managing loss and bereavement), managing time online, and understanding drug use regulations and the law.

Spotlight: Growing and Changing

Reception – Year 2

Identifying why boys and girls are physically different. Using correct scientific words for body parts (including external genitalia) for safeguarding purposes. Understanding the human life cycle.

Year 3 – Year 4

Describing main physical differences. Learning key facts about the menstrual cycle, wet dreams, erections, and establishing personal hygiene routines for puberty.

Year 5 – Year 6

Exploring identity, consent, sexual intercourse, pregnancy and conception (Year 6 only) and responsibilities of being a parent

Spotlight: Digital Resilience against Modern Harms

E-safety is seamlessly cross-mapped between our Computing and RSHE curricula for comprehensive coverage.

Reception:
Learning what the internet is.

Year 4:

Recognising online risks and understanding how personal data is shared.

Year 6: Evaluating media sources, identifying AI and deepfakes, understanding sextortion risks, and safe sharing practices.

Staff Readiness: Ongoing CPD ensures our teachers are confident and equipped to handle sensitive digital topics and the use of AI in the classroom.

Delivery: Inside the Safe Classroom

Expert Instruction

RSHE is delivered by confident, trained school staff. Trusted external providers (like school nurses) are used only for specific, specialised elements.

Boundary Management

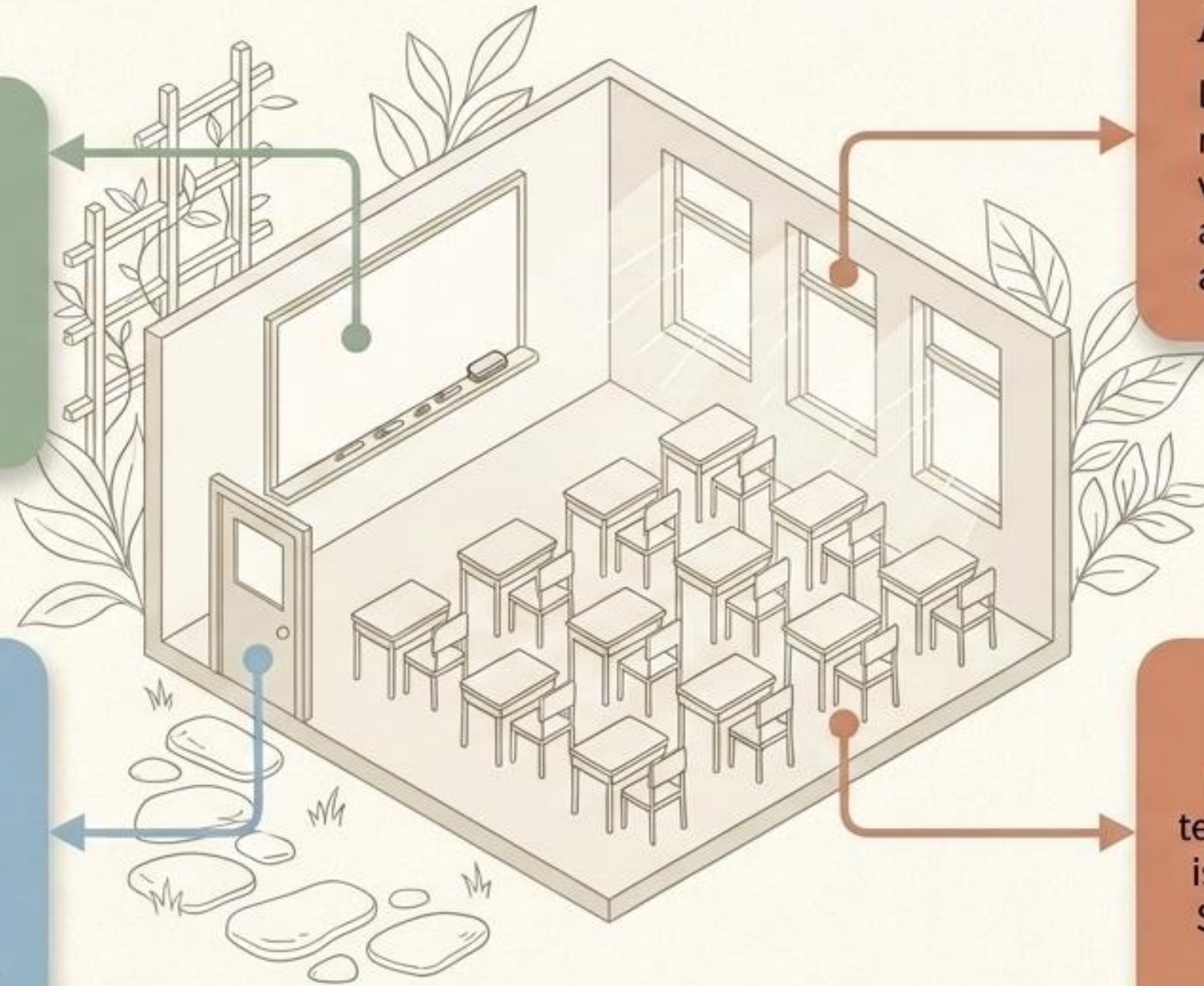
If a pupil raises a question that falls outside the scope of the primary curriculum, the teacher will sensitively redirect it to be discussed at home with parents.

A Secure Environment

Lessons take place in a safe, respectful space where diverse viewpoints are discussed fairly, and age-appropriate questions are actively encouraged.

Inclusive Access

Class teachers actively adapt teaching and content to ensure it is fully accessible to pupils with Special Educational Needs and Disabilities (SEND).



A Partnership Built on Absolute Transparency



1. Always Available

Our detailed curriculum maps and progression documents are permanently hosted on the school website for your review at any time.

2. Parent Workshops

We hold dedicated workshops (typically in Summer 1) to guide parents through new requirements and curriculum structures.

3. Open Access to Resources

Parents can book appointments with class teachers to view the actual resources used in lessons and review previous years' RSHE floor books.

Equipping Our Children for a Modern World

Core Takeaway

RSHE at St Martin's equips children with the facts, values and resilience to flourish safely, securely and happily in modern society.

Full curriculum and statutory documents are in the school website.

Further parent workshops regarding Year 4 puberty (Growing and Changing) and Year 6 (conception) will be available to parents.

Contact the school office to meet with class teacher if you wish to view lesson materials.

Policy Detail

Policy Agreed:
Summer 2026

Next Scheduled Review:
Summer 2028

St Martin's C of E
Primary School