



Darlinghurst

ACADEMY

Relationships Education, Relationships and Sex Education (RSE) and Health Education Policy

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Background

All schools in England are required by law to teach Relationships Education in primary schools and Health Education in all state-funded schools.

This comes from government legislation introduced in 2019 and updated guidance that schools must follow from September 2026.

What is RSHE?

RSHE stands for:

- Relationships Education – learning about friendships, families and how to treat others with respect
- Sex Education – learning about how bodies change and how babies are made (some parts are optional in primary school)
- Health Education – learning about physical health, mental wellbeing and staying safe and making informed healthy choices.

The academy ensures that RSHE is:

- Age-appropriate
- Inclusive of all children and families
- Focused on keeping children safe, healthy and happy

Why RSHE is Important

The academy ensures that RSHE helps children to:

- Build healthy friendships and relationships
- Understand how to stay safe, including online
- Learn about their bodies and how they change
- Develop confidence, respect and kindness
- Understand their feelings and emotions

At Darlington, within part of our wider vision:

- Darlington Design – helping children succeed in life
- Darlington Difference – developing confident, capable and caring individuals
- Within our Personal Development Programme

Our Aims

The academy ensures that RSHE supports children to:

- Understand right and wrong, and make good choices
- Feel confident in themselves and respect others
- Understand boundaries (what is private and personal)
- Talk safely about feelings, relationships and worries
- Develop resilience (the ability to cope with challenges)
- Learn how to look after their physical and mental health
- Use the correct names for body parts in an appropriate way

What Children Learn

RSHE is taught through three main areas:

1. Relationships (statutory)

Children learn about:

- Families (including different types of families)
- Friendships
- Kindness and respect
- Bullying and how to get help
- Safe and unsafe relationships

2. Health and Wellbeing (statutory)

Children learn about:

- Physical health (exercise, sleep, hygiene)
- Mental health (feelings and emotions)
- Growing and changing (including puberty)
- Staying safe in everyday life

3. Living in the Wider World (not statutory)

Children learn:

- How to be responsible and respectful citizens
- How to cope with change and new situations

Online Safety

The academy ensures that children are taught how to:

- stay safe online (statutory)
- use the internet safely
- protect personal information
- recognise risks (such as strangers or unsafe content)
- know what to do if something makes them feel uncomfortable

What is compulsory

Children must learn:

- RSE appropriate to age and stage.
- How their bodies grow and change (puberty)
- Basic information about reproduction (through Science lessons)

What is additional (non-statutory)

The academy also teaches:

- How babies are made (in an age-appropriate way)
- Pregnancy and birth

We use a trusted resource:

'Growing Up with Yasmin and Tom' (Family Planning Association)

All questions are submitted to a question box to prevent live questioning and allowing preparation for answers. Teachers respond to child-led questions in line with guidance. They do not answer questions that move beyond the curriculum content.

When and How Lessons Are Taught

The academy ensures that RSHE is taught through:

- planned lessons (usually as part of our 'Wellbeing' lessons)
- discussions and activities
- opportunities for children to ask questions safely following our 'Wellbeing rules':
 - We listen to each other
 - We join in and share our thoughts
 - We know there are different answers
 - We can disagree or agree as long as we are respectful
 - We can change our minds
 - We are a listening school and can talk about anything that worries us.

Lessons:

- Wellbeing rules begin every lesson
- All lessons have a simple question and reflection
- Teachers facilitate discussions and activities linked to content/scenario
- Children share first and final thoughts (recorded in books)
- Lessons end with opportunity for children to identify and 'explain' personal attributes that support the content/scenario

Teachers create a safe and respectful classroom environment.

Who Teaches RSHE

The academy ensures that RSHE is taught by:

- Class teachers
- Trained staff
- Sometimes, external visitors may support learning (e.g. health professionals).

The academy ensures all visitors are appropriate and lessons remain safe and accurate. The content is shared and reviewed at least one week prior to the visit from a health care professional.

Making Learning Accessible for All Children

The academy ensures that RSHE is suitable for every child.

This means:

- Consideration is made of a child's age or stage
- Lessons are adapted for children with additional needs (SEND)
- Different teaching methods are used to support understanding
- All children feel included and respected

Safeguarding (Keeping Children Safe)

RSHE is an important part of how we keep children safe.

The academy ensures children know:

- The difference between safe and unsafe situations
- What to do if they feel worried or uncomfortable
- Who they can talk to (trusted adults)

Children are also taught about:

- Online safety
- Personal boundaries (what is appropriate and not appropriate)
- How to ask for help

Working with Parents

We believe parents and carers are very important partners in RSHE.
The academy ensures that:

- Parents are informed about what is taught
- Parents can view the curriculum on request
- Parents can view learning materials on request
- Parents are invited to meetings or information sessions (including focus groups, parental contribution and voice)
- Parents can ask questions at any time

We aim to help parents feel confident about supporting their child at home.

Right to withdraw from Sex Education

Parents do not have the right to withdraw their child from:

- Relationships Education
- Health Education
- Science lessons about the body

However, parents can request to withdraw their child from Some parts of Sex Education (non-statutory lessons)

The academy ensures that:

- Requests are made in writing to the Principal
- Parents are offered a discussion
- Alternative learning is provided if a child is withdrawn

Monitoring and Review

The academy ensures that RSHE is:

- Regularly reviewed and improved
- Updated in line with government guidance
- Shaped by contributions and feedback from pupils and parents

This includes the production of the policy and practice in teaching RSHE and it's content – how it has been produced and its approval.

The policy is reviewed annually by the RSHE lead Mrs Rosso