





Relationships and Sexual Health Education POLICY NOVEMBER 2025

Policy Date: November 2025 Review Cycle: Annually

Responsible Body: Bewley LGC

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Version Control

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Introduction

This policy outlines Spark Education Trust's approach to delivering Relationships, Sex and Health Education (RSHE) across all schools within our Trust. It is informed by the Department for Education's Relationships Education, Relationships and Sex Education (RSE) and Health Education Statutory Guidance (July 2025) and will be followed from September 2025.

Legal Framework

This policy has been developed in accordance with:

- Education Act 2002, Section 80A
- Education Act 1996, Section 403
- Department for Education statutory guidance: Relationships Education, RSE and Health Education (July 2025)
- Keeping Children Safe in Education 2025
- Equality Act 2010
- Other relevant Trust policies (Safeguarding, SEND, Online Safety & Behaviour).

Aims and Objectives

The aims of RSHE at Spark Education Trust are to:

- Provide a comprehensive, age-appropriate curriculum that reflects pupils' needs and experiences.
- Promote the physical, emotional, and social development of pupils.
- Equip pupils with knowledge and skills to make informed decisions about their health and relationships.
- Foster a safe and supportive environment for discussing sensitive issues.
- Ensure teaching is inclusive, respectful, and sensitive to diverse beliefs and backgrounds.

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Curriculum Content

Relationships Education (Primary)

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe







Relationships and Sex Education (RSE) (Secondary)

- Families
- Respectful relationships, including friendships
- Online and media
- Being safe
- Intimate and sexual relationships, including sexual health

Health Education (Primary & Secondary)

- Mental wellbeing
- Internet safety and harms, including Al and deepfakes
- Physical health and fitness
- Healthy eating
- Drugs, alcohol, and tobacco
- · Health and prevention
- · Basic first aid
- The changing adolescent body
- Suicide prevention and self-harm awareness

Teaching and Learning Strategies

RSHE will be taught using:

- Class discussions and debates
- Group work and role-playing
- Multimedia resources
- Guest speakers and external agencies where appropriate
- Interactive workshops

Teachers will establish ground rules to ensure discussions remain appropriate, respectful, and safe.

Guiding Principles

RSHE delivery is underpinned by:

- 1. Engagement with pupils to ensure relevance
- 2. Engagement and transparency with families, providing access to materials
- 3. Positivity, promoting healthy relationships and lifestyles
- 4. Careful sequencing of age-appropriate topics
- 5. Relevance and responsiveness to pupil needs
- 6. Skilled delivery and staff training
- 7. Whole school approach embedding RSHE in all aspects of school life

Inclusion and Equality

 RSHE is inclusive of all pupils, and reflects different family structures, faith backgrounds, cultures, genders and sexual orientations.









- Curriculum adaptations are made for pupils with SEND.
- LGBT+ inclusive content is mandatory and is delivered in an age-appropriate, factual and respectful manner.
- Teaching respects and considers religious and cultural backgrounds while meeting statutory requirements.

Parental Engagement and Right to Withdraw

- Parents/carers will be informed of RSHE curriculum content and may request to view teaching materials
- Primary: No right to withdraw from Relationships Education or Health Education.
 Sex Education: Headteachers/Heads of School must automatically grant parental requests to withdraw from Sex Education which is not statutory until KS3.
- **Secondary:** Parents/carers may request withdrawal from non-statutory sex education beyond biological reproduction. Requests must be made in writing.
- The Headteacher/Head of School (or Senior Leader) will meet with parents/carers (and the pupil, where appropriate) before making a decision. Notes and decisions will be recorded.

Safeguarding and Pupil Welfare

- RSHE will be delivered safely and in line with safeguarding procedures.
- Staff are trained to manage sensitive discussions appropriately, respond to disclosures and follow safeguarding policy and procedures.
- Pupils are informed of confidentiality limits and staff reinforce confidentiality boundaries.
- Staff teach sensitive topics (e.g. abusive relationships, harmful online behaviours, misogyny, selfharm, illegal acts such as strangulation) in a factual and protective way.

Roles and Responsibilities

- Trustees/Trust Board: Ensure statutory compliance, approve policy, allocate resources.
- Headteacher/Head of School/Governors: Implement and monitor RSHE, ensure staff training, evaluate effectiveness.
- RSHE Coordinators: Curriculum development, resource selection, parental liaison, monitoring.
- **Teaching Staff:** Deliver RSHE safely and effectively, maintain safe environment, respond appropriately to disclosures.
- Parents/Carers: Support learning, engage in consultation, communicate concerns.

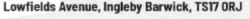
Parents/carers may contact the following with RSHE queries:

- RSHE Lead: Mr S. Dunn - Headteacher: Mrs S. Clift

- Designated Safeguarding Lead: Mrs S. Clift

Printed copies of policies/materials available upon request.









Training and Professional Development

All teachers of RSHE receive regular training on covering statutory guidance, safeguarding, inclusive practice, LGBT+ and inclusion, SEND adaptations and online safety. New staff and supply teachers receive relevant induction training.

External Agencies and Support Contacts

Each school list relevant services:

- Local sexual health services
- School nurse- The Parent Support Advisor can refer to the school nursing team and health visitor services to provide support for children and their family. Parent Support Advisor can also support families through the Early Help Service.

- Mental health support

At Bewley we have an experienced and trusted Parent Support Advisor. She offers meetings, home visits and bespoke solutions to problems to ensure that families are empowered to do their very best for their children. We also:

- Employ a qualified therapeutic play therapist who provides 1:1 play therapy sessions.
- Provide Drawing and Talking sessions with trained teaching assistants. This is a 12-week course. The teaching assistants will sign post to our PSA if further therapeutic work is needed.
- Provide links to Youth Directions, Alliance and other outside agencies.
- Offer less intensive solutions delivered by our excellent staff including Time to Talk, Friendship groups, Thera play activities, Socially Speaking, Thrive, Lunchtime social group and 1-1 drop ins with the school's PSA.

Teesside CAMHS Single Point of Contact (SPOC) is 0300 2000 000

Youth Directions 01642 677600

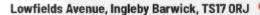
School Health 0333 3202 302.

Online Support



CATCH IT APP: Anxiety & Depression.









App to help managing negative thoughts and promote positive thought processes.







CHILL PANDA APP: Reduce Worries

App to provide information and step by step guides for breathing techniques and exercises to calm the mind.







IESO: Online Therapy

Assists with anxiety, stress, low mood and much more. Online counselling

www.iesohealth.com/en-gb



MEE TWO: Mental Health Support

Online app to discuss issues affecting the lives of students. Anonymous advice available from experts.















YOUNG MINDS: Mental Health Support

Website providing support and online toolkits designed to help improve mental health. Online Blog.

youngminds.org.uk



KOOTH: Online Counselling Support

Free online anonymous mental health support. Online crisis support. Articles and community blogs. Online journaling available.

www.kooth.com



CHILDLINE: Online Line Information

Online and telephone counselling and support. Information and advice regarding a large range of topics. Online toolbox providing strategies and assistance.

www.childline.org.uk



Anna Freud National Centre for Children and Families

https://www.annafreud.org







- RSHE Lead contact: Mr S. Dunn Bewley@bewleyprimary.org.uk 01642371647
- Safeguarding contacts Mrs S. Clift, Mrs J. Hepple, Mr K Porritt, Mr J.Cumisky safeguarding@bewleyprimary.org.uk

Monitoring, Evaluation, and Review

- Monitoring through lesson observations, learning walks, pupil surveys, assessment of knowledge and attitudes.
- Feedback from pupils, parents, and staff informs curriculum improvement.
- Annual policy review or sooner if legislative updates occur.
- Annual reporting to Trust on RSHE provision and compliance.

Complaints

- Complaints follow the Trust's complaints procedure.
- Alleged breaches of policy are investigated by school leadership and reported to the Trust central team.

Appendix A: RSHE Curriculum Map Template

APPENDIX 1

Core theme 1: Health & Wellbeing

Core theme 2: Relationships

Core theme 3: Living in the Wider World

Sex and Relationships Education

Awareness of views in the wider world



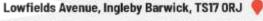






		Rationale
	YEAR 1	Rationale
3D I	SHE LESSON OVERVIEW	
	Unit 5 LESSON 6: Internet Safety -	To help the children understand their own emotions as
	E-Safety	well as the emotions
	Unit 3 LESSON 6: Emotions – Mood	of others.
	Swings	To understand how we work and play together.
	Unit 1 LESSON 1: Feelings - How I	, , ,
	Feel	
	Unit 1 LESSON 2: Responses - You	
Autumn 1	and Me	
Autumn 1	Unit 1 LESSON 3: Opinions - I	
	Think	
	Unit 1 LESSON 4: Co-operation –	
	Negotiation	
	Unit 1 LESSON 5: Co-operation -	
	Want to Play?	
	Unit 1 LESSON 6: Co-operation -	
	Let's Debate!	
	Unit 4 LESSON 1: Happiness -	To be able to manage our behaviour and emotions when
	Smile!	things might not go our way.
	Unit 3 LESSON 1: Fair and Unfair -	
Autumn 2	It's Not Fair!	
Autumn 2	Unit 3 LESSON 2: Comparisons -	
	All the Same	
	Unit 3 LESSON 4: Right and Wrong	
	- In the Right	
	Unit 2 LESSON 1: Definition - A	To understand how to be safe online.
	Bully is	To understand what being kind means and to treat others
	Unit 2 LESSON 2: Unkindness -	in a kind manner.
	Blame Game	To Discuss what empathy means and how people may feel
	Unit 2 LESSON 3: Behaviour -	in certain situations.
Spring 1	Bullying is	
Spring 1	Unit 2 LESSON 4: Behaviour - + and	
	Unit 2 LESSON 5: Behaviour - Help	
	Me!	
	Unit 3 LESSON 3: Behaviour - In	
	My Shoes	

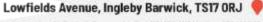






	Unit 3 LESSON 5: Teasing - Cry	
	Baby!	
	Unit 1 LESSON 1: Healthy Eating -	To know what health and hygiene means.
	Vote Green!	To Learn how to take care of ourselves and practise good
	Unit 2 LESSON 1: Dental Hygiene -	hygiene.
	Brushing Up!	,,,
	Unit 2 LESSON 2: Dental Hygiene -	
	Bright White	
S	Unit 2 LESSON 3: Dental Hygiene -	
Spring 2	Top Teeth	
	Unit 2 LESSON 4: Washing Hands -	
	Meet Grub!	
	Unit 2 LESSON 5: Keeping Clean -	
	Bath-time	
	Unit 2 LESSON 6: Skin - Skinny	
	Tips	
	Unit 3 LESSON 6: Kindness - Give a	To be able to Talk about our families and people who are
	Little	special to us.
	Unit 4 LESSON 5: Family - My	To be able to discuss why people are special to us.
Summer 1	Family	To care about all living things and why this is important.
Summer	Unit 4 LESSON 6: Family - Special	
	People	
	Unit 1 LESSON 6: Caring - Talking	A
	to Plants	
	Unit 3 LESSON 4: Changing Needs -	To be able to Talk about emotional and some physical
	I Need	changes since birth.
	Unit 3 LESSON 3: Growing Up - All	To understand why we should care for ourselves and be
	Grown Up	able to empathise with others.
Summer 2	Unit 5 LESSON 1: Sun Safety – It's	To be able to Talk about and know the difference between
	a cover up!	secrets and surprises.
	Unit 5 LESSON 4: Personal Safety -	To understanding when not to keep adults' secrets.
	Secret Surprise	To be able to say 'no'.
	Unit 5 LESSON 5: Emotional Safety	
	- Getting Help	

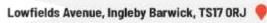






	YEAR 2 3D PSHE LESSON OVERVIEW	
Autumn 1	Core Theme 1 Unit 1 LESSON 3: Healthy Eating - Party Time! Core Theme 1 Unit 3 LESSON 5: Responsibility - Who's at Fault? Core Theme 3 Unit 1 LESSON 1: Rules / Expectations - We Expect Core Theme 3 Unit 1 LESSON 2: Rules / Expectations - Class Charter Core Theme 3 Unit 1 LESSON 3: Taking Turns - It's Your Turn! Core Theme 3 Unit 1 LESSON 4: Lending / Borrowing - The Borrowers	To understand what healthy eating is and why it is important. To understand the importance of rules and why we have class rules. To understand the rule of turn taking, how to share and the importance of sharing.
Autumn 2	Core Theme 3 Unit 1 LESSON 5: Sharing - Share the Booty Core Theme 2 Unit 4 LESSON 1: Friendship - Forever Friends Core Theme 2 Unit 4 LESSON 2: Friendship - Make Friends Core Theme 2 Unit 4 LESSON 3: Friendship - Hola! Bonjour! Core Theme 2 Unit 4 LESSON 4: Friendship - Share Alike	To understand how friendship works and why it is important to have friends. To understand a range of
Spring 1	Core Theme 1 Unit 4 LESSON 2: Anger - Grrrr! Core Theme 1 Unit 4 LESSON 3: Love - Three Little Words Core Theme 1 Unit 4 LESSON 4: Sadness - How to Cope Core Theme 1 Unit 4 LESSON 5: Consequences - Good v Bad Core Theme 1 Unit 4 LESSON 6: Aspirations - It's a Goal!	emotions, why we have them and strategies of how to manage them. To understanding that actions have consequences. To understand the importance of having aspirations.
Spring 2	Core Theme 3 Unit 2 LESSON 1: Our School - Common Goals Core Theme 3 Unit 2 LESSON 2: Belonging - I Belong Core Theme 3 Unit 2 LESSON 3: Belonging - Join Our Club! Core Theme 3 Unit 2 LESSON 4: Local Citizenship - Our Local Area Core Theme 3 Unit 2 LESSON 5: Local Citizenship - Community Care Core Theme 1 Unit 5 LESSON 2: Road Safety - Green X Code Core Theme 1 Unit 5 LESSON 3: Drug Safety - Magic Medicine	To discuss the Importance of belonging and how this makes us feel. To understand the importance of being part of school and local community/projects. To understand the importance of keeping safe and road safety.









		To understanding the importance of medicines and the need for medicines to be taken with an adult present.
Summer 1	Core Theme 1 Unit 3 LESSON 1: Similarities and Differences - Boys v Girls Core Theme 1 Unit 3 LESSON 2: The Human Body - Body Bits Core Theme 1 Unit 1 LESSON 2: Healthy Eating - Meat Eaters; Core Theme 1 Unit 1 LESSON 4: Physical Activity - Get Physical! Core Theme 1 Unit 1 LESSON 5: Physical Activity - Mighty Muscles Core Theme 1 Unit 1 LESSON 6: Exercise - Workout!	To understand the difference between boys and girls. To learn the names for different parts of the body. To understand their own body and the importance of keeping healthy. To know ways of how to keep healthy the importance of physical health.
Summer 2	Core Theme 3 Unit 3 LESSON 1: Money - Grows on Trees? Core Theme 3 Unit 3 LESSON 2: Money - Coining it in! Core Theme 3 Unit 3 LESSON 3: Money - Keep Money Safe Core Theme 3 Unit 3 LESSON 4: Money - Shopping List Core Theme 3 Unit 3 LESSON 5: Choices - This or That? Core Theme 3 Unit 3 LESSON 6: Enterprise - Dragons' Den	To understand the importance and value of money as well as how to keep it safe. To have an understanding of basic business and how production/money works.

	YEAR 3 3D PSHE LESSON OVERVIEW	
Autumn 1	Core Theme 1 Unit 3 LESSON 1: A Balanced Diet – Plant or Animal? Core Theme 1 Unit 3 LESSON 2: A Balanced Diet – Balancing Act Core Theme 1 Unit 3 LESSON 3: Working With Food – Master Chef Core Theme 1 Unit 3 LESSON 4: Working With Food – Our Food Hall	To understand the importance of a well-balanced diet. And To have some understanding of where food comes from and how to use it.
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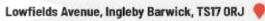






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	Core Theme 1 Unit 5 LESSON 1: Loss / Separation –	To understand the emotions/feelings
	Lost!	of loss and how to
	Core Theme 1 Unit 5 LESSON 2: Loss / Separation –	deal with these.
Autumn 2	Found!	To have an understanding of money
	Core Theme 3 Unit 4 LESSON 1: Money Choices – A	and choices that come with it.
	Million Dollars	
	Core Theme 3 Unit 4 LESSON 2: Managing Money –	
	Design Choices	
	Core Theme 1 Unit 6 LESSON 1: E-Safety – Online Chat	To understand online safety, how to
	Core Theme 1 Unit 6 LESSON 2: Online Privacy – The	manage this and how to
	Secrets Jar	keep safe.
	Core Theme 1 Unit 6 LESSON 3: Online Privacy – E-	·
	Protection	
	Core Theme 1 Unit 6 LESSON 4: Online Privacy – It's	
Spring 1	Personal	
	Core Theme 3 Unit 1 LESSON 1: Rules – I'm In Charge!	
	Core Theme 3 Unit 1 LESSON 2: Thinking Ahead –	
	Lesson Planning	
	Core Theme 3 Unit 1 LESSON 3: Taking the Lead –	
	Learning Time	
	Core Theme 1 Unit 1 LESSON 1: Physical, Emotional	To have an understanding of physical,
	and Mental – I Am Who I Am!	emotional and mental health.
	Core Theme 1 Unit 1 LESSON 2: Physical, Emotional	To know how to manage changes and
	and Mental – Hearts and Minds	feelings.
	Core Theme 1 Unit 1 LESSON 3: Physical, Emotional	To have an understanding of how to
	and Mental – Three in One	make the right health choices and to
Spring 2	Core Theme 1 Unit 2 LESSON 1: A Balanced Approach –	4
	Define: Healthy	understand the consequences of
	Core Theme 1 Unit 2 LESSON 2: Physical Exercise –	unhealthy choices.
	Active Kids?	To share personal goals, respecting
	Core Theme 1 Unit 2 LESSON 3: Lifestyle Choices – It's	the similarities and
	Your Choice	differences of others.
	Core Theme 1 Unit 7 LESSON 1: Before Puberty –	To understand the physical and
	You've Grown!	emotional changes that take place.
	Core Theme 1 Unit 7 LESSON 2: Visible Changes –	To understand who to call and when
	Mind the Gap	to call them in an emergency.
Summer 1	Core Theme 1 Unit 8 LESSON 1: How to Help – Who to	to sail them in all effection.
	Call	
	Core Theme 1 Unit 8 LESSON 2: Emergency Calls –	
	Calling 999	









	Core Theme 1 Unit 8 LESSON 3: Emergency Calls –	
	Ambulance, Now!	
	Core Theme 2 Unit 4 LESSON 1: Connections – Paper	To understand the importance of
	Chains	relationships with family and
	Core Theme 2 Unit 4 LESSON 2: Family Links – Family	friends.
Summer 2	Tree	To understand how we are connected
Summer 2	Core Theme 2 Unit 4 LESSON 3: Religious Views –	through similarities.
	Faith Findings	To respect people's different cultural
	Core Theme 2 Unit 4 LESSON 3: Celebrate Diversity –	and religious
	Inside Outside	views/beliefs.

	YEAR 4	
	3D PSHE LESSON OVERVIEW	
	Core Theme 2 Unit 3 LESSON 1: Reactions - Frustration	To help the children understand
	Core Theme 2 Unit 3 LESSON 2: Self-Worth – I'm a	resilience, being kind to one
	Marvel!	another and empathy.
Autumn 1	Core Theme 2 Unit 3 LESSON 3: Persistence and Resilience	
	– Don't Give Up	
	Core Theme 2 Unit 3 LESSON 4: Negative Persistence –	
	Over and Over	
	Core Theme 1 Unit 5 LESSON 3: Loss / Separation – Left	To be awareness of different
	Behind	family units.
	Core Theme 1 Unit 5 LESSON 4: Family Changes – Two	To explore the qualities of a good
Autumn 2	Homes	friend.
	Core Theme 2 Unit 5 LESSON 1: Friendship – Best Features	
	Core Theme 2 Unit 5 LESSON 2: Friendship – Circles Time	
	Core Theme 2 Unit 5 LESSON 3: Friendship – The BAFAs	
	Core Theme 2 Unit 1 LESSON 1: Clear Messages – Dot Dot	To explore the different ways that
	Dash	people with each other.
Spring 1	Core Theme 2 Unit 1 LESSON 2: How to Listen – Listen	To be able to communicate with
	Up!	others in a kind manner.
	Core Theme 2 Unit 1 LESSON 3: Responding to Others –	
	Agony Aunts	







	Core Theme 2 Unit 1 LESSON 4: Expressing Opinions – It's Debatable	
	Devatable	
	Core Theme 2 Unit 2 LESSON 3: Shared Goals – Better	To understand how to work
	Places	together to create a better, safer
Spring 2	Core Theme 3 Unit 2 LESSON 1: Different Communities –	environment for all.
Spring 2	My community	To explore ways of
	Core Theme 3 Unit 2 LESSON 2: School Communities –	Interacting/communicating with
	School Swap	the community.
	Core Theme 1 Unit 4 LESSON 1: Identified Strengths – I'm	To be able to promote self-
	Good at That	confidence and self-belief.
	Core Theme 1 Unit 4 LESSON 2: Identified Strengths –	To be able to set individual,
Summer 1	Future Me	realistic, goals and
Summer 1	Core Theme 1 Unit 4 LESSON 3: Setting Goals – That's My	ambitious aspirations.
	Goal!	·
	Core Theme 1 Unit 4 LESSON 4: Setting Goals – The	
	Impossible Dream	
		To Promote teamwork and be
	Core Theme 2 Unit 2 LESSON 1: Working Together - Name	able to work with different
	Game	children.
Summer 2	Core Theme 2 Unit 2 LESSON 2: Working Together – Build	To discussing problems and be
	It Up	able to work collaboratively to
	Core Theme 3 Unit 3 LESSON 1: Gender Stereotypes – His	solve them.
	and Hers	To discussing discrimination and
		stereotypes.

	YEAR 5	
	3D PSHE LESSON OVERVIEW	
	Core Theme 3 Unit 1 LESSON 1: Structure – Just	To be able to discuss structure and why it
A4	Imagine	is important. Understand the
Autumn 1	Core Theme 3 Unit 1 LESSON 2: Law and Order –	importance of democracy, government
	In Charge	and monarchy.

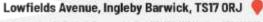






	Core Theme 3 Unit 1 LESSON 3: U.N. Rights – Our Rights	To know that Children have rights (link to RRSA.)
Autumn 2	Core Theme 1 Unit 4 LESSON 1: Bereavement – It's Natural Core Theme 1 Unit 4 LESSON 2: Bereavement – Poppies Core Theme 1 Unit 4 LESSON 3: Managing Conflict – Families at War Core Theme 3 Unit 2 LESSON 1: Community Event – We're Cultured!	To discuss how people can feel alone and misunderstood. To understand through talking how death is a part of the life cycle. To understand the need for empathy if people are having a difficult time.
Spring 1	Core Theme 1 Unit 2 LESSON 1: Food Choices – Secret Eaters Core Theme 2 Unit 3 LESSON 1: Race and Ethnicity – United States? Core Theme 2 Unit 3 LESSON 2: Gender Stereotypes – Jobs 4 All Core Theme 2 Unit 3 LESSON 3: Culture – Cultural Feast	To understand the importance of food groups and the need for a well-balanced diet. To be aware of racism and other forms of discrimination in society. To discuss the impact of this on society. To learn about gender discrimination and the different forms of discrimination in society. To challenge stereotypes and discrimination.
Spring 2	Core Theme 1 Unit 1 LESSON 1: Physical, Emotional and Mental – 3-Dimensional Core Theme 2 Unit 1 LESSON 1: Confidentiality – Secret Info Core Theme 2 Unit 1 LESSON 2: Listening – I'm All Ears! Core Theme 2 Unit 1 LESSON 3: Responding – Scenarios	To be able to make links between physical, mental and emotional health. To develop communication and listening skills. To recognise the importance of using different communication skills -when to listen or talk.
Summer 1	Core Theme 1 Unit 2 LESSON 2: Food Choices – Invention Team Core Theme 1 Unit 2 LESSON 3: Cooking – Michelin Stars	To understand the Importance of working collaboratively. To learn cooking skills.
Summer 2	Core Theme 2 Unit 2 LESSON 1: Responding - Scrabble Core Theme 2 Unit 2 LESSON 2: Shared Goals – It's All Go!	To understand the importance of collaborative working to find a solution or to get the best possible outcome. To understand the importance of individual contribution /teamwork









Core Theme 2 Unit 2 LESSON 3: Community within the community.	
Spirit – All Join In	

	VEAD (
	YEAR 6 3D PSHE LESSON OVERVIEW	
Autumn 1	Core Theme 1 Unit 3 LESSON 1: Identified Strengths – Big Dreams Core Theme 1 Unit 3 LESSON 2: Identified Strengths – Big Achievers Core Theme 1 Unit 3 LESSON 3: Setting Goals – 'Super Futures' Core Theme 1 Unit 3 LESSON 4: Setting Goals – I Can Do That!	To be able to identify their strengths and how they fit into class and wider society. To encourage high aspirations and the importance of this.
Autumn 2	Core Theme 1 Unit 5 LESSON 1: Drugs – Just Say No! Core Theme 1 Unit 5 LESSON 2: Alcohol – Drink Aware Core Theme 1 Unit 5 LESSON 3: Tobacco – Up in Smoke Core Theme 1 Unit 5 LESSON 4: Substance Abuse – Let's Be Frank	To develop strategies for understanding, managing and controlling strong feelings and emotions and dealing with negative pressures. To Identify risks associated with use and misuse of a range of substances and the impact that this can have on individuals, family and friends. To be able to making responsible and informed decisions regarding medicines, alcohol, tobacco and other substances and drugs. To understand the difference between alcoholic and non-alcoholic drinks. To discuss the dangers of smoking. To discuss substance abuse and how everyday substances have uses but also can be misused.







		To further discuss the effects of substance abuse.
Spring 1	Core Theme 1 Unit 1 LESSON 2: Physical, Emotional and Mental – What's Puberty? Core Theme 1 Unit 1 LESSON 3: Healthy Lifestyles – You Choose! Core Theme 2 Unit 4 LESSON 1: Physical Contact – Touch Sensitive	To understand physical, emotional and mental development/changes. To have an understanding of how to live a healthy lifestyle and why this is important. To understand appropriate and inappropriate touch. To have an understanding about how to make the correct decisions in regards to medicines and drugs. To have an awareness of the different names for drugs.
Spring 2	Core Theme 2 Unit 4 LESSON 2: Support and Care - Connections	To understand that relationships can change as we grow up and be aware that people/situations can have both a positive and negative impact on relationships.
Summer 1	Core Theme 3 Unit 3 LESSON 1: Budgeting – Money Supermarket Core Theme 3 Unit 3 LESSON 2: Consumer Sense – Payment Terms Core Theme 3 Unit 3 LESSON 3: Consumer Sense – A Class Catalogue! Core Theme 3 Unit 4 LESSON 1: Generating Income – Making Money Core Theme 3 Unit 4 LESSON 2: Generating Income – Raising Money	To have an understanding of finances, how to budget and what this means. To understand the importance of savings and how to make money 'go further'. To understand monetary terms e.g. VAT, interests, discounts, loan, tax. To understand the principles of enterprise and making money. To know and understand the principles of charity work.
Summer 2	Lesson 1 Sex and Relationships Education Lesson Lesson 2 Sex and Relationships Education Lesson Lesson 3 Sex and Relationships Education Lesson Lesson 4 Sex and Relationships Education Lesson Lesson 5 Sex and Relationships Education Lesson	To know and understand why close relationships are formed particularly in adolescence. To understand the importance of close friendships and how these develop.









Summer 2 Lesson 1 Awareness of views in the wider world

Summer 2 Lesson 2 Awareness of views in the wider world

Summer 2 Lesson 3 Awareness of views in the wider world

Summer 2 Lesson 4 Awareness of views in the wider world

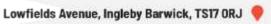
Summer 2 Lesson 5 Awareness of views in the wider world

To have an awareness of gender identity discussing the terms transgender and transvestite.

To understand the wider world, people's views and beliefs and the impact that this can have on/in the wider world.

At the start of Year 5, girls are taught about menstrual wellbeing including the key facts about the menstrual cycle by The PSA, Mrs Hepple.



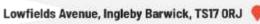




Appendix B: Parental Withdrawal Procedure

- 1. Parent/carer submits written request to the Headteacher/Head of School.
- 2. A meeting is arranged with the parent/carer (and pupil where appropriate).
- 3. The Headteacher/Head of School/Senior Leader explains lesson content and discusses concerns.
- 4. Decision confirmed in writing and recorded.
- 5. Alternative supervised provision arranged.
- 6. Re-entry to lessons may be requested at any time.







Appendix C: RSHE Resource Vetting Checklist

Resources must:

- Align with DfE statutory guidance.
- Be age-appropriate.
- Be inclusive and respectful of protected characteristics.
- Be factually accurate.
- Be free from stereotypes.
- Be safeguarding appropriate.
- Be shareable with parents when requested.



