



The Brook Special Primary School

Relationships, Sex and Health Education Policy

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1. Policy Statement

This policy outlines the Relationships, Sex and Health Education (RSHE) provision at The Brook. RSHE is delivered in a developmentally appropriate, inclusive, and safeguarding focused way that reflects the needs of our pupils with Special Educational Needs and Disabilities (SEND).

RSHE supports pupils to develop safe, respectful relationships, understand their bodies and emotions, and learn how to take care of themselves and stay safe in the wider world.

2. Statutory Context

This policy is informed by:

- DfE statutory guidance for Relationships Education, Relationships and Sex Education (RSE) and Health Education
- The updated RSHE guidance (July 2025), effective from September 2026
- The Equality Act 2010
- *Keeping Children Safe in Education*

RSHE is statutory for all state funded schools. Teaching at The Brook reflects statutory expectations while recognising the need for SEND appropriate adaptation.

3. Aims of RSHE

RSHE at The Brook aims to ensure pupils:

- feel safe, valued and respected
- develop positive relationships
- understand and manage emotions
- learn to care for their bodies and wellbeing
- understand personal safety and risk
- know how and when to seek help

4. Curriculum Design & SEND Approach

RSHE is delivered through a pathway-based curriculum:

- Engagement
- Sensory
- Emerging
- Functional

Learning outcomes are expressed through “I know” (knowledge) and “I can” (skills) statements, allowing pupils to demonstrate learning through sensory engagement, communication, routines or functional skills.

RSHE themes include:

- All About Me
- People Who Help Me
- Respect
- Belonging and Community
- Healthy Lifestyles
- Taking Care of Ourselves
- Emotional Wellbeing
- Changing and Growing

5. Relationships Education

Pupils are taught about:

- friendships and kindness
- respectful behaviour
- inclusion and diversity
- recognising unkind or bullying behaviour
- who to trust and how to ask for help

Teaching reinforces that relationships should be safe, respectful and supportive.

6. Health Education

Health education supports pupils to understand:

- physical health (hygiene, food, activity, rest)
- emotional and mental wellbeing
- self-care and independence
- recognising when something is wrong

Learning is adapted so pupils can access content through routines, visuals, modelling and practical experiences.

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7. Personal Safety (Taking Care of Ourselves)

In line with updated statutory guidance, Personal Safety is taught explicitly as part of the Taking Care of Ourselves strand.

Pupils are supported to understand and manage risks related to:

- road safety
- water safety
- fire safety
- public spaces

Teaching focuses on:

- recognising unsafe situations
- following safety rules (e.g. stop, wait, stay with an adult)
- understanding that rules help keep people safe
- knowing who can help in an emergency

Learning is developmentally appropriate, using sensory experiences, role-play, routines and real-life practice where appropriate.

8. Sex Education (Changing and Growing)

Sex education is delivered through **Changing and Growing** and is:

- age appropriate
- developmentally appropriate
- carefully planned and sensitively delivered

Pupils may learn about:

- body parts using correct vocabulary
- physical and emotional changes
- hygiene and self-care
- privacy, consent and bodily autonomy
- trusted adults and help seeking

The Brook does not teach about sexual intercourse as part of its RSHE or PSHE curriculum. Sex education at The Brook focuses on age- and developmentally appropriate understanding of bodies, growing and changing, personal hygiene, privacy, consent and safety.

If a pupil asks a question relating to sexual intercourse, staff will respond in a calm, appropriate and safeguarding-focused way, without providing explicit detail. The school will inform and work in partnership with the pupil's parent or carer, and any further discussion or

support will only take place with parental/carers knowledge and consent and in line with the pupil's developmental needs.

9. Safeguarding and Sensitive Questions

RSHE is a key part of safeguarding at The Brook.

- Staff always follow safeguarding procedures
- Pupils are encouraged to share concerns with trusted adults
- Disclosures are handled in line with school safeguarding policy

Staff respond to questions calmly, factually and appropriately, referring concerns where necessary.

10. Parental Engagement

The Brook works in partnership with parents and carers:

- RSHE content is shared transparently
- Parents may view curriculum materials on The Brook website.
- Opportunities for consultation are provided

The school respects parental views while fulfilling its statutory duties.

11. Equality and Inclusion

RSHE is delivered in line with the Equality Act 2010. Teaching promotes respect and understanding of differences related to:

- disability
- race and ethnicity
- religion or belief
- sex
- age and family structure

All pupils are supported to feel represented and included.

12. British Values

RSHE promotes British Values through:

- Mutual respect – kindness and inclusion
- Tolerance – valuing difference
- Rule of law – understanding routines and safety rules
- Individual liberty – making safe choices and seeking help
- Democracy – listening, turn taking and shared decisions

13. Monitoring and Review

- The RSHE curriculum is monitored by curriculum leader
- Staff receive appropriate training and support
- This policy is reviewed regularly to reflect statutory updates and pupil needs
- The school maintains a separate statutory mapping document which demonstrates how updated RSHE guidance is met through PSHE long-term planning and schemes of work; this is reviewed by leaders and governors and is available on request.

APPENDIX A

How the Brook Special Primary School promotes British Values and Protected Characteristics

British Values and Protected Characteristics are embedded throughout the PSHE curriculum rather than taught as standalone units. Through planned curriculum topics, daily routines and positive relationships, pupils learn to respect themselves and others, understand diversity, make safe choices and participate positively within their communities. Learning is adapted through the Engagement, Sensory, Emerging and Formal pathways to ensure accessibility for all pupils.

British Values Across the PSHE Curriculum

British Value	How It Is Promoted	Examples Within PSHE Topics
Democracy	Pupils are encouraged to express preferences, make choices and share opinions.	All About Me, Respect, Belonging & Community
Rule of Law	Pupils learn about rules, boundaries, safety expectations and consequences.	Keeping Safe, Online Safety, Respect
Individual Liberty	Pupils develop confidence to make informed and safe choices.	All About Me, Healthy Lifestyles, Keeping Safe
Mutual Respect	Pupils learn to value themselves and others through positive relationships.	Respect, People Who Help Me, Belonging & Community
Tolerance of Different Faiths and Beliefs	Pupils develop awareness and understanding of diversity within school and wider communities.	Belonging & Community, People Who Help Me, Respect

Protected Characteristics Across the PSHE Curriculum

Protected Characteristic	How It Is Promoted	Examples Within PSHE Topics
Age	Understanding that people have different needs throughout life.	Changing & Growing, People Who Help Me
Disability	Promoting inclusion, accessibility and respect for different abilities.	Belonging & Community, Respect, People Who Help Me
Gender Reassignment	Promoting dignity, respect and acceptance of all people.	Respect, Belonging & Community
Marriage and Civil Partnership	Learning about different family structures and positive relationships.	People Who Help Me, Belonging & Community
Pregnancy and Maternity	Understanding families, caring relationships and life changes.	Changing & Growing, People Who Help Me
Race	Celebrating diversity and belonging within communities.	Belonging & Community, Respect
Religion or Belief	Respecting different beliefs, traditions and cultures.	Belonging & Community, People Who Help Me
Sex	Promoting equality, respect and fairness for all.	Respect, Belonging & Community, Changing & Growing
Sexual Orientation	Understanding that families and relationships can be different and all deserve respect.	People Who Help Me, Belonging & Community