

# Growing, Learning, and Staying Safe

An Overview of Relationships and Sex Education (RSHE)  
at Westroyd Primary School & Nursery



A guide for parents and carers

# Our Vision: A Partnership for Healthy Futures

At Farsley Westroyd, RSHE is about creating a safe community where pupils develop positive, healthy behaviours for life. We believe this education is a partnership between home and school, ensuring children are prepared for the physical and emotional changes of growing up.



## Attitudes & Values

Learning the value of family life, respect, love, and care. Developing critical thinking for decision-making and understanding moral dilemmas.



## Personal & Social Skills

Managing emotions, developing empathy, conflict resolution, and recognising how to avoid exploitation and abuse.



## Knowledge & Understanding

Accurate information about physical development, human sexuality, and staying safe on and offline.



**“Parents are the first teachers of their children.”**



# The 'Why': Context and Legal Duty

RSHE is not just a school policy; it is a statutory right for the child and a legal obligation for the school to safeguard pupils.



## **DfE Statutory Guidance (2020):**

From September 2020, all primary schools must deliver Relationships Education.



## **Safeguarding Obligations:**

A vital part of meeting obligations outlined in 'Keeping Children Safe in Education' (KCSIE).



## **Ofsted Requirements:**

Schools must have a preventative programme enabling pupils to learn about safety and risks.



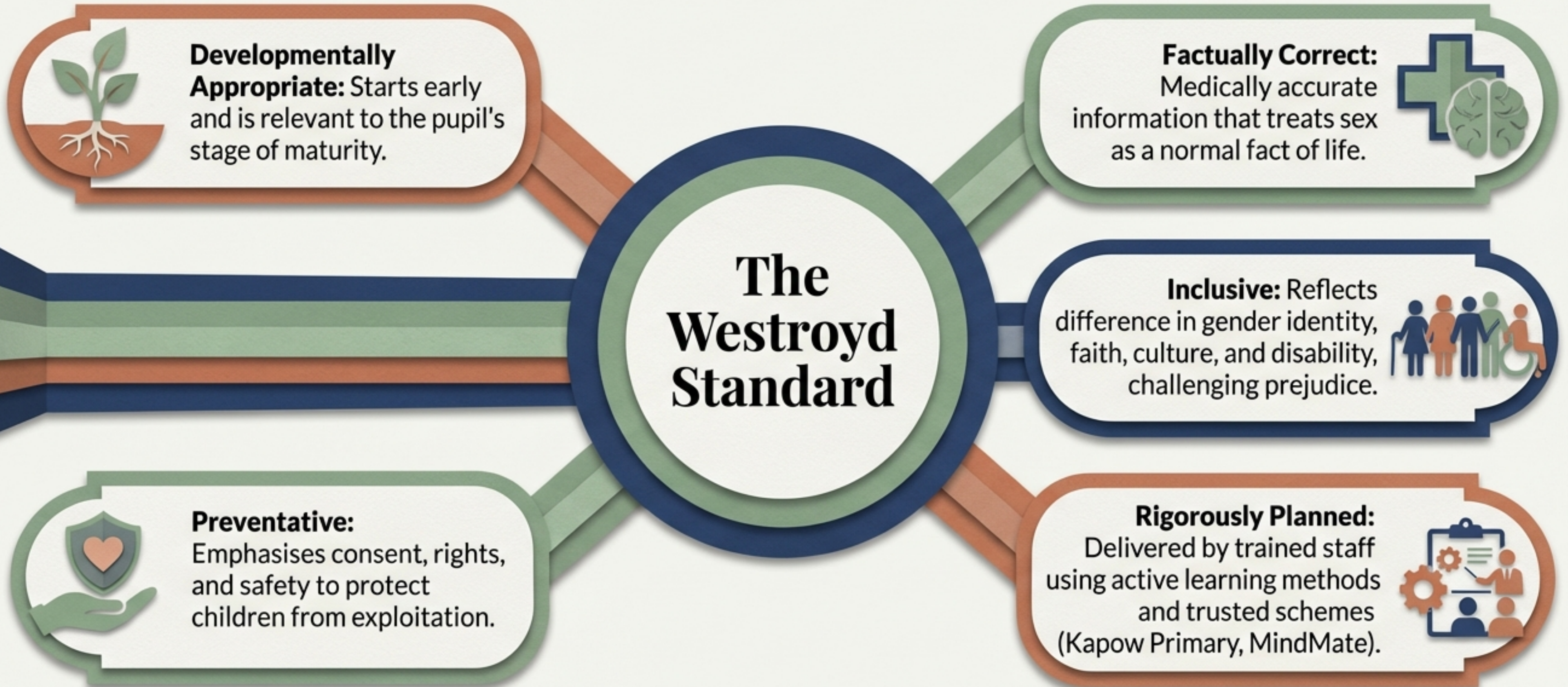
## **United Nations Convention on the Rights of the Child:**

Children have a right to good quality education that prepares them for adult life.

High quality RSHE helps create a safe school community in which our pupils can grow, learn and develop positive, healthy behaviour for life.

# Principles of High-Quality RSHE

Our approach is scientifically accurate, age-appropriate, and rooted in respect.



# The Curriculum Landscape



## Relationships Education (Statutory)

Topics: Families, Friendships, Respect, Safety.

**No right to withdraw.**



## Health Education (Statutory)

Topics: Puberty, Mental Wellbeing, Menstruation, Hygiene.

**No right to withdraw.**



## National Curriculum Science (Statutory)

Topics: Life cycles, biology of human parts, basic reproduction.

**No right to withdraw.**



## Sex Education (Non-Statutory)

Topics: Human reproduction beyond the science curriculum (taught in Year 6).

**Parents have the right to withdraw.**

# Statutory Focus: Relationships

Mandatory -  
No Withdrawal

## Families

Understanding that families provide love, security, and stability. Respecting that other families may look different from their own.



## Caring Friendships

Trust, kindness, loyalty, and managing conflict. Recognising when a friendship makes you feel unhappy.



## Respectful Relationships

Manners, courtesy, and self-respect. Challenging stereotypes and bullying.



## Being Safe

Understanding boundaries, privacy, and consent. Knowing how to ask for help and keep trying until heard.



# Statutory Focus: Health & The Online World



## Physical & Mental Wellbeing



- **Hygiene:** Germs, handwashing, and dental health.



- **Mental Health:** Understanding emotions, loneliness, and seeking support.



- **Menstruation:** Taught before onset (can be as early as age 8) to ensure girls are prepared and to avoid distress. Focus on menstrual wellbeing and hygiene products.

## Online Safety

Using 'ThinkUKnow: Jessie & Friends' (KS1) and 'Google Be Internet Legends' (KS2).



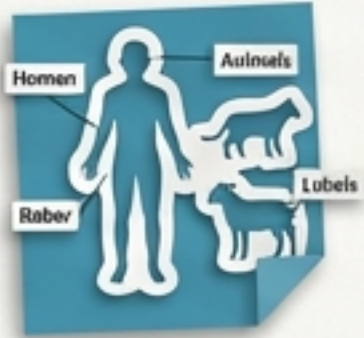
- Risks of gaming (scams/addiction), spotting fake news/AI content, and understanding social media age limits (13+).



- The Goal: Navigating the digital world safely and critically.

# Distinguishing Science from Sex Education

## National Curriculum Science (Statutory)



**KS1:** Identifying, naming, and labelling body parts.

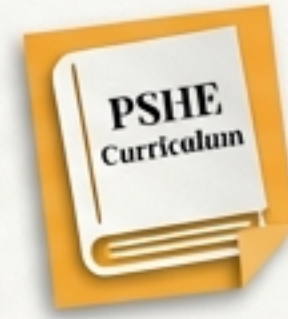
Noticing that animals (including humans) have offspring.



**KS2:** Life cycles of mammals/amphibians.

Describing the changes as humans develop to old age.

## Sex Education (Non-Statutory - Year 6)



Specific content delivered as part of the PSHE curriculum in Year 6.



Focuses on human reproduction beyond the biological facts of the science curriculum.



This is the only section subject to the Right to Withdraw.

# Language as a Safeguarding Tool



We use **correct anatomical terms** (penis, vulva, vagina, testicles, scrotum, nipples) from Reception onwards.

## Reporting Abuse

Children need precise language to report pain or abuse clearly. Euphemisms can lead to misunderstandings during safeguarding disclosures.

## Privacy

Understanding that these specific body parts are **private**.

**Social Language:** We discuss slang to teach what is and isn't **acceptable social** language, ensuring respect and dignity.

# The Classroom Environment & Methodology

## The Spiral Curriculum

Learning is revisited and deepened each year. Concepts start simply (e.g., 'PANTS rule' in Nursery) and grow more complex (e.g., online data privacy in Year 6).

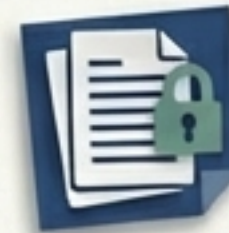
## Ground Rules

- No personal questions
- Use correct vocabulary
- Respect different opinions

## Handling Questions



**The 'Ask-it Basket':** A box for anonymous questions.



**Teacher Protocols:** Staff do not share personal information. Questions beyond the curriculum age-range are not answered to the whole class.



**The 'Helping Hand':** Directing children to trusted adults.

# Inclusion: A Curriculum for Every Child

**Duty of Care:** Compliant with the Equality Act 2010.

## LGBT+ Inclusion

Integrated into stories, scenarios, and role-plays rather than taught as a standalone 'special topic.'  
The goal is fostering respect and challenging homophobia/transphobic bullying.



## SEND Support

Differentiated learning strategies to ensure accessibility.

Specific focus on vulnerability and preventing exploitation for students with additional needs.



## Faith & Culture

We respect the diverse backgrounds of our community while upholding the statutory rights of the child to a broad education.



# Safeguarding: The Core of RSHE

RSHE is a preventative measure against abuse.

## Consent:



Teaching the right to say 'no' and respecting others' boundaries.

## Grooming Prevention:



Recognising 'initiation/hazing' and unsafe online behaviours.

## Peer-on-Peer Abuse:



Addressing sexting, harassment, and the sharing of inappropriate images.

## Trusted Adults:



Identifying who to talk to when something feels wrong.



# Your Rights: The Right to Withdraw

Duty of Care: Compliant with the Equality Act 2010.

## The Rules



### Cannot Withdraw From:

Relationships Education, Health Education, and National Curriculum Science.



### Can Withdraw From:

Non-statutory Sex Education (taught in PSHE in Year 6).

## The Process

1. Submit written request to Headteacher

2. Meeting with Headteacher to discuss

3. Documented record of request

**School Advice:** We encourage children to remain in lessons to prevent 'playground myths'—hearing misinformation from peers in an unsupported environment.

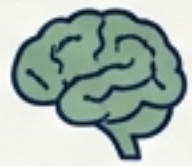
# Quality Assurance & Resources

Ensuring the best materials and practices for our children.

## Vetted Schemes



**Kapow Primary**



**MindMate  
Champions**



**Pol-Ed**

**NSPCC PANTS**



**ThinkUKnow**



## External Visitors



Strict vetting process (DBS checks, lesson planning review). A teacher is always present during visitor sessions.



## Transparency



Parents have the right to view all curriculum materials via the school website, parent workshops, or by appointment at the school office. No contractual restrictions prevent us from sharing materials with you.

# Partnership & Next Steps

## Working Together:

- We actively consult with parents and pupils (e.g., 'My Health My School' survey) to refine our approach.

## Support for Home:

- Leaflets and website links provided to help you continue conversations at home.
- Resources from Brook, NSPCC, and School Wellbeing.

## Key Contacts



**Monique Martin:**  
PSHE Lead (for curriculum questions)



**Jenny Pashley:**  
Head Teacher (for withdrawal requests or safeguarding)

***“We are in this together to keep our children safe, happy, and prepared.”***