

# Relationships, Sex and Health Education (RSHE) Policy



## Rosemary Lane Nursery School

### 1. Introduction

This policy sets out how our nursery delivers Relationships, Sex and Health Education (RSHE) in line with the statutory requirements (DfE Statutory Guidance, July 2025) and the Early Years Foundation Stage framework.

We recognise that the early years are crucial for laying the foundations of positive relationships, respect for self and others, and personal safety. Our RSHE curriculum supports children to develop the knowledge, skills and confidence they need to stay safe, healthy and ready to access the full primary curriculum.

### 2. Aims

Through our RSHE curriculum we aim to:

- Support children's personal, social and emotional development.
- Help children recognise and respect different families, cultures and relationships.
- Teach children how to keep themselves safe, including understanding boundaries and personal privacy.
- Build resilience, self-respect and confidence.
- Provide children with early health education, including naming body parts accurately, understanding hygiene, and preparing for changes such as puberty in later primary years.

### 3. Statutory Requirements

- Relationships Education is compulsory for all pupils receiving primary education, and we believe this begins in the Early Years.
- Health Education is compulsory in all state-funded schools.
- Sex Education is not compulsory in primary schools; in nursery we do not teach sex education, but we lay the foundations for later learning through relationships and health education.
- Parents cannot withdraw children from Relationships or Health Education.

### 4. Curriculum Content

Our RSHE curriculum is integrated across the Early Years Foundation Stage (EYFS) and links directly to the 2026 RSHE primary outcomes. It includes the following aspects:

- Families and People Who Care for Me

Families provide love, security and stability.

Families may look different (single parents, same-sex parents, foster carers, kinship carers).

- Respect for differences and valuing diversity.

Friendships and Respectful Relationships

How to make and maintain friendships.

Kindness, honesty, respect and trust.

Understanding and managing feelings, including loneliness.

Importance of boundaries and consent (asking and giving).

- Online Safety and Relationships

People may behave differently online.

Respectful communication online and offline.

Early understanding of age restrictions, privacy and asking for help when something feels wrong.

- Being Safe

Each person's body belongs to them.

Correct names for body parts (penis, vulva, vagina, testicles, nipples, scrotum).

What is safe and unsafe contact.

How to seek help and who to talk to.

- Health and Wellbeing

Basic hygiene: washing hands, brushing teeth, keeping clean.

Healthy eating, sleep and physical activity.

Understanding feelings and how to express them.

Awareness of dangers (medicines, household products).

Personal safety: road, water, and rail safety.

First aid: how to tell an adult, reporting incidents.

## 5. Teaching and Learning

Delivered through play, stories, circle time, outdoor learning and adult modelling.

Planned progression from Nursery into Primary School.

Inclusive and accessible to children with SEND, using visuals, symbols and differentiated strategies.

## 6. Working with Parents

We are committed to transparency:

- Our RSHE policy and resources are available for parents/carers on request.
- All parents are invited to meetings to review curriculum content.
- Parents cannot withdraw from Relationships or Health Education, but if they have questions, we welcome discussion.

## 7. Safeguarding

RSHE plays a central role in safeguarding. Children are taught how to recognise unsafe situations, understand personal boundaries, and know how to seek help. Staff are alert to disclosures and follow safeguarding procedures.

## 8. Roles and Responsibilities

**The Governing Body:** Approve and monitor the policy.

**Headteacher:** Ensures compliance and curriculum delivery.

**Staff:** Deliver RSHE with sensitivity and confidence, accessing CPD where needed.

**Parents:** Partners in supporting their child's learning.

## 9. Monitoring and Review

The policy will be reviewed every two years or in response to updated statutory guidance.

Feedback will be gathered from staff, parents and governors.

Impact will be monitored through staff observations, parental feedback and children's engagement.

Appendix 1 - Relationships, Sex and Health Education (RSHE) –

Parent Summary

### Why do we teach RSHE?

At our nursery, we believe children should feel safe, happy and confident. Relationships, Sex and Health Education (RSHE) helps children:

- Build friendships and get along with others.
- Understand their bodies and personal boundaries.
- Learn how to keep themselves healthy and safe.
- Respect differences and celebrate diversity.

We start this learning early, so children are ready for Reception and Primary school.

### What do children learn?

We teach RSHE through stories, play, circle time, outdoor learning and everyday routines. Children learn:

#### *Families and Relationships*

- Families can look different – what matters is love and care.
- Kindness, honesty and respect are important in friendships.
- Everyone's choices, feelings and boundaries should be respected.

#### *Keeping Safe*

- Each child's body belongs to them.
- Correct names for body parts (penis, vulva, vagina, testicles, nipples, scrotum).

- It's okay to say "no" to unwanted touch.
- Who to go to for help if they feel unsafe.

#### *Online Safety*

- People may act differently online.
- Be kind and respectful, just like in person.
- Tell an adult if something feels wrong online.

#### *Health and Wellbeing*

- Washing hands, brushing teeth, keeping clean.
- Eating healthily, getting sleep and enjoying active play.
- Recognising feelings and talking about them.
- Staying safe near roads, water and railways.
- Basic first aid – telling an adult and reporting incidents.

#### What about sex education?

Sex education is not taught in nursery.

#### How are parents involved?

We want parents to feel confident and informed.

- Our full RSHE policy is available on request.
- Parents can view all resources and materials we use – just ask.

#### *Safeguarding*

RSHE is part of keeping children safe. Staff handle sensitive topics carefully and always follow safeguarding procedures if a child shares a concern.

#### *Questions?*

If you'd like to know more or see the materials we use, please speak to your child's key worker or the Headteacher.

Agreed March 2026

Review annually

Headteacher : Jill Jones

Chair of Governors: Charlotte Small