



# Swallow Grange Alternative Provision: Relationships, Sex, and Health Education (RSHE) Policy

## 1. Policy Statement

Swallow Grange Alternative Provision is committed to delivering a comprehensive and ageappropriate Relationships, Sex, and Health Education (RSHE) curriculum for all pupils aged 4-11, particularly acknowledging the diverse needs of those with Special Educational Needs and Disabilities (SEND) and Social, Emotional, and Mental Health (SEMH) needs. Our RSHE programme aims to equip pupils with the knowledge, understanding, and skills to live healthy, safe, fulfilling, and responsible lives in Beverley and wider society. We believe that effective RSHE contributes significantly to pupils' personal development, well-being, and safeguarding. This policy aligns with the statutory guidance from the Department for Education (DfE) and the Equality Act 2010.

## 2. Scope

This policy applies to all staff, pupils, and parents/carers involved in or impacted by the RSHE curriculum at Swallow Grange Alternative Provision. It covers all aspects of Relationships Education, Health Education, and age-appropriate Sex Education delivered within the provision, both explicitly through dedicated lessons and implicitly through the wider curriculum and daily interactions.

## 3. Aims and Objectives

The RSHE curriculum at Swallow Grange aims to:

- **Provide a safe, inclusive, and supportive environment** where pupils feel comfortable discussing sensitive topics.
- **Develop pupils' understanding of healthy relationships**, including friendships, family relationships, and relationships with other adults, based on respect, consent, and kindness.
- **Help pupils recognise and manage their emotions** in healthy ways, particularly crucial for those with SEMH needs.
- **Equip pupils with strategies to keep themselves safe** online and offline, including recognising unsafe situations, understanding personal boundaries, and knowing how to seek help. This includes age-appropriate content related to 'keeping safe from sexual exploitation'.

- **Promote an understanding of physical and mental health**, including healthy eating, physical activity, hygiene, sleep, and the importance of seeking help for mental health concerns.
- **Foster respect for diversity**, including different families, cultures, beliefs, and identities, in line with the Equality Act 2010.
- **Support pupils in understanding the changes associated with puberty** in an ageappropriate and sensitive manner.
- **Encourage pupils to develop self-esteem and confidence**, empowering them to make informed choices about their health and relationships.
- **Address the specific needs of pupils with SEND/SEMH**, adapting content and delivery methods to ensure accessibility and maximise understanding and engagement.

#### 4. Curriculum Content and Delivery

Swallow Grange's RSHE curriculum will be taught progressively across the age range (4-11) and will cover the following statutory areas as outlined by the DfE:

##### 4.1. Relationships Education (Statutory for all pupils from primary school)

- **Families and People Who Care for Me:** Recognising different family structures, roles within families, and the importance of family and carers.
- **Caring Friendships:** What makes a good friend, how to resolve conflict, peer pressure, and respectful interactions.
- **Respectful Relationships:** Understanding respect for self and others, personal space, privacy, and boundaries.
- **Online Relationships:** Safe use of technology, online risks, cyberbullying, and how to report concerns.
- **Being Safe:** Recognising safe and unsafe touch, knowing how to say 'no', understanding secrets, and identifying trusted adults and organisations to seek help (e.g., NSPCC, Childline). This will include age-appropriate safeguarding messages and the 'PANTS' (Pantosaurus) rule.

##### 4.2. Health Education (Statutory for all pupils from primary school)

- **Mental Well-being:** Understanding emotions, managing feelings, common mental health conditions (age-appropriate), and strategies for coping and seeking help.
- **Physical Health and Fitness:** Benefits of exercise, healthy diet, sleep, and hygiene.
- **Healthy Eating:** Understanding nutrition and making healthy food choices.
- **Drugs, Alcohol, and Tobacco:** Age-appropriate understanding of the risks and effects.
- **Health and Prevention:** Basic first aid, personal hygiene, and disease prevention.
- **Basic Sex Education and Puberty:**
  - **Year 4-6 (Age-appropriate):** Understanding that bodies change as they grow, the physical and emotional changes of puberty (e.g., growth spurts, body hair, voice changes, menstruation for girls, wet dreams for boys, emotional fluctuations). This will be taught in a factual, sensitive, and non-judgemental manner.

- **Conception and Birth (Age-appropriate):** Simple, factual information about how babies are made and born, suitable for the primary age group and often integrated into science lessons. Emphasis will be on the loving family relationships required to bring up children.

#### 4.3. Delivery Methods:

- **Integrated Approach:** RSHE will be delivered through a combination of discrete lessons, integration within other curriculum subjects (e.g., Science, PSHE, PE, Computing), assemblies, and through the positive ethos and daily interactions across the provision.
- **Adaptation for SEND/SEMH:**
  - **Differentiation:** Content and teaching methods will be highly differentiated to meet individual learning styles and needs (e.g., visual aids, social stories, simplified language, shorter activities, sensory considerations).
  - **Individualised Learning:** For some pupils, RSHE objectives may be incorporated into Individual Education Plans (IEPs) or Personalised Learning Plans (PLPs).
  - **Trauma-Informed Approach:** Teaching will be sensitive to potential past experiences of trauma, particularly for pupils with SEMH needs, prioritising safety, trust, and choice.
  - **Focus on Communication:** Emphasis on developing pupils' ability to communicate needs, boundaries, and concerns effectively.
  - **Repetition and Reinforcement:** Key messages will be revisited and reinforced through various contexts to aid understanding and retention.
- **Safe Learning Environment:** Ground rules will be established at the start of any sensitive lessons to ensure respect, confidentiality (where appropriate and safe), and a non-judgemental atmosphere.
- **Qualified Staff:** RSHE will be delivered by trained and confident staff who have a clear understanding of the subject matter and the needs of pupils at Swallow Grange.

#### 5. Safeguarding Links

RSHE is integral to Swallow Grange's **safeguarding duties**. It provides pupils with the knowledge and understanding to:

- Identify unhealthy relationships.
- Recognise potentially abusive or exploitative situations.
- Understand the importance of consent and boundaries.
- Know who to talk to if they have concerns or feel unsafe (e.g., trusted adults, the Designated Safeguarding Lead, Childline).
- Understand that they have a right to feel safe and be listened to.

Any disclosures made during RSHE lessons will be handled in accordance with Swallow Grange's **Safeguarding and Child Protection Policy**.

#### 6. Parental Engagement

Swallow Grange values the partnership with parents/carers in delivering RSHE:

- **Information Sharing:** Parents/carers will be informed about the RSHE curriculum content for their child's age group at the start of each academic year or when significant changes occur.
- **Consultation:** There will be opportunities for parents/carers to view resources and discuss the curriculum with staff.
- **Right to Withdraw:**
  - **Relationships Education and Health Education:** These elements are **statutory** for all primary school pupils, and there is **no right to withdraw** a child from these aspects of the curriculum.
  - **Sex Education (non-statutory elements):** Parents/carers have the **right to request that their child be withdrawn** from the **non-statutory components** of sex education. At Swallow Grange, the only non-statutory elements of sex education would be aspects that go beyond basic puberty and conception (e.g., highly detailed explanations of sexual acts). Given the age range (4-11), most sex education will naturally fall within statutory health education or science topics (e.g., reproduction in animals, life cycles) and will be taught sensitively as part of the health curriculum.
    - Should a parent wish to withdraw their child from non-statutory sex education, they must make a formal request in writing to the Head of Provision. The Head of Provision will discuss the request with the parent to understand their concerns and ensure the parent is aware of the curriculum content their child would miss. Alternative supervised educational activities will be provided for withdrawn pupils.
  - **Pupils with SEND/SEMH:** The Head of Provision will ensure that parents of pupils with SEND/SEMH are fully informed of adaptations to the RSHE curriculum and how it addresses their child's specific needs.

## 7. Confidentiality and Sensitive Discussions

- Staff will create a safe and confidential environment for discussions, within the boundaries of safeguarding.
- Pupils will be taught that while discussions within lessons are confidential, if a staff member has a concern about a child's safety or well-being, this information **cannot be kept confidential** and will be shared with the Designated Safeguarding Lead (DSL) in line with safeguarding procedures.
- Questions will be answered honestly and appropriately for the age and developmental stage of the pupils. If a question is deemed inappropriate or beyond the scope of the curriculum, staff will explain why and offer to discuss it privately with the pupil or involve parents if necessary.

## 8. Training and Resources

- All staff involved in delivering RSHE will receive appropriate and ongoing training to ensure they are confident, knowledgeable, and sensitive in teaching these topics, particularly regarding the needs of pupils with SEND/SEMH.
- Resources used will be age-appropriate, inclusive, and reflect the diverse backgrounds of pupils and families. They will be reviewed regularly to ensure accuracy and relevance.

## **9. Monitoring and Evaluation**

The effectiveness of this policy and the RSHE curriculum will be monitored through:

- Feedback from pupils, staff, and parents/carers.
- Lesson observations.
- Review of curriculum plans and resources.
- Analysis of how RSHE contributes to safeguarding outcomes.
- Regular policy review.

## **10. Policy Review**

This policy will be reviewed annually by the Head of Provision and the Governing Body/Trustees, or sooner if there are changes to statutory guidance, legislation, or the needs of the pupils.

## **11. Related Policies**

This policy should be read in conjunction with the following Swallow Grange Alternative Provision policies:

- Safeguarding and Child Protection Policy
- Behaviour Policy
- Anti-Bullying Policy
- Online Safety Policy
- SEND Policy
- Equality and Diversity Policy
- Medical Needs Policy

**Signed: Jayne Chudley – Managing Director – 29<sup>th</sup> April 2026**