



Ashford School Relationships, Sex and Health Education (RSHE) Policy (Prep School)

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1. Policy Statement

This policy applies to all members of the Prep School community at Ashford School. The school is committed to delivering high-quality, age-appropriate Relationships, Sex and Health Education (RSHE) in accordance with statutory guidance and within a framework of safeguarding, equality and inclusion.

This policy has been developed in line with:

- The Children and Social Work Act 2017
- DfE statutory guidance (2019)
- Equality Act 2010
- Keeping Children Safe in Education (KCSIE)
- Education (Independent School Standards) Regulations 2014 – Parts 1 and 2

This policy should be read alongside:

- Safeguarding (Child Protection) Policy
- PSHE and SMSC Policy
- Anti-Bullying Policy
- Equal Opportunities Policy

2. Rationale and Ethos

RSHE is essential in supporting pupils to develop the knowledge, skills and attributes they need to thrive as individuals and members of society. It equips pupils to:

- Form positive, respectful relationships
- Understand boundaries, consent and personal safety
- Develop resilience and emotional wellbeing
- Make informed decisions about their health

Our RSHE provision reflects the ethos of United Learning: *the best in everyone*, underpinned by ambition, confidence, respect and responsibility.

RSHE contributes to pupils' spiritual, moral, social and cultural development, including respect, tolerance and individual liberty.

3. RSHE Curriculum Overview

RSHE at the Prep School will only use teaching and materials which are appropriate to the age and the religious background of pupils receiving it.

We use the Kapow scheme of work which effectively supports statutory RSHE learning through its carefully sequenced, age-appropriate curriculum, ensuring full coverage of DfE Relationships and Health Education requirements while promoting inclusive, evidence-informed teaching.

The RSHE curriculum is designed to be progressive, building knowledge and skills year-on-year in line with pupils' developmental stage.



In the Prep School, statutory provision includes:

3.1 - Relationships Education (Statutory)

Pupils are taught about:

- Families and people who care for them (including diverse family structures)
- Caring friendships
- Respectful relationships
- Online relationships and digital behaviour
- Being safe (including boundaries, privacy, and recognising abuse)

3.2 - Health Education (Statutory)

Pupils are taught about:

- Mental wellbeing
- Internet safety and harms
- Physical health and fitness
- Healthy eating
- Drugs, alcohol and tobacco (age-appropriate)
- Health and prevention (including hygiene and sleep)
- Basic first aid
- The changing adolescent body, including puberty and menstruation

3.3 - Sex Education (Non-statutory, Year 5–6)

The school provides age-appropriate sex education to prepare pupils for secondary education. This includes:

- Reproduction (linked to science curriculum)
- Physical and emotional changes during puberty
- Introduction to sexual health in an age-appropriate context

All content is delivered in a sensitive, inclusive and developmentally appropriate way.

4. Inclusion and Equality

The school is committed to ensuring RSHE is inclusive and accessible to all pupils. Teaching will:

- Reflect the Equality Act 2010
- Include age-appropriate teaching about different families, including same-sex parents
- Challenge stereotypes and discrimination
- Be adapted for pupils with SEND

5. Safeguarding

RSHE plays a vital role in safeguarding pupils. Through the curriculum, pupils learn to recognise risk, report concerns and seek help.

Staff delivering RSHE:

- Cannot offer unconditional confidentiality
- Must follow safeguarding procedures if a concern or disclosure is raised
- Will report concerns to the Designated Safeguarding Lead (DSL)



All RSHE teaching is delivered in a safe environment where ground rules are established, including respect, privacy and appropriate discussion. RSHE is delivered in a balanced and non-judgmental way, reflecting a range of perspectives.

6. Parents and Carers

Parents and carers are key partners in RSHE. The school will:

- Make this policy available on the website
- Communicate curriculum content
- The school consults with parents by sharing the draft policy prior to publishing and offers opportunities for discussion

6.1 - Right to Withdraw

Parents cannot withdraw their child from:

- Relationships Education
- Health Education

Parents may withdraw their child from non-statutory sex education. Requests must be made in writing to the Head. The school will discuss the request with parents before granting it.

The Head must grant requests to withdraw a pupil from sex education, other than where it is part of the science curriculum.

Pupils who are withdrawn will receive appropriate alternative education and a record of withdrawal requests and outcomes will be maintained.

7. Delivery of RSHE

RSHE is delivered through the PSHE curriculum and supported by other subject areas, including Science.

Teaching is:

- Age-appropriate and progressive
- Inclusive and evidence-informed
- Delivered by trained staff

External visitors may contribute where appropriate and are carefully vetted. They are used to enhance, not replace, the planned curriculum and are supervised by school staff.

8. Assessment, Monitoring and Review

RSHE is monitored through:

- Lesson observations and learning walks
- Pupil voice and surveys
- Staff feedback
- Curriculum review

The Deputy Head (Pastoral) oversees quality assurance.



9. Training

Staff receive regular training to ensure confident and effective delivery of RSHE, including safeguarding updates and curriculum changes. All staff have the right to additional support to deliver certain topics. The team in the Health and Wellbeing centre is available to deliver sessions and provide advice and support where necessary.

10. Complaints

Any concerns regarding RSHE should be addressed through the school's Complaints Policy, available on the website.

11. Policy Review

The policy is reviewed annually (or sooner in response to legislative or contextual changes) by the Deputy Head (Pastoral) and approved by senior leadership/governors.

Next review date: June 2027

Date Document Updated	Document Updated by
March 2022	CN/RH
February 2023	CN/RI
June 2023	CN
May 2024	CN/RI
June 2025	CN
June 2026	CN



12. Appendix 1

Sex education in the science curriculum - Year 5 learn about puberty and discussions are had around conception	
Muscular changes	Children are taught how the effect of increased hormone production increases muscle size and strength for both males and females.
Development of reproductive organs	Children learn about how the size and shape of reproductive organs change as well as their major functions in terms of reproduction. Sperm and egg production and function are also discussed.
Menstruation	Children learn about the purpose and regularity of the menstrual cycle.
Body changes	Increased body hair, larynx changes, breast development and function, body odour and hygiene considerations, and skin oil imbalances discussed.

13. Appendix 2

[Kapow Parent Guidance](#) (updated 13/11/25) document including:

- How the scheme is structured.
- The statutory requirements for each year group.
- How it is taught in lessons.
- Approaches to puberty and human reproduction.
- Updates on addressing sexual harassment.
- Tips for parents to support their child at home.