



PSHE (Personal, Social, Health & Economic Education) Education Policy (including Relationships and Sex Education)

Uplands Community Primary School, Stroud

Policy updated: July 2026

Next review: July 2028

1. Introduction

This policy sets out the approach of Uplands Community Primary School to **Personal, Social, Health and Economic (PSHE) education**, including statutory **Relationships Education and Health Education**, and non-statutory **Sex Education**, in line with the **Department for Education's updated Relationships, Sex and Health Education (RSHE) statutory guidance (2026)**.

PSHE education is a planned, developmental programme of learning through which children acquire the knowledge, understanding and skills they need to manage their lives, build positive relationships, and keep themselves healthy and safe, now and in the future. It supports children's personal development, behaviour, wellbeing and safeguarding, and contributes to the development of the whole child.

PSHE education is central to our school ethos and plays an important role in promoting the values of respect, responsibility and inclusion at Uplands Community Primary School.

2. Statutory Context

This policy is informed by the following statutory and non-statutory guidance:

- Department for Education (DfE) *Relationships, Sex and Health Education Statutory Guidance* (2026)
- Education Act 2002
- Children and Social Work Act 2017
- Equality Act 2010
- Keeping Children Safe in Education (current version)
- PSHE Association Programme of Study
- Gloucestershire County Council guidance and safeguarding procedures



Relationships Education and Health Education are **statutory** for all primary schools. Sex Education is **non-statutory** at primary level, but schools may choose to include age-appropriate elements.

This policy also reflects Gloucestershire County Council's commitment to safeguarding children and promoting their welfare. The school works in line with **Gloucestershire Safeguarding Children Partnership (GSCP)** procedures and guidance.

3. Aims of PSHE and RSHE

In line with our existing PSHE policy, PSHE education at Uplands Community Primary School aims to enable pupils to:

- Develop confidence, resilience and a sense of self-worth
- Understand and manage their emotions and behaviour
- Form positive, respectful and healthy relationships
- Develop the skills needed to stay safe, including online
- Understand how to maintain physical and mental wellbeing
- Respect differences between people and communities
- Prepare for the opportunities, responsibilities and experiences of later life

PSHE education supports pupils' spiritual, moral, social and cultural development and contributes to a positive school climate.

4. Curriculum Overview

Our PSHE curriculum is delivered using the **SCARF programme**, which fully meets statutory requirements for Relationships Education and Health Education and aligns with the PSHE Association Programme of Study.

Teaching is: - **Age-appropriate** and developmentally sequenced - Inclusive and respectful - Delivered in a safe and supportive learning environment - Responsive to pupils' needs

The curriculum is organised around key themes, including: - Relationships and families - Health and wellbeing - Keeping safe (online and offline) - Emotional wellbeing and mental health - Growing and changing

5. RSHE 2026 Guidance Updates

In line with the updated 2026 RSHE statutory guidance, our curriculum places increased emphasis on:

- Teaching about **respectful relationships** and appropriate behaviour



- Developing pupils' understanding of **boundaries, consent (age-appropriate)** and personal safety
- **Online safety**, including digital resilience and responsible use of technology
- Supporting **mental wellbeing**, emotional regulation and help-seeking
- Ensuring content is carefully sequenced and appropriate for pupils' age and stage of development

6. Inclusion and Equality

PSHE and RSHE education at Uplands Community Primary School is inclusive and accessible to all pupils.

Teaching is planned to ensure that: - All pupils feel included, valued and respected - The needs of pupils with SEND are met through appropriate differentiation and support - Teaching reflects the **protected characteristics** set out in the Equality Act 2010 - Respect for diversity and difference is promoted

We work in line with Gloucestershire County Council guidance to ensure equality of access to learning and support for all pupils.

7. Safeguarding and a Safe Learning Environment

PSHE education plays a vital role in safeguarding pupils at Uplands Community Primary School.

Lessons are delivered in a way that: - Creates a safe and supportive learning environment - Encourages pupils to talk to a trusted adult if they are worried or unsafe - Helps pupils recognise unsafe situations and understand how to seek help

All safeguarding concerns that arise during PSHE lessons are managed in line with the school's **Safeguarding and Child Protection Policy** and **Gloucestershire Safeguarding Children Partnership (GSCP)** procedures.

8. Working with Parents and Carers

We recognise that parents and carers are the first educators of their children and are key partners in supporting PSHE education.

In line with statutory guidance and our existing PSHE policy: - Parents and carers have the **right to request to view PSHE and RSHE teaching materials** used in school - Parents are informed about curriculum content and any significant changes - Opportunities are provided for discussion and questions

Parents may request that their child be withdrawn from **non-statutory sex education** elements. There is no right to withdraw from statutory Relationships Education or Health Education.



9. Teaching and Staff Training

PSHE and RSHE are taught by trained staff who are supported through ongoing professional development. Staff are confident in delivering content sensitively and responding appropriately to pupils' questions.

10. Monitoring and Review

The effectiveness of PSHE and RSHE education is monitored through: - Curriculum review - Pupil voice - Staff feedback

This policy will be reviewed every two years, or sooner if statutory guidance changes.

11. Policy Approval

This policy has been approved by the Governing Body of Uplands Community Primary School.

Headteacher: J Powell

Chair of Governors: G Millar

Date: 9.7.26