



QUEST TRUST

Supporting Young People from
Early Years to Employment

Relationship, Sex & Health Education (RSHE) Policy

For QUEST Schools

Company Number 09306360

Hindley Green Community Primary School

St John's CE Primary School Hindley Green

St John's CE Primary School Abram

St Peter's CE Primary School Hindley

University Collegiate School Bolton

Reviewed: Autumn 2026

Next Review Date: Autumn 2027



At QUEST, we understand our responsibility to deliver a high-quality, age-appropriate and evidence-based relationships, sex and health curriculum for all our pupils.

Relationships education focuses on giving pupils the knowledge they need to make informed decisions about their wellbeing, health, relationships and build self-efficacy. It is taught as part of the RSHE curriculum and is presented within a caring, moral and family-orientated framework. Our church schools will take account of the Christian character and church teachings in the delivery of the curriculum, whilst remaining sensitive to those whose beliefs differ.

Relationships education is a lifelong learning process about physical, moral and emotional development. It contributes to the requirements of current DfE guidance and the national curriculum and promotes spiritual, moral, cultural, mental, citizenship and physical development.

We aim to prepare pupils for the opportunities, responsibilities and experiences of adult life.

Curriculum Content and Relationship Education Overview

In response to the DfE 2026 RSHE update, QUEST has completed a full curriculum audit to ensure alignment with revised expectations. This included identifying gaps, removing outdated content and ensuring clear progression from Year 1 to Year 6. Our RSHE curriculum reflects strengthened expectations in the following areas: online safety (including financial harms), correct anatomical terminology, personal safety (including fire, water and travel safety), change, loss and bereavement, and the explicit teaching of communication, boundaries and assertiveness.

From September 2026, QUEST Trust primary school will use the CUSP PSHE Curriculum.

At QUEST, we are committed to providing a high-quality Relationships, Sex and Health Education (RSHE) curriculum which supports pupils to develop the knowledge, understanding, skills and attributes needed to manage their lives now and in the future.

Our RSHE curriculum reflects:

- The statutory Department for Education guidance for Relationships Education and Health Education (2026);
- The Equality Act 2010;
- The Children and Social Work Act 2017;
- Keeping Children Safe in Education (KCSIE);
- The school's safeguarding and child protection responsibilities;
- The values and ethos of our school.

We believe RSHE should:

- Promote positive, healthy and respectful relationships;
- Support pupils' physical and mental wellbeing;
- Help children stay safe both online and offline;
- Develop confidence, resilience and self-esteem;
- Encourage respect for diversity and inclusion;
- Prepare children for change and transition;
- Support safeguarding by helping pupils recognise risk, abuse and inappropriate behaviour.



This policy should be read alongside the following school policies:

- Safeguarding and Child Protection Policy
- Relationships and Behaviour Policy
- Prevent Bullying Policy
- ICT, Digital Technology and Online Safety Policy
- SEND Policy
- Valuing Equality and Diversity Policy
- Attendance Policy

Staff Code of Conduct

New and strengthened content includes:

- Online safety, including financial exploitation, scams and digital manipulation
- Teaching the correct names for body parts as part of safeguarding
- Personal safety education (fire, water and travel safety)
- Education around change, loss and bereavement
- Explicit teaching of communication skills, personal boundaries and assertiveness

Teaching reflects requirements set out in law, particularly the Equality Act 2010. Pupils are taught the facts and the law about sex, sexuality, sexual health and gender identity in an age-appropriate and inclusive way.

Optional Year 5 and Year 6 content is carefully reviewed to ensure it remains age-appropriate, inclusive and developmentally suitable.

Statutory Requirements

This policy has been developed in accordance with:

- The Department for Education statutory guidance for Relationships Education, Relationships and Sex Education (RSE) and Health Education (2026);
- The Education Act 2002;
- The Equality Act 2010;
- The Public Sector Equality Duty;
- The Children and Social Work Act 2017.

In primary schools:

- Relationships Education is statutory;
- Health Education is statutory;
- Sex Education is not statutory beyond the National Curriculum for Science; however, schools may choose to teach age-appropriate sex education.

Parents/carers have the right to request withdrawal from any non-statutory sex education elements delivered outside the National Curriculum for Science.

Curriculum Content

Our curriculum is carefully sequenced and age appropriate. It is delivered through:

- Discrete RSHE lessons;
- Science lessons;
- Computing and Online Safety;
- Assemblies;
- Cross-curricular learning;
- Enrichment activities and themed events.



Topics may include:

Relationships Education

- Families and caring relationships;
- Friendships;
- Respectful relationships;
- Managing conflict;
- Kindness and empathy;
- Bullying and discrimination;
- Consent and personal boundaries;
- Trusted adults and support networks;
- Online relationships and communication.

Health Education

- Mental wellbeing;
- Emotional literacy;
- Physical health and fitness;
- Healthy eating;
- Sleep and hygiene;
- Dental health;
- Medicines and household safety;
- Internet safety and harms;
- Basic first aid;
- Safety around roads, water and railways;
- Bereavement, loss and change;
- Managing feelings and resilience.

Puberty and Growing Up

Pupils will learn about:

- Physical changes during puberty;
- Emotional changes;
- Personal hygiene;
- Menstruation and wet dreams;
- Reproduction in an age-appropriate way;
- Body autonomy and privacy.

Online Safety

Pupils will learn:

- How to stay safe online;
- About digital footprints;
- How to report concerns;
- About inappropriate content;
- About online bullying and peer pressure;
- The importance of healthy online behaviours;



Delivery of Sex Education

At QUEST, we choose to deliver the following sex education content:

This may include:

- Conception and reproduction;
- Human reproduction beyond the science curriculum;
- Preparing pupils for secondary education.

Sex education will:

- Be age-appropriate;
- Be taught sensitively and professionally;
- Support safeguarding and pupil wellbeing;
- Be communicated clearly with parents/carers.

Teaching and Learning Approaches

RSHE will be taught using:

- Explicit teacher instruction;
- Discussion and circle time;
- High-quality age-appropriate literature;
- Collaborative activities;
- Reflection activities.

Teachers will:

- Create safe learning environments;
- Use agreed vocabulary;
- Build on prior learning;
- Promote respectful discussion;
- Avoid fear-based approaches.

Teaching materials will:

- Be accurate and up to date;
- Reflect statutory guidance;
- Be appropriate for pupils' age and stage.

Assessment, Monitoring and Evaluation

Assessment in PSHE will focus on pupils' knowledge, understanding and skills.

Assessment methods may include:

- Discussion;
- Pupil voice;
- Reflection activities;
- Quizzes;
- Teacher observation;
- Floor books or learning journals.

The PSHE Lead and Senior Leaders will monitor:

- Curriculum coverage;
- Quality of teaching;
- Pupil outcomes;
- Staff confidence;
- Parent/carers feedback.

The policy will be reviewed regularly to ensure ongoing compliance and effectiveness.



Right to Withdraw

Parents/carers may request that their child is withdrawn from non-statutory sex education.

Requests should be made in writing to the headteacher.

The school will:

- Discuss the request with parents/carers;
- Clarify curriculum content;
- Respect parental rights within statutory guidance.

Pupils cannot be withdrawn from National Curriculum Science content.

Professional development

All staff involved in the teaching of RSHE will receive appropriate training and support.

Training may include:

- Statutory requirements;
- Safeguarding;
- Managing sensitive questions;
- Inclusive practice;
- Online safety;
- Mental health and wellbeing.

New staff will receive induction support relating to RSHE expectations and procedures.

Working with families

We recognise that families are the primary educators of their children in relation to relationships and health.

The school will:

- Share this policy on the school website;
- Consult parents/carers during policy review;
- Inform families about curriculum content;
- Provide opportunities for discussion and questions;
- Share resources where appropriate.

We aim to work in partnership with families to support children's wellbeing and development.

Confidentiality and Pupil Support

Pupils will be reminded that:

- In line with our safeguarding policy, teachers cannot offer unconditional confidentiality;
- Concerns relating to safeguarding must be reported in line with our policy;
- Support is available in school.

Support available may include:

- Class teachers;
- Designated Safeguarding Leads;
- Pastoral staff;
- School counsellors or wellbeing staff.



Monitoring, Review and Consultation

This policy will be reviewed:

- Annually;
- Following updates to statutory guidance;
- Following significant curriculum or safeguarding changes.

Consultation may include:

- Governors/Trustees
- Staff;
- Parents/carers;
- Pupils;
- External professionals.

Quest Trust is committed to ensuring that PSHE education is a central pillar of every pupil's personal development. Through a consistent, ambitious and inclusive approach across all our schools, we will continue to provide a curriculum that reflects statutory guidance, responds to the needs of our communities and prepares pupils for life in modern Britain. By working in partnership with families, staff, governors and external agencies, we aim to develop confident, resilient and respectful young people who are equipped with the knowledge, skills and character to make informed choices, contribute positively to society and flourish throughout their education and into adult life.