Wolston St Margaret's C of E Primary School

LEARNING, BELIEVING AND ACHIEVING TOGETHER TO

'LET YOUR LIGHT SHINE'

Matthew 5:16

PSHE, CITIZENSHIP & RSE LEARNING POLICY 2026

Our Christian vision shapes all that we do: Learning, Believing, and Achieving together to "Let your Light Shine" *(Matthew 5-16)*

Guided by our Christian values of **Honesty, Love, Courage and Community**, we encourage all to flourish. Like a lamp set high to light its surroundings, everyone – whether timid or outgoing – is called to share their light for all to see. Our vision welcomes children and adults of all faiths and none, inspiring them to live, grow, and learn together, showing the world their unique light.

Aims

The National Curriculum states that 'all schools should make provision for personal, social, health and economic education (PSHE), drawing on good practice.'

According to the Education Act 2002 and the Academies Act 2010, the PSHE curriculum should be balanced and broadly-based, promoting the spiritual, moral, cultural, mental and physical development of pupils at the school and of society, and preparing pupils at the school for opportunities, responsibilities and experiences of later life.

We use a PSHE Programme - 3D PSHE and Citizenship - through which pupils develop the knowledge, skills and attributes needed to keep themselves healthy and safe, whilst preparing them for life and work.

This policy, provided by Dimensions Curriculum, reflects the 2026 guidance and covers all aspects of Relationships Education and Health and Wellbeing Education in an age-appropriate way.

There are two underlying core areas taught throughout Dimensions 3D PSHE, plus a section on Citizenship. Within these core areas, there is connection, overlap and flexibility :-

Core 1. Health and Wellbeing (shortened to C1 in lesson references)
Core 2. Relationships (shortened to C2 in lesson references)
Citizenship (shortened to CIT in lesson references)

Pupils are encouraged to participate in a wide variety of activities, enabling them to make significant contributions to both life in school and within the wider community. This allows them to become aware of their skills and talents, develop their self-worth, learn to work as part of a team and take greater responsibility for their own learning. In doing so, they are able to reflect on and evaluate how they are making progress.

Pupils will also learn about how to look after their own health and wellbeing through understanding the need for a balanced diet and regular exercise. They will learn about ways to support their own mental health, as well as physical health, through understanding how different emotions can make them feel. Health and Wellbeing links to Relationships, illustrating how positive relationships can influence mental wellbeing, too.

The 3D PSHE and Citizenship Programme provides pupils with the means to handle many of the social, cultural, spiritual, physical and moral issues that occur throughout life.

3D PSHE and Citizenship helps pupils to develop and demonstrate skills and attitudes that will allow them to participate fully, and contribute positively, to life in modern Britain. Pupils learn to respect similarities and differences between

diverse cultures, in order to build successful and meaningful friendships and relationships that are vital to the world we live in.

Dimensions 3D PSHE and Citizenship supports the development of the attitudes, values, skills and behaviour which enable pupils to:-

- Live healthy lifestyles
- Address personal hygiene
- Develop an awareness of changing and growing
- Deal with different emotions in an appropriate way
- Keep safe
- Communicate well with others and work as a team
- Define, identify and know how to respond to bullying
- Know where and how to seek help when needed
- Treat everybody with respect
- Form and build positive relationships
- Understand the reasons for rules, and their responsibility to keep them
- Learn about their responsibility in caring for others
- Be active in their own learning
- Be active within their community
- Manage money well
- Keep safe online
- Self-assess and identify their strengths and weaknesses
- Know how to make emergency calls
- Know basic First Aid
- Work collaboratively and respectfully
- Appreciate diversity
- Empathise with other points of view
- Express opinions clearly
- Understand the changes that occur in puberty
- Develop strategies for managing changing emotions
- Life online, including wellbeing online, online safety and awareness and media literacy

Relationships Education (Statutory)

The focus of 3D PSHE and Citizenship in primary school is on teaching the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships and relationships with other children and adults.

3D PSHE and Citizenship teaches pupils, in an age-appropriate way, what a healthy relationship is, enabling them to form a clear understanding of the features of positive relationships that are likely to lead to fulfilment, happiness and security. Pupils learn what friendship is, what family means and who the people are who can support them.

Our school's careful use of 3D PSHE and Citizenship teaches about families in a well-judged and sensitive way, based on a clear knowledge of the pupils and their circumstances. It reflects the way in which some children have different family structures and supportive relationships.

Pupils also learn how to take turns, how to treat each other with kindness, consideration and respect, the importance of honesty and truthfulness, permission seeking and giving, and the concept of personal privacy. Establishing personal space and boundaries, showing respect and understanding, including the differences between appropriate and inappropriate or unsafe physical and other forms of contact, are the forerunners of teaching about consent, which takes place at secondary.

3D PSHE and Citizenship lessons teach pupils about online safety and appropriate behaviour online, including sharing data and ways in which information provided by users may be used negatively.

3D PSHE and Citizenship's Relationships Education encourages the development and practice of resilience and perseverance, self-respect and self-worth. Pupils are also helped to develop personal attributes including honesty, integrity, courage, humility, kindness, generosity, trustworthiness and a sense of justice.

Pupils are taught about positive emotional and mental wellbeing, including how friendships can support mental wellbeing. They also learn about safe relationships, focusing on boundaries and privacy and ensuring that they understand that they have rights over their own bodies. This also covers understanding boundaries in friendships with peers, in families and with others, in all contexts, including online. In 3D PSHE and Citizenship, pupils are clearly taught how to report concerns and seek advice when they suspect or know that something is wrong. Of paramount importance is ensuring the balance between informing children about making sensible decisions to stay safe (including online) without frightening them unnecessarily, whilst also making it clear that it is never the fault of a child who is exploited or abused, and why victim blaming is always wrong.

All Relationships Education in 3D PSHE and Citizenship is in line with the 2026 RSE guidance.

Sex Education

Sex Education is not statutory in primary schools.

The National Curriculum for science includes subject content in related areas, such as the main external body parts, the human body as it grows from birth to old age (including puberty) and reproduction in some plants and animals. Our school has determined that we will cover any additional content on sex education to meet the needs of our pupils.

We use the 3D Relationships and Sex Education Unit. This is tailored to the age and physical and emotional maturity of our pupils and supports pupils' ongoing emotional and physical development effectively. We ensure that both boys and girls are prepared for the changes that adolescence brings and, drawing on knowledge of the human life cycle set out in the national curriculum for science, helps pupils understand how a baby is conceived and born.

We consult parents about the content of what will be learnt through the 3D Relationships and Sex Education unit. We offer parents support in talking to their children about sex education and how to link this with what is being taught in school.

Parents have the right to withdraw their children from our sex education lessons. Our head teacher will be available to discuss the request with parents to ensure that their wishes are understood and to clarify the nature and purpose of the curriculumand a record will be kept of this process. The head teacher will discuss with parents the benefits of receiving this education and any detrimental effects that withdrawal might have on the child, for example the likelihood of the child hearing their peers' version of what was said in the classes, rather than what was directly said by the teacher. These detrimental effects may, of course, be mitigated if the parents propose to deliver sex education to their child at home instead. If a pupil is excused from sex education, our school will ensure that the pupil receives appropriate, purposeful education during the period of withdrawal.

Our 3D Relationships Sex Education teaching and materials are appropriate, having regard to the age and religious backgrounds, and any special educational needs or disabilities of our pupils.

Dimensions 3D PSHE and Citizenship covers all areas of PSHE for primary schools, as shown in the tables below:-

3D PSHE and Citizenship Sex Education Unit
We use the 3D Relationships and Sex Education Unit. This covers close relationships, including friendships, that often form during puberty; the physical, mental and emotional changes that take place during puberty; sexual relationships; busting some myths about sex; the features of healthy and unhealthy relationships; gender identities; an awareness of transgender issues; the difference between transgender and cross-dressing.

3D PSHE and Citizenship Extremism and Radicalisation Unit
We use the 3D PSHE and Citizenship Extremism and Radicalisation Units. In KS1 we cover understanding the differences between 'fact' and 'opinion'; recognising and respecting similarities and differences between people; how to deal with confrontation; understanding that difference is a positive feature. In KS2 we look

at how to deal with peer pressure; how extremism manifests itself; homophobia and racism as extremist behaviours; terrorism.

3D PSHE and Citizenship Substance-Related Abuse Unit

We use the 3D Substance-Related Abuse Unit. This covers keeping safe; understanding some of the consequences of risk-taking; knowing some of the different forms addiction can take; the names of the most common drugs; how advertising influences our choices.

3D PSHE and Citizenship Substance Tough Topics

We use the 3D Tough Topics unit. This covers Female Genital Mutilation (FGM), Child Labour, Knife Crime, Peer-On-Peer Abuse and Self Harm. These topics are challenging, but are addressed in an age-appropriate, creative and thoughtful way.

Health and Safety

Where appropriate, curriculum planning documentation will specify advice that relates to particular processes. For further details please refer to the School's Health and Safety Policy.

Assessment and Recording

We assess the children's work whilst observing them work on a range of tasks. Teachers record progress made by children against the learning intentions set out in the unit of work they are teaching. The teacher will assess whether the child is working at an emerging level, the expected level or has exceeded expectations. For further details please refer to the School's Assessment Policy.

Monitoring and Review

Responsibility for monitoring and evaluating the effects of this policy, including the standards of children's work and the quality of teaching is the responsibility of the PSHE subject leader. Regular reviews and reports will be made to the Governing Body in order for them to monitor the impact of this policy.

This policy will be reviewed every 2 years.

Bibliography

This Dimensions 3D PSHE and Citizenship Policy is informed by the following links:-

- Academies Act 2010
- Children and Social Work Act 2017
- Education Act 2002

- Guidance on Relationships, Relationships and Sex Education, and Health Education
- Parliament UK Report 2019
- PSHE Association

For further guidance on Relationships Education (Primary), Relationships and Sex Education (RSE – Secondary) and Health Education (Primary and Secondary), please visit the following:
Guidance on Relationships, Relationships and Sex Education, and Health Education