



## **Crossens Nursery School**

### **RSE Policy**

#### **Aims of our Early Years RSE Policy:**

- To develop children's confidence and knowledge for healthy relationships.
- To help children understand the differences and connections between their real lives and online lives.
- To promote respect for diversity, personal identity, and social justice.
- To ensure children understand they have rights over their own bodies and can report abuse

Our RSE offer at Crossens Nursery School focuses teaching the children in our setting about families, respectful friendships, online safety, body awareness, and being safe to develop their emotional intelligence, confidence, and understanding of healthy relationships and personal boundaries. Our policy incorporates the Early Years Foundation Stage (EYFS) framework, particularly Personal, Social and Emotional Development (PSED).

#### **Key Focus Areas:**

- Families and Relationships:

Introducing concepts of different family structures and the importance of caring, respectful relationships with others. We have a selection of books that represent how 'Love makes a family' and that each family is made up in a different way. Our children are taught our 'Crossens Code' to encourage them to use kind hands and words with others. This is also threaded through our school's mission statement: 'Happy Minds, Healthy Bodies, Kind Hearts'.

- Being Safe:

We talk to our children about their bodies, privacy, and how to say "No" if they feel uncomfortable. The NSPCC 'Pantosaurus' resources are used to help children to understand this and feel empowered.

- Online Safety:

Raising awareness about staying safe online and recognising potential dangers is so important, even in the early years. It can be very easy to underestimate what our children can do with technology and what they can potentially access without our knowledge.

We talk to our children about what we like to watch and play on devices at home. In addition, we teach our children about what to do if 'something does not feel/ look right'. Our children know to stop and get help if they see something that upsets them or if a message pops up on their screen. We discuss online safety with parents in our Parent Information sessions and we share useful tips and information for keeping Under 5s safe online.

- Self-Care and Well-being:

We foster an understanding of personal hygiene, physical growth, and the importance of good health habits. These elements are taught discreetly in group times as part of our Curriculum but also addressed 'in the moment' to reinforce healthy habits, mindsets and routines.

### **Policy Implementation:**

- Age-Appropriate Delivery:

Lessons are tailored to the developmental stage of young children, using simple, relatable language and concepts.

- EYFS Integration:

RSE topics are embedded within the EYFS framework, especially under PSED, which covers essential aspects of personal and social development.

- Emphasis on Confidence:

Children are given the vocabulary and confidence to communicate their needs, speak up for themselves and others, and express boundaries.

### **Our Destinations:**

This RSE policy supports our aims to develop the following destinations for our children for when they leave us and start Primary School:

- Positive Sense of Self
- Respectful, kind and caring
- Independent and confident
- Confident Communicator
- Love to learn

Approved: September 2025

Review by: September 2028