

**Current Policy Date:** 14<sup>th</sup> September 2025

**Review:** Annually

**Date of Next Review:** September 2026



## Positive Relationships Policy

### 1. Introduction

This policy outlines our approach to providing Relationships Education at Victoria Park Nursery School. As a maintained nursery school, our Positive Relationship ethos is delivered within the context of our Early Years Foundation Stage (EYFS) curriculum, focusing on age-appropriate learning about relationships, families, and keeping safe. Our primary goal is to help children develop a positive sense of self, respect for others, and an understanding of appropriate and inappropriate physical and emotional contact.

### 2. Aims

The aims of this policy are to:

- Teach children about the importance of friendships and positive relationships with peers and adults.
- Help children understand and respect different types of families and the people who care for them.
- Develop an understanding of personal space and bodily autonomy, including the concepts of "good touch" and "bad touch."
- Provide a foundation for healthy relationships in the future.
- Teach children how to express their feelings and needs.
- Ensure that all children feel safe and listened to.

### 3. Policy Statement

We are committed to delivering Positive Relationships in a sensitive, inclusive, and age-appropriate manner. Our Positive Relationships curriculum is integrated into the broader EYFS framework, particularly the "Personal, Social and Emotional Development" (PSED) strand.

Topics covered will be introduced naturally as part of daily routines, stories, and play. These may include:

- **Friendships:** Sharing, taking turns, and helping others.
- **Feelings:** Recognising and naming emotions (e.g., happy, sad, angry, scared).
- **Families:** Discussing different types of families (e.g., single-parent, two-parent, adopted, foster families) and who a child's family members are.

- **Physical and Emotional Safety:** Learning to say "no" to unwanted touch or activities, and understanding who to talk to if they feel unsafe or worried. We will use resources like the "NSPCC Underwear Rule" (PANTS).
- **Bodies:** Using non-judgmental language for body parts that the children are familiar with from home. This is always done in a very limited, professional context (e.g., during hygiene routines or in response to a child's question) and focuses on the child's own body and privacy.

#### 4. Teaching and Learning

Positive Relationships will be taught through:

- **Story time:** Using books and stories to explore different relationships and emotions.
- **Role-play and small group activities:** Encouraging children to practice social skills and express feelings.
- **Circle time:** Providing a safe space for children to share their thoughts and feelings.
- **Daily interactions:** Staff will model positive relationships, use respectful language, and address issues as they arise in an age-appropriate way.

#### 5. Staff Training

All staff will receive regular training to ensure they are confident and competent in delivering Positive Relationships in an age-appropriate and sensitive manner. Staff will be supported to handle difficult questions from children and to understand the school's policy on safeguarding.

#### 6. Parents and Carers

We believe that parents and carers are a child's first and most important educators. We will:

- Communicate with parents about our Positive Relationships policy and curriculum through newsletters, school website, and parent meetings.
- Ensure parents feel supported to continue these conversations at home.
- Be open to discussing any concerns parents may have.

Parents have the right to withdraw their child from any aspects of sex education not covered by the National Curriculum. However, as this policy is limited to Relationships Education and foundational concepts of keeping safe, there is no right of withdrawal. Sex education, as distinct from Positive Relationship, is not taught in our nursery school.

#### 7. Monitoring and Review

This policy will be reviewed annually by the headteacher and the governing body. Feedback from staff, parents, and children will be considered during this review process.

**This policy has been adopted by the Governing Body of Victoria Park Nursery School and will be reviewed annually.**