

Relationships, Health, and Online Safety Policy

1. Policy Statement

At Little Explorers, we are committed to supporting the holistic development, safety, and well-being of all children. We believe that even in the early years, children can begin to learn the foundations of healthy relationships, positive well-being, and safe behaviours—both in the real world and online. This policy sets out how these areas will be introduced in an age-appropriate way, consistent with the principles of Relationships, Sex and Health Education (RSHE) and the Early Years Foundation Stage (EYFS) framework.

2. Aims

- To promote children’s social and emotional development, helping them form positive and respectful relationships.
- To nurture children’s sense of self, resilience, and well-being.
- To introduce basic concepts of online safety, in a way that is relevant to their age and experiences.
- To work in partnership with parents and carers, recognising their role as primary educators.

3. Age-Appropriate Content

a) Healthy Relationships

Children will learn through play, stories, role modelling, and everyday interactions to:

- Build secure attachments with key adults.
- Share, take turns, and develop empathy.
- Use kind hands, kind words, and respectful behaviour towards others.
- Recognise and talk about their feelings in simple terms (e.g., happy, sad, angry, worried).
- Begin to understand consent and personal boundaries (e.g., saying “stop” and listening when others say “stop”).

b) Well-being

Children will be supported to:

- Recognise and express their own emotions through words, play, and creative activities.
- Develop self-help skills (e.g., hand washing, dressing, toileting).
- Learn about healthy routines (sleep, active play, healthy eating, hygiene).
- Understand that it’s okay to ask for help when they feel sad, worried, or hurt.
- Build resilience through encouragement, problem-solving, and praise for effort.

c) Online Safety

At this age, children are not expected to use technology independently, but they may encounter screens and devices in their environment. We will:

- Teach children simple rules such as “always ask a grown-up” before using a device.
- Use stories, puppets, or role play to explore safe and unsafe situations.
- Support children in understanding that people we see on screens are not always real or known to us.
- Encourage children to balance screen time with active, social, and creative play.
- Work closely with parents to raise awareness of online risks (e.g., inappropriate content, screen time, safe use of apps).

4. Teaching Methods

These themes will be woven throughout our curriculum and taught through:

- Play-based learning: role play, small world play, puppets, and stories.
- Circle time and group discussions: using songs, books, and activities to introduce concepts.
- Modelling by adults: staff demonstrate respectful communication, empathy, and healthy routines.
- Storybooks and resources: chosen carefully to represent diversity, inclusion, and positive role models.
- Daily routines: hygiene practices, mealtimes, outdoor play, and rest times.

5. Safeguarding and Inclusion

- Staff are trained to recognise when children may need extra support in relation to relationships, well-being, or online exposure.
- Activities and discussions will be sensitive to each child's age, stage of development, and family background.- Children are taught about the NSPCC "Talk Pants" campaign which uses the "Pantosaurus" to teach children to keep themselves safe from abuse.
- Parents and carers will be informed about the content of teaching and encouraged to reinforce messages at home.
- All teaching will align with the safeguarding duties outlined in Keeping Children Safe in Education (KCSIE) and the EYFS framework.

6. Working with Parents and Carers

We recognise parents as partners in their children's education. We will:

- Share this policy with all families.
- Provide advice, leaflets, or workshops on healthy relationships, online safety, and children's well-being.
- Encourage two-way communication so that families feel confident raising questions or concerns.

7. Monitoring and Review

- This policy will be reviewed annually by the leadership team and Designated Safeguarding Lead (DSL).
- Feedback from staff and parents will inform improvements.
- Updates will reflect changes in statutory guidance, including KCSIE and EYFS requirements.

8. Linked Policies

This policy should be read in conjunction with:

- Safeguarding and Child Protection Policy
- Positive Behaviour Policy
- Online Safety Policy
- Well-being and Mental Health Policy
- Little Explorers Curriculum Policy

Please Note: At ages 2–4, no explicit sex education is delivered. The focus is on relationships, feelings, boundaries, self-care, and safe habits.

Parent summary of our Approach to Healthy Relationships, Well-being & Online Safety

At Little Explorers, we want every child to feel happy, safe, and valued. From the very start, children begin to learn about themselves, their feelings, and how to get along with others. This is the foundation of lifelong health and well-being.

Healthy Relationships

We help children to:

- Be kind, share, and take turns.
- Use kind hands and words.
- Talk about their feelings in simple ways (happy, sad, worried).
- Understand personal space and boundaries (e.g., saying “stop” and listening when others say it).

Well-being

We support children to:

- Build confidence and resilience.
- Learn about healthy habits (washing hands, eating well, active play, sleep).
- Ask for help when they feel sad, hurt, or worried.
- Celebrate effort, progress, and uniqueness.

Online Safety

Although our children are very young, many see or use screens at home. We:

- Teach that devices should always be used with a grown-up.
- Use stories and play to show that people on screens are not always real or known to us.
- Encourage a balance between screen time and active play.
- Share advice with parents on safe screen use at home.

Working Together with Parents

- We will keep you informed about what your child is learning.
- We provide tips and resources to support learning at home.
- Please talk to us if you have questions or concerns — we value your input.

Safeguarding

All learning is age-appropriate and delivered through play, stories, and role modelling. We never deliver formal sex education to children in our setting. Safeguarding your child is always our priority.

Together, we can help your child grow with confidence, kindness, and curiosity — ready for the wider world.