Relationships and Sex Education and Health Education (RSE) Policy

2025-2027

Review Date	Version number	Reviewer/Owner (post holder)	Approved by (Committee)	Review Date
October 2025	1	Beth Davies PSHE curriculum lead Sophie Hesten – Principal	Local Governing Committee (LGC)	January 2027

Changes to material in draft policy (following consultation with parents).	

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1. Introduction

1.1 Aims and Scope

This policy has been written in accordance with the statutory guidance document 'Relationships and Sex Education (RSE) and Health Education' (DfE, 2019).
The purpose of this document is to provide a clear summary of Relationships and Sex Education (RSE) for teachers, parents and the Local Advisory Board (LAB). It has been produced in consultation with the Personal, Social, Health and Economic Education (PSHE) team, the pastoral team, pupils and parents. It has been reviewed alongside the Personal, Social, Health and Economic Education (PSHE) policy which

outlines how the statutory Health Education, Citizenship, Careers and Life Skills lessons are taught.

1.2 Other linked Policies

This policy links to the following policies and procedures:

- PSHE policy
- Child Protection and Safeguarding policy and procedures
- Anti-Bullying policy
- Equality policy
- Behaviour policy

1.3 Implementing this policy

This policy will be reviewed by the Vice Principal and PSHE team every 2 years. In line with DfE statutory guidance parents will be invited to feedback, develop and review this policy before final approval by the Local Advisory Board.

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2. Policy Statement

2.1 Statutory Requirements

In 2020- the government introduced the compulsory teaching of Relationships and Sex Education (RSE) and Health Education:

The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019, made under sections 34 and 35 of the Children and Social Work Act 2017, make Relationships Education compulsory for all pupils receiving primary education and Relationships and Sex Education (RSE) compulsory for all pupils receiving secondary education. They also make Health Education compulsory in all schools except independent schools.

-Statutory guidance for governing bodies, proprietors, head teachers, principals, senior leadership teams, teachers.
Department for Education- 2020

*In 2024 the government introduced a Review of the Relationships Education, Relationships and Sex Education (RSE) and Health Education statutory guidance However, due to a change of government this has remained in the 'consultation phase'. If any updates occur, an addendum will be added to this current policy.

2.2 Defining RSE

Relationships and Sex Education (RSE) and Health Education is lifelong learning about physical, sexual, moral and emotional development. It is about the understanding of the importance of stable and loving relationships, respect, love and care, for family life. Additionally, it involves acquiring information about the physical aspects of growing up, having relationships, engaging in sex, and learning about human sexuality and sexual health.

2.3 Aims of Relationships and Sex (RSE) and Health Education

We believe in providing high quality, evidence-based and age-appropriate teaching of RSE to help prepare pupils for the opportunities, responsibilities and experiences of adult life.
The aim of RSE is to provide balanced factual information about human reproduction, together with consideration of the broader emotional, ethical, religious, and moral dimensions of sexual health.

Our RSE programme aims to:

• Develop positive values and a moral framework that will guide their decisions, judgements and behaviour; have the confidence and self-esteem to value themselves and others and respect for individual conscience and the skills to judge what kind of relationship they want.
• Understand the consequences of their actions and behave responsibly within sexual and pastoral relationships.
• Avoid being exploited or exploiting others or being pressured into unwanted or unprotected sex.
• Communicate effectively by developing appropriate terminology for sex and relationship issues.
• Develop awareness of their sexuality and understand human sexuality; challenge sexism and prejudice, and promote equality and diversity.
• Understand the arguments for delaying sexual activity.
• Understand the reasons for having protected sex.
• Have sufficient information and skills to protect themselves and, where they have one, their partner from uninvited/unwanted conceptions and sexually transmitted infections.
• Be aware of sources of help and acquire the skills and confidence to access confidential health advice, support and treatment if necessary.
• Understand the dangers around online safety and media use.

Relationship and Sex Education within PSHE in this Trust has three main elements:

Attitudes and Values
• Learning the importance of values, individual conscience and moral choices;
• Learning the value of family life, stable and loving relationships, marriage and civil partnerships;
• Identifying the impact of healthy / unhealthy relationships;
• Learning about the nurture of children; Learning the value of respect, love and care;
• Exploring, considering and understanding moral dilemmas;
• Developing critical thinking as part of decision-making;
• Challenging myths, misconceptions and false assumptions about normal behaviour.

Personal and Social Skills
• Learning to manage emotions and relationships confidently and sensitively;
• Developing self-respect and empathy for others;
• Developing a positive self-image and how to take pride in yourself;
• Learning to make choices with an absence of prejudice;
• Developing an appreciation of the consequences of choices made;
• Managing conflict;
• Developing the skills to be able to avoid inappropriate pressures or advances (both as exploited or exploiter)

Knowledge and Understanding
• Learning and understanding physical development at appropriate stages;
• Understanding social wellbeing and relationships;
• Understanding human sexuality, reproduction, sexual health, emotions and relationships;
• Learning about contraception and the range of local and national sexual health advice, contraception and support services;
• Learning about the legal position with regard to sexual activity, the reasons for delaying such activity, and the benefits to be gained from such delay;
• The avoidance of unplanned pregnancy;

These areas of learning are taught within the context of family life, taking care to ensure that there is no stigmatisation of children based on their home circumstances (families can include single parent families, same sex parents, families headed by grandparents, adoptive parents, foster parents/carers amongst other structures) along with reflecting sensitively that some children may have a different structure of support around them (for example: looked after children or young carers).

2.4 Curriculum Content

The compulsory RSE elements outlined in the DfE guidance are:

- Families- different family types, the role of the family, parenting and marriage.

- Respectful relationships- friendships, healthy relationships, coercive control, sexual harassment.
- Online and media- rights and responsibilities online and how to stay safe.
- Being safe- consent, control, rape, female genital mutilation (FGM) and harassment.
- Intimate and sexual relationships- forming intimate relationships, the right to delay sex and consent, contraception, reproductive health and protection and treatment of sexually transmitted infections.

We teach this content at age-appropriate times throughout the Key Stages outlined below. However, we do react to local and national issues and sometimes change the timing accordingly.

Our RSE programmes of study

We teach RSE topics within the PSHE Curriculum. Alongside these RSE topics pupils will also learn about Citizenship, Statutory Health Education, Careers and other life skills.

Year 7
Term 1- Developing healthy friendships, online safety and the role of the family.
Term 5- Going through puberty.

Year 8
Term 2- Healthy relationships and online safety.

Year 9
Term 5– Respectful relationships, stages of a relationship, intimate relationships *(See 2.9- for 'Right to Withdraw' from this session),* consent and contraception.
Term 6- Sexually transmitted infections, teenage pregnancy and loss and change in a relationship.

Year 10
Term 5- Respectful relationships including consent, sexual assault, coercive control and sexual harassment.
Term 6- Families, parenting, pregnancy options, marriage, reproductive health, miscarriage, menopause and FGM.

Year 11
Term 4- A recap of sexual health, and online safety.

2.5 Delivery of RSE

RSE is delivered through PSHE lessons. All pupils from Year 7-13 receive 5 hours of PSHE per term on a rolling basis. Each PSHE lesson is planned and tailored to the needs of our pupils. Lessons are created by the PSHE team and delivered by a committed and passionate team of tutors. All content aims to be fully inclusive in nature, and we regularly review our materials in light of the changes we see in the world around us.

A wide range of teaching methods are used to enable pupils to actively participate in their own learning, including, but not limited to; quizzes, case studies, research, role play, video and small group discussion.

A differentiated curriculum is planned where necessary, depending on the individual or groups of pupils being taught and different curriculum areas e.g. biological aspects Sex Education are delivered through the Science curriculum and other curriculum areas.

2.6 Entitlement and equality of opportunity

We promote the needs and interests of all pupils, irrespective of their age, disability, gender, race, religion, sex or sexual orientation, special educational needs or personal circumstances in line with the 2010 Equality Act.

2.7 Staffing and responsibilities

The Local Governing committee (LGC)

Highworth Warneford's LGC will approve the RSE policy, and hold the Principal to account for its implementation.

The Principal

The Principal is responsible for ensuring that RSE is taught consistently across the school.

The PSHE team – the Vice Principal, PSHE lead for KS3 and 4 and Pastoral team.

The PSHE lead (KS3 & 4) has oversight of all aspects of the RSE.

Tutors and Pastoral team

Tutors are responsible for:

- Delivering RSE in a sensitive and impartial way.
- Setting clear ground rules.

- Following safeguarding procedures (and undertake the required training)
- Modelling positive attitudes to PSHE.
- Monitoring progress of pupils through checking of books.
- Responding to the needs of individual pupils.
- To signpost where pupils could get further information, advice and support.

Outside agencies

We regularly use trusted outside agencies such as PCSOs and health care professionals. The PSHE team will ensure the delivery and content is compliant with this policy.

2.8 Partnership with parents and carers

Highworth Warneford School is well aware that the primary role in children's sex education lies with parents and carers. We therefore wish to build a positive and supporting relationship with the parents through mutual understanding, trust and cooperation.

To promote this objective, we:

- Inform parents/carers about the Academy's Relationships and Sex Education (RSE) Policy and encourage them be involved in reviewing the policy, and making modifications to it as necessary.
- Inform parents when RSE content will be delivered.
- Answer any questions that parents may have about the Sex Education of their child.
- Take seriously any issue that parents raise with teachers or governors about this policy, or about the arrangements for Sex Education in the Academy.
- Inform parents about the best practice known with regard to sex education, so that the teaching in 'school' supports the key messages that parents and carers give to children at home. This will be done through termly emails and 'Knowledge Organisers' published on the academy website.

2.9 Right to Withdraw

Parents, under the legislation will continue to have a right to request to withdraw their child from all or part of the Sex Education (Intimate relationships content only. This is highlighted in blue in 2.4) delivered as part of RSE in secondary schools. Pupils cannot be legally withdrawn from the aspects of Sex Education that are taught as part of the national and statutory Science curriculum, this includes reproduction, contraception and STIs.

The right to withdraw should be granted up to three terms before their child turns 16. At this point, if the child themselves wishes to receive sex education rather than be withdrawn, we will make arrangements for this to happen in one of the three terms before the child turns 16 - the legal age of sexual consent. We are happy to discuss parents' concerns about any part of the programme and to provide support material where necessary, however if a parent still wishes to withdraw their child from the Sex Education content of RSE they will need to meet with the Principal to discuss their concerns and then confirm their decision in writing.

2.10 Impact, Monitoring and Evaluation

The impact of RSE is assessed through self-assessments, peer assessments, teacher assessment, personal learning checklists (PLCs) and through external surveys such as the Swindon Borough Council Mental Health and Emotional Wellbeing Survey.

The PSHE lead (KS3 & 4) will:

- Regularly review schemes to reflect current issues.
- Provide opportunities for tutor feedback to aid future planning
- Use 'Pupil Voice' panels to evaluate the curriculum
- Regular audits of provision in order to ensure we are meeting the needs of all our pupils and delivering an effective programme.

The Vice Principal and Pastoral team will

- Carry out 'learning reviews' and 'work reviews'.
- Conduct 'pupil voice' reviews.

3. Appendices

3.1. References

RSE and Health Education statutory guidance 2020

https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education 2020

Review of the Relationships Education, Relationships and Sex Education (RSE) and Health Education statutory guidance 2024 Review of the Relationships Education, Relationships and Sex Education (RSE) and Health Education statutory guidance

*Due to a change of government this has remained in the 'consultation phase'.

National Curriculum

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/840002/Secondary_national_curriculum_corrected_PDF.pdf 2014

Guidance on political impartiality

https://www.gov.uk/government/publications/political-impartiality-in-schools/political-impartiality-in-schools 2022

Keeping children safe in education- 2024

Keeping children safe in education 2024

PSHE Association resources and Programmes of Study

https://pshe-association.org.uk/

Ammendments to the policy and the curriculum will be made by September 2026 in accordance with the DfE update 2025.