

TITLE: Relationships and Sex Education (RSE) PolicyV4		
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Relationships and Sex Education (RSE) Policy

This policy sets out expectations regarding the teaching of relationships and sex education.

Principles

- We believe that every student is important and may have needs that require environment and resources adaptations.
- The most impact in learning happens when learners know why, how etc. therefore we seek to provide learning through practical experience.
- As an organisation we seek opportunities to embed learning and make knowledge and skills relevant to the learning.

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1. Aims

The aim of RSE is to:

- Provide a framework in which sensitive discussions can take place.
- Prepare students for puberty, and give them an understanding of sexual development and the importance of health and hygiene.
- Help students develop feelings of self-respect, confidence and empathy.
- Create a positive culture around issues of sexuality and relationships.

RSE should give young people the information they need to help them develop healthy, nurturing relationships of all kinds, not just intimate relationships. It should enable them to know what a healthy relationship looks like and what makes a good friend, a good colleague and a successful marriage, civil partnership or other type of committed relationship. It should also cover contraception, developing intimate relationships and resisting pressure to have sex (and not applying pressure). It should teach what is acceptable and unacceptable behaviour in relationships. This will help students understand the positive effects that good relationships have on their mental wellbeing, identify when relationships are not right and understand how such situations can be managed. Our Learning philosophy supports this by empowering students to develop good learning habits, building life skills and having the freedom in relation to their learning to make the right choices.

Our RSE policy will provide clear progression from what is taught in primary in Relationships Education (Appendix1). Our attribute of awareness is particularly pertinent for learners and teachers of RSE.

Teaching of RSE will enable students:

- to distinguish between content and experiences that exemplify healthy relationships and those that are distorted or harmful;
- to understand the benefits of healthy relationships to their mental wellbeing and self-respect and to understand that unhealthy relationships can have a lasting, negative impact on mental wellbeing;
- to be taught the facts and the law about sex, sexuality, sexual health and gender identity in an age-appropriate and inclusive way;
- to recognise when relationships (including family relationships) are unhealthy or abusive (including the unacceptability of neglect, emotional, sexual and physical abuse and violence including honour-based violence and forced marriage) and strategies to manage this or access support for themselves or others at risk;
- to recognise risks, harmful content and contact, and how and when to report issues to keep them safe online;
- to, within the law, be well equipped to make decisions for themselves about how to live their own lives in the future, whilst respecting the right of others to make their own decisions and hold their own beliefs.

2. Statutory Guidance

As a secondary academy school we must provide RSE to all students as per section 34 of the [Children and Social work act 2017](#).

In teaching RSE, we are required by our funding agreements to have regard to [guidance](#) issued by the secretary of state as outlined in section 403 of the [Education Act 1996](#).

At Activate Learning Education Trust, we teach RSE as set out in this policy. This policy complies with our funding agreements and articles of association.

3. Policy Development

This policy was developed in response to:

- [Statutory guidance on RSE and health education](#)
- [Keeping Children Safe in Education for Academies and Colleges](#)
- [Behaviour and discipline in Academies: guidance for Headteachers and staff](#)
- [Equality Act 2010: advice for Academies](#)

- [Special educational needs and disability code of practice: 0 to 25 years](#)
- [Alternative Provision](#)
- [Mental health and behaviour in Academies](#)
- [Preventing and tackling bullying](#)
- [Cyber bullying: advice for Headteachers and school staff](#)
- [Advice for parents and carers on cyber bullying](#)
- [Sexual violence and sexual harassment between children in Academies and colleges](#)
- [Promoting fundamental British values as part of SMSC in Academies](#)
- [National Citizen Service: guidance for Academies and colleges](#)

4. Definition

RSE is about the emotional, social and cultural development of pupils, and involves learning about relationships, sexual health, sexuality, healthy lifestyles, diversity and personal identity.

RSE involves a combination of sharing information and exploring issues and values.

RSE is not about the promotion of sexual activity.

Each school must consult the parental body about its curriculum and should engage student leaders as well as review with student feedback.

5. Curriculum

Our curriculum is set out as per Appendix 2 but individual Academies have the option to adapt it as and when necessary. Term by term information in our curriculum map as per Appendix 1 will be shared by each ALET school on their websites.

We have developed the curriculum in consultation with parents, students and staff, taking into account the age, needs and feelings of pupils. If students ask questions outside the scope of this policy, teachers will respond in an appropriate manner, so they are fully informed and don't seek answers online.

ALET Academies and UTCs must have their individual curriculum plans published on their websites

6. Delivery of the RSE Programme

We believe that high-quality, evidence-based and age-appropriate teaching will help students prepare for the opportunities, responsibilities and experiences of adult life. Additionally, its delivery will promote spiritual, moral, social, cultural, mental and physical development of students both at school and in society.

RSE is set in the context of wider whole-school approach to supporting students to be safe, happy and prepared for life beyond school as part of the PSHCE curriculum. The curriculum on relationships and sex will complement and be supported by wider policies on behaviour, inclusion, respect for equality and diversity, anti-bullying and safeguarding. RSE will sit within the context of broader ethos of developing students socially, morally, spiritually and culturally, within its pastoral care system.

The curriculum on health education will similarly complement, and be supported by, education on healthy lifestyles through physical education, science, sport, food technology, extra-curricular activity and school food.

All secondary Academies will deliver the content set out in Appendix 2 in the context of a broad and balanced curriculum. Effective teaching will ensure that core knowledge is broken down into units of manageable size and communicated clearly to students, in a carefully sequenced way, within a planned programme of lessons.

The teacher responsible for RSE in each school will work closely with colleagues in related curriculum areas to ensure Relationships Education, RSE and Health Education programmes complement each other and do not duplicate, content covered in national curriculum subjects such as citizenship, science, computing and PE.

Relationships Education, RSE and Health Education will be accessible for all students. Teaching strategies are adapted to ensure the RSE curriculum is accessible to all student , whatever their needs. Academies and UTCs will also be mindful of the preparing for adulthood outcomes as set out in the SEND code of practice, when preparing these subjects for students with SEND.

We are aware that some students are more vulnerable to exploitation, bullying and other issues due to the nature of their SEND. Relationships Education can also be a priority for some students, for example some with Social, Emotional and Mental Health Needs.

There may be a need to tailor content and teaching to meeting the specific needs of children at different development stages.

Working with external agencies

Working with external partners can enhance the delivery of RSE and will support Academies and UTCs to bring in specialist knowledge and implement different ways of engaging with young people.

When using external agencies, Academies will check the credentials of the visiting organisation and any visitors linked to the agency. Academies must also ensure that the teaching delivered by the visitor fits with the planned programme and the published policy.

The context is age-appropriate and accessible for all students. Any materials that are used as part of the delivery must be approved by the school and UTC in advance of the session. The school will ensure that the visitor is aware of confidentiality requirements and understands how safeguarding reports should be dealt with in line with ALET's Safeguarding Policy.

7. Roles and Responsibilities

7.1 Executive/Senior Leadership Team

Trustees will:

- Monitor the implementation of the policy across all Academies and UTCs within ALET
- Monitor student progress to ensure that students achieve expected outcomes;
- Ensure that Academies and UTC's are resourced in such a way that ALET fulfils its legal obligations.
- Renew implementation of RSE curriculum

7.2 Headteacher

The Headteacher will ensure that:

- All staff are informed of the policy and the responsibilities included within the policy;
- The subjects are staffed and timetabled in a way to ensure ALET and the Academies and UTCs fulfils their legal obligations;
- The teaching of RSE is monitored to ensure that it is delivered in ways that are accessible to all students with SEND;
- Parental consultation and renew is carried out and responded to.
- The curriculum map is completed and shared

7.3 Staff

Relationships and Sex Education is a vital curriculum area and must be treated as such. Our values must be at the forefront of the curriculum leaders minds and in the minds of staff delivering the curriculum.

Staff will :

- Model professional behaviours in teaching Relationships and Sex Education
- Establish a classroom climate to enable discussion of sensitive matters. Awareness and professionalism will be shown by all so all can speak with confidence and without fear of embarrassment, anxiety or breach of confidentiality.
- Offer the opportunity for all to explore issues in a supportive atmosphere
- Be professional and express unbiased new points
- Maintain a moral framework or Relationships and Sex Education teaching
- Make the curriculum accessible by adaptive practice in teaching
- Emphasise the rights of individuals to make informed choices
- Follow safeguarding policies (at all times) if it becomes clear that students may have embraced in risky behaviour through discussion.
- Professionally sign post support agencies which are relevant within a curriculum topic. Personal advise giving is inappropriate.
- Respond professionally to parents (and Students) if a request to be withdrawn is received.
- Ensure that communication has been made to parents and carers about upcoming topics and that appropriate support measures are in place for those who may need it.
- Teach Relationships and Sex Education if required to do so.
- Be supported by senior colleagues to prepare and train them to deliver this curriculum

7.4 Parents and Carers

We acknowledge the key role that parents/carers play in the development of their children's understanding about relationships. Parents are the first educators of their children. They have the most significant influence in enabling their children to grow and mature and to form healthy relationships.

All Parents and Carers will be:

- Given every opportunity to understand the purpose and content of Relationships Education and RSE;
- Able to discuss any concerns directly with the Academy.
- Communicated with about the timing of sensitive curriculum material

7.5 Students

Pupils are expected to engage fully in RSE and, when discussing issues related to RSE, treat others with respect and sensitivity according to our values.

8. Parents Right to Withdraw from RSE

Parents have the right to request that their student be withdrawn from some or all of sex education delivered as part of statutory RSE (please see Appendix 3 for the withdrawal form). Headteachers must discuss the request with the parent and, as appropriate, with the student to ensure that their wishes are understood and to clarify the nature and purpose of the curriculum.

Following the discussions, except in exceptional circumstances, we respect the parents' request to withdraw their student, up to and until three terms before the student turns 16. After that point, if the student wishes to receive sex education rather than be withdrawn, the school should make arrangements to provide the student with sex education during one of those terms.

The Headteacher will ensure that where a pupil is excused from sex education, the pupil will receive appropriate, purposeful education during the period of withdrawal.

9. Training

Each school has responsibility for training staff to deliver the RSE curriculum

The Headteacher may also invite visitors from outside the school, such as school nurses or sexual health professionals, to provide support and training for staff.

10. Monitoring arrangements

The delivery of RSE is monitored by Headteacher and exec school improvement team in accordance with learning walk and review processes.

11. Links with other policies

This policy should be read in conjunction with the following Trust policies:

- Child Protection and Safeguarding Policy
- Behaviour Policy
- E-Safety Policy
- Equality Information
- Teaching and Learning Policy
- SEND Policy

12. Appendix 1 Curriculum Map

Relationships and sex education curriculum map.

Include as much detail as you can, including links to resources you'll use or sharing examples. Being transparent with parents/carers early on will make it easier for you to handle questions, concerns, or objections.

YEAR GROUP	TERM	TOPIC/THEME DETAILS	RESOURCES

Academies may use this framework, or other, ensuring the information is the same. For example, road map style curriculum plans.

13. Appendix 2 Relationships and Sex Education Content (Secondary)

Academies will continue to develop knowledge on topics specified for primary Academies and in addition, cover the following content by the end of secondary:

TOPIC	STUDENTS SHOULD KNOW
Families	<ul style="list-style-type: none"> • that there are different types of committed, stable relationships. • how these relationships might contribute to human happiness and their importance for bringing up children. • what marriage is, including their legal status – for example, that marriage carries legal rights and protections not available to couples who are cohabiting or who have married, for example, in an unregistered religious ceremony. • why marriage is an important relationship choice for many couples and why it must be freely entered into. • the characteristics and legal status of other types of long-term relationships. • the roles and responsibilities of parents with respect to raising of children, including the characteristics of successful parenting. • how to determine whether other children, adults or sources of information are trustworthy, judge when a family, friend, intimate or other relationship is unsafe (and to recognise this in others’ relationships), how to seek help or advice, including reporting concerns about others, if needed

TOPIC	STUDENTS SHOULD KNOW
Respectful relationships, including friendships	<ul style="list-style-type: none"> • the characteristics of positive and healthy friendships, in all contexts including online, such as: • trust, respect, honesty, kindness, generosity, boundaries, privacy, consent and the management of conflict • reconciliation and ending relationships, this includes different (non-sexual) types of relationship • practical steps they can take in a range of different contexts to improve or support respectful relationships • how stereotypes, in particular stereotypes based on sex, gender, race, religion, sexual orientation or disability, can cause damage (for example, how they might normalise non-consensual behavior or encourage prejudice) • that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including people in positions of authority and due tolerance of other people's beliefs • about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help • that some types of behaviour within relationships are criminal, including violent behaviour and coercive control • what constitutes sexual harassment and sexual violence and why these are always unacceptable • the legal rights and responsibilities regarding equality (particularly with reference to the protected characteristics as defined in the Equality Act 2010) and that everyone is unique and equal

TOPIC	STUDENTS SHOULD KNOW
Online and media	<ul style="list-style-type: none"> • their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online • about online risks, including that any material someone provides to another has the potential to be shared online and the difficulty of removing potentially compromising material placed online • not to provide material to others that they would not want shared further and not to share personal material which is sent to them • what to do and where to get support to report material or manage issues online • the impact of viewing harmful content • that specifically sexually explicit material, for example pornography, presents a distorted picture of sexual behaviours, can damage the way people see themselves in relation to others and negatively affect how they behave towards sexual partners • that sharing and viewing indecent images of children (including those created by children) is a criminal offence which carries severe penalties including jail • how information and data is generated, collected, shared and used online
Being safe	<ul style="list-style-type: none"> • the concepts of, and laws relating to, sexual consent, sexual exploitation, abuse, grooming, coercion, harassment, rape, domestic abuse, forced marriage, honour-based violence and FGM, and how these can affect current and future relationships • how people can actively communicate and recognise consent from others, including sexual consent, and how and when consent can be withdrawn, in all contexts, including online

TOPIC	STUDENTS SHOULD KNOW
Intimate and sexual relationships, including sexual health	<ul style="list-style-type: none"> • how to recognise the characteristics and positive aspects of healthy one-to-one intimate relationships, which include mutual respect, consent, loyalty, trust, shared interests and outlook, sex and friendship • that all aspects of health can be affected by choices they make in sex and relationships, positively or negatively, for example physical, emotional, mental, sexual and reproductive health and wellbeing • the facts about reproductive health, including fertility and the potential impact of lifestyle on fertility for men and women and menopause • that there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others • that they have a choice to delay sex or to enjoy intimacy without sex • the facts about the full range of contraceptive choices, efficacy and options available • the facts around pregnancy including miscarriage • that there are choices in relation to pregnancy (with medically and legally accurate, impartial information on all options, including keeping the baby, adoption, abortion and where to get further help) • how the different sexually transmitted infections (STIs), including HIV and AIDs, are transmitted, how risk can be reduced through safer sex (including through condom use) and the importance of and facts about testing • about the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment • how the use of alcohol and drugs can lead to risky sexual behaviour • how to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment

14. Appendix 3: Parent form: withdrawal from sex education within RSE

TO BE COMPLETED BY PARENTS OR CARERS			
Name of student		Class	
Name of parent		Date	
Reason for withdrawing from sex education within relationships and sex education			
Any other information you would like the school to consider			
Parent signature			

TO BE COMPLETED BY THE SCHOOL
Agreed actions from discussion with parents

Include notes from discussions with parents and agreed actions taken.
Eg: Joe Bloggs will be taking part in all relationships lessons and during the sex education lessons, he will be working independently on a citizenship project in another classroom.

