



RSE Policy

Document Control

Version	Author	Summary of Changes	Approved By	Date Published	Date of Review
V1	CT	New Policy	RGR	Sept 26	Sept 27

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1. Introduction

Our policy reflects statutory guidance and expectations from the **Department for Education (DfE)**. All content is compliant with the **Relationships Education, Relationships and Sex Education (RSE) and Health Education Statutory Guidance (2026)** and reflects best practice within the national context of England.

2. Purpose of the Policy

- To outline the college's approach to Relationship and Sex Education (RSE) in Key Stage 4.
- To ensure statutory compliance under the Children and Social Work Act 2017, which makes Relationships and Sex Education compulsory for all secondary students.
- To clarify how RSE is delivered in a way that meets the needs of all students and upholds the college's ethos and values.

3. Aims and Objectives

Intent

- To provide students with the knowledge they need to make informed decisions about relationships and sexual health.
- To prepare students for life in modern Britain through age-appropriate and inclusive education.
- To develop attributes such as respect, empathy, responsibility, and confidence in managing relationships.
- To promote understanding of consent, healthy relationships, and safeguarding issues including online safety.

Compliance with Statutory Guidance

- Aligned with DfE Statutory Guidance (2026), which details the content requirements for RSE teaching at Key Stage 4.
- Supports the school's safeguarding duty under the Keeping Children Safe in Education (DfE, 2023).
- Contributes to students' personal development and behaviour and attitudes.

4. Definition of Relationships and Sex Education (RSE)

- *Relationships Education* involves teaching about healthy relationships, friendships, families and relationships online.
- *Sex Education* at secondary level includes human reproduction, contraception, sexually transmitted infections (STIs), and the law relating to sexual behaviour.
- The RSE curriculum extends beyond biological facts, placing emphasis on values, respect, and emotional well-being.

5. Curriculum Content

Key Stage 4 RSE/PSHE Overview

RSE

- Healthy relationships and recognising abuse, including coercive control.
- Consent and communication in relationships.
- Contraception and sexual health including access to services.
- STI prevention and treatment, including HIV.
- Pregnancy options (keeping the baby, abortion, adoption).
- The impact of pornography and the media on understanding relationships.
- LGBTQ+ relationships and rights under the Equality Act 2010.
- Recognising and responding to grooming, exploitation and online risks.
- How drugs and alcohol affect decision-making in relationships.

PSHE

- Inclusion, Bullying and Discrimination
- Mental Health and Wellbeing

- Healthy Lifestyle
- Health Services and First Aid
- Cosmetic Procedures
- Economic Wellbeing
- Careers Education

Curriculum Design and Sequencing

- Curriculum built on prior learning in Key Stage 3.
- Reinforcement and revisiting key themes in more depth and complexity.
- Embedded within PSHE education and aligned with science curriculum where appropriate.

Teaching Methods and Resources

- Interactive, discussion-based approaches to develop critical thinking and empathy.
- Use of PSHE Association quality assured resources and other evidence-based materials.
- Materials will be inclusive, sensitive and mindful of students' diverse backgrounds.
- Clear protocols for handling questions and potential disclosures during RSE

6. Delivery and Staffing

Delivery Model

- RSE is delivered through a planned programme within PSHE education (40-minute session per day)
- Relevance reinforced through cross-curricular links (e.g. Science, Equality and Diversity Level 2)

Staff Training

- Staff involved in RSE delivery receive regular CPD, including safeguarding and addressing sensitive topics.
- Staff are supported to ensure consistency, sensitivity, and confidence in delivery.

7. Inclusion and Equal Opportunities

Inclusive Approach

Upholds the Equality Act 2010 – the curriculum is accessible to all students regardless of gender identity, sexual orientation, disability, ethnicity, or faith.

SEND Considerations

Curriculum adapted to meet the needs of students with special educational needs and/or disabilities (SEND) using differentiated materials and strategies.

LGBTQ+ Representation

RSE includes positive representation of LGBTQ+ relationships and promotes respect for others.

8. Safeguarding

Safeguarding Integration

- All RSE is underpinned by the school's safeguarding policies.
- Staff are trained to identify safeguarding concerns that may arise through disclosures or student responses within RSE lessons.
- Students will be signposted to trusted adults and services, including school pastoral staff and external agencies.

9. Parents' Rights and Engagement

Parental Right to Withdraw

- Parents have the right to withdraw their child from *some or all* sex education (i.e. the non-statutory components), but not from relationships or health education.
- Requests must be submitted in writing and followed by a meeting with the Head of College.
- Following discussion, withdrawal requests will be respected until three terms before the student turns 16, at which point the student can opt into sex education.

Parent Communication

- RSE policy and overview of curriculum content available on website.
- Opportunities offered for parents to review resources and engage in dialogue about curriculum content.

8. Monitoring, Evaluation and Review

Impact Assessment

- Student engagement and understanding assessed through self-reflection, class activities and student voice.
- Regular review cycles include feedback from students, teachers and parents.

Policy Review

- Reviewed annually.
- Policy updates will reflect changes in DfE or Ofsted guidance and community needs.

9. Roles and Responsibilities

The Head of College

- Ensures policy implementation and resourcing.
- Considers parental requests and oversees provision.

PSHE/RSE Lead

- Coordinates the planning, delivery, and review of RSE.
- Trains and supports staff.

All Teaching Staff

- Deliver curriculum content in line with policy.
- Promote a safe, respectful and inclusive environment.
- Follow safeguarding protocols.

10. Legislation and Guidance References

- DfE (2026). *Relationships Education, Relationships and Sex Education (RSE) and Health Education Statutory Guidance*
- Children and Social Work Act 2017
- Equality Act 2010
- Keeping Children Safe in Education (DfE, 2026)
- Ofsted Education Inspection Framework (EIF), 2023
- PSHE Association Programme of Study