

THE ELTON HIGH SCHOOL



RELATIONSHIPS & SEX EDUCATION (RSE) POLICY

Academic Year 2025-2026

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Elton High School Relationships and Sex Education (RSE) Policy

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1. Understanding Relationships and Sex Education

At Elton High School, all pupils receive Relationships and Sex Education (RSE) in line with statutory requirements, including the Children and Social Work Act 2017 and guidance issued under the Education Act 1996.

This policy describes our approach to RSE following Department for Education statutory guidance for secondary schools. RSE covers education about relationships, sexual wellbeing, diversity, personal identity, and healthy lifestyles. It combines sharing accurate information with exploration of values, attitudes, and ethical decision-making.

RSE is not designed to promote sexual activity. Relationships Education focuses on friendships, families, consent, and personal safety and does not include instruction on sexual activity. Sex Education covers reproduction, contraception, sexual health, readiness for sexual activity, consent, coercion, and healthy sexual behaviour.

The policy supports the school ethos, encouraging respect for oneself and others, and aims to equip students to make informed and positive life choices that benefit their wellbeing now and in the future.

2. Curriculum Content & Organisation

RSE is delivered through the Personal Development (PD) curriculum, incorporating statutory RSE content, Citizenship, Careers, and Financial Health education.

Delivery Details:

- **Subject content:** Relationships education, sex education and health education.

How and when: Content is delivered in age-appropriate stages through Key Stages 3 and 4 via PD lessons, assemblies, form time, and PD enrichment activities or days.

Responsibility: Taught by timetabled PD teachers, with support from the Head of Department and specialist external providers where appropriate.

Topics:

Relationships Education: Families, friendships, respect, consent, online safety, managing conflict, recognising abuse.

Sex Education: Human reproduction, contraception, STIs, sexual health, readiness for sexual activity, consent, coercion, healthy sexual behaviour.

Health Education: Mental and physical wellbeing, exercise, nutrition, sleep, substance misuse, personal hygiene, puberty, first aid, and safety.

Curriculum content is reviewed annually to ensure relevance, evidence-based information, and statutory compliance.

3. Aims of RSE

The programme aims to:

1. Equip pupils with knowledge and skills to make informed decisions.
2. Foster resilience, self-worth, self-respect, honesty, integrity, courage, kindness, and trustworthiness.
3. Promote respect and challenge discrimination.
4. Encourage responsible personal behavior.
5. Support mental and physical wellbeing.
6. Reinforce British Values: tolerance, mutual respect, and individual liberty.
7. Help pupils recognise and respond to unsafe situations.
8. Engage external professionals to provide expertise and real-world perspectives.

4. Delivery and Teaching Responsibility

- RSE is delivered by PD staff using centralised resources created by the Head of Department which considers best practice as shared by the PHSE Association.
- External specialists support topics related to sexual health, safety, and financial literacy.
- Staff receive ongoing training to ensure accurate, sensitive, and consistent delivery.
- Teaching responsibility, including oversight of external providers, is clearly defined by the Head of Department.

5. Confidentiality & Safeguarding

- Full confidentiality cannot be promised; safeguarding concerns follow statutory procedures.
- Pupils are informed about internal and external support.
- External contributors are vetted and lesson content aligns with safeguarding policies.
- Pupils are supported to recognise harmful situations and seek help.

6. Accessibility & Inclusion

- RSE is accessible to all pupils, including SEND.
- Lessons are adapted to meet diverse needs.
- Equality, diversity, and inclusion are promoted throughout.
- Policy considers cultural, religious, sexual orientation, and gender identity needs.

7. Handling Sensitive Questions & Controversial Topics

- Teachers answer questions honestly and age-appropriately.
- Questions outside the scope of lessons or from withdrawn pupils are deferred or discussed with parents where appropriate.
- Controversial topics are taught in a balanced, respectful manner, encouraging critical thinking and ethical decision-making.

8. Parental Involvement & Policy Development

- Policy developed in consultation with parents, pupils, staff, and governors.
- Parents can review curriculum materials and provide feedback.
- Policy approved by the Governing Body and reviewed at least every two years or sooner if guidance changes.

9. Right to Withdraw

Parents may withdraw children from sex education outside statutory science lessons up to three terms before the pupil turns 16. At 16, pupils may choose independently.

Procedure:

- Written request to Headteacher.

- Meeting to clarify statutory content, explain lessons, discuss concerns, and explore alternatives.

Alternative Provision:

- Withdrawn pupils receive supervised work on other PD topics (wellbeing, citizenship, financial literacy). Pupils continue to study statutory Relationships Education and Health Education.

Re-entry:

- Parents may request reinstatement before the three-term deadline.
- Pupils choose independently at 16.

10. Monitoring and Evaluation

- Curriculum delivery, coverage, and outcomes are monitored by Head of Department.
- Feedback from pupils, staff, and external contributors informs improvements.
- Governing Body approves policy and receives evaluation reports.

11. Legal Framework

- RSE statutory guidance (DfE, July 2025, effective Sept 2026)
- Education Act 2002
- Children and Social Work Act 2017
- Equality Act 2010
- Safeguarding legislation and local child protection policies

12. Accessing the Policy and Curriculum Materials

- Policy and materials are available from the school on request.
- Parents may view content and discuss with staff.
- Teachers provide guidance on questions outside the curriculum or related to withdrawn topics.