



## Kingsmead School - Relationships & Sex Education (RSE) Policy

**Date of Policy:** September 2025

**Review Date:** September 2026

**Person Responsible:** PSHE/RSE Lead: Mrs Catherine Frazer

**Approved by Governing Body:**

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### 1. Policy Context

This policy is written in line with the **Department for Education's statutory guidance on Relationships, Sex and Health Education (RSHE), July 2025**, which becomes statutory from **1 September 2026**. It should be read alongside other relevant policies, including:

- Safeguarding and Child Protection - [Safeguarding-Procedure-2025-26.pdf](#)
- Anti-Bullying - [Anti-Bullying Policy](#)
- Equality and Diversity - [Equality-Policy-Statement-2025.2026.pdf](#)
- SEND and Inclusion - [SEND-Information-Statement-2024.2025.pdf](#)
- Behaviour and Discipline - [Kingsmead-Rewards-Sanctions-Strategy-2025-26.pdf](#)

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### 2. Aims of RSE

Our school's RSE programme aims to:

- Equip pupils with the **knowledge, skills and values** they need to build healthy, positive relationships.
- Provide **accurate, factual, and age-appropriate information** about human development, sexuality, and health.
- Support pupils' **emotional literacy and regulation skills**, including handling disappointment, conflict, and hurt.
- Promote **equality, inclusivity and respect**, challenging gender stereotypes and recognising diverse families, including LGBTQ+ families.
- Enable pupils to understand the **law relating to sex, consent, marriage, and online behaviour**.
- Prepare pupils for the **challenges and responsibilities of adult life**, helping them to stay safe and make informed choices.

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### 3. Statutory Requirements

- **Relationships education** is compulsory for all pupils in secondary schools.
- **Health education** is also compulsory, covering mental wellbeing, physical health, and online safety.

- **Sex education** is not compulsory in all schools, but it is strongly recommended at secondary level. Parents retain the right to withdraw their child from the sex education component (see Section 8).
- Teaching must be **age-appropriate and developmentally appropriate**, and content must be **accessible to all pupils**, including those with SEND.

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#### 4. Guiding Principles

In line with the 2025 guidance, our RSE programme is underpinned by the following principles:

1. **Pupil voice** – pupils are consulted and engaged in shaping RSE provision to ensure it meets their needs.
2. **Parental engagement** – parents are partners in this work. They are consulted on policy, informed of content, and have access to teaching resources.
3. **Inclusivity** – teaching recognises the variety of family structures, identities, and experiences, avoids stereotypes, and promotes respect.
4. **Sequencing** – content builds progressively over time, introducing and revisiting themes in a structured way.
5. **Positivity and balance** – language and content focus on developing healthy norms, avoiding reinforcement of harmful stereotypes or behaviours.

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#### 5. Curriculum Content

Our RSE curriculum is delivered through **PSHE lessons, assemblies, tutor time, and cross-curricular links**. Key themes include:

##### Relationships Education

- Families: roles, responsibilities, and diverse family types.
- Friendships and peer relationships, including online.
- Respectful relationships, including issues of consent, coercion, and managing conflict.
- Bullying, harassment, and discrimination (including online).
- Healthy and unhealthy relationships, including signs of abuse.

##### Sex Education

- Puberty, reproduction, and human development.
- Contraception, pregnancy, and options.
- The law on sexual activity, consent, and exploitation.
- Sex and the media, including pornography and unrealistic expectations.

- Gender identity and sexual orientation: factual teaching that avoids political bias, while acknowledging diversity and respecting all pupils.

## **Health Education**

- Physical health and mental wellbeing.
- Emotional regulation, resilience, and coping strategies.
- Online safety and digital wellbeing.
- Substance misuse, including drugs, alcohol, and vaping.
- Personal hygiene, sleep, and lifestyle choices.

***Each term an update will be sent to parents a Newsletter sent via MCAS to notify the topics and themes to be taught***

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## **6. Teaching and Learning**

- RSE is taught by trained staff who receive regular CPD.
- Lessons are interactive, age-appropriate, and sensitive to the maturity of pupils.
- External visitors (e.g. health professionals) may be invited to enrich provision but remain under teacher supervision.
- All materials used are **transparent and available for parents to view** on request.

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## **7. Inclusion and SEND**

We are committed to providing RSE to **all pupils**, including those with SEND. Lessons are adapted to meet diverse learning needs, ensuring accessibility in content, language, and delivery.

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## **8. Parental Right to Withdraw**

Parents have the right to request that their child be withdrawn from the **sex education** component of RSE (but not relationships or health education).

- Requests should be made in writing to the Headteacher.
- A meeting will be offered to discuss concerns and clarify the curriculum.
- **Except in exceptional circumstances, the request will be granted until three terms before the pupil's 16th birthday, when the decision becomes the pupil's own.**

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## **9. Safeguarding and Confidentiality**

- RSE will sometimes bring up sensitive disclosures. Teachers cannot guarantee confidentiality and must follow the **school's safeguarding policy**.
- Pupils will be signposted to pastoral support and external services where needed.

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## **10. Monitoring and Evaluation**

- The **Governing Body** monitors implementation of this policy.
- The **RSE Lead** evaluates delivery, quality of resources, and pupil outcomes.
- Pupil and parent feedback is gathered regularly to inform programme improvements.
- The policy is reviewed annually and updated in line with statutory guidance.

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## **11. Policy Availability**

This policy is published on the **school website** and available in hard copy from the school office on request.