



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:

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

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.

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.