



Relationships and Sex Education Policy

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Reviewed by: Headteacher Natalie Rock

Agreed by Governors:

Frequency of review: Annually

Next Review: June 2026

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1. Aims

The aims of relationships and sex education (RSE) at our school are to:

- Provide a framework in which sensitive discussions can take place
- Give students an understanding of sexual development and the importance of health and hygiene
- Help pupils develop feelings of self-respect, confidence and empathy
- Create a positive culture around issues of sexuality promoting equality and respect
- Prepare all students for the future, regardless of sexual orientation or gender identity
- Teach pupils the correct vocabulary to describe themselves and their bodies
- Help pupils to be safe and healthy and to form and maintain good relationships
- Teach pupils in line with British law so that they understand the wider implications of any decisions they may make
- Give students an understanding of issues such as everyday sexism, misogyny, homophobia and gender stereotypes

2. Statutory requirements

As a secondary academy school we must provide RSE to all pupils 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 Stoke Park School we teach RSE as set out in this policy.

3. Policy development

This policy has been developed in consultation with staff, pupils and parents. The consultation and policy development process involved the following steps:

1. Review – a member of staff or working group pulled together all relevant information including relevant national and local guidance
2. Staff consultation – all school staff were given the opportunity to look at the policy and make recommendations
3. Parent/stakeholder consultation – parents and any interested parties were invited to attend a meeting about the policy
4. Pupil consultation – we investigated what exactly pupils want from their RSE
5. Ratification – once amendments were made, the policy was shared with governors and ratified

4. Definition

RSE aims to teach pupils about different aspects of emotional, social and cultural development. It 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.

5. Curriculum

Our curriculum is set out as per Appendix 1 but we may need to adapt it as and when necessary.

We have developed the curriculum in consultation with parents, pupils and staff using samples of resources and curriculum plans. All teaching materials consider the age, needs and feelings of pupils. If pupils 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.

6. Delivery of RSE

RSE is taught within the personal, social, health and economic (PSHE) education curriculum during tutor times, assemblies, enrichment week and as part of a programme of extra-curricular activities. Biological aspects of RSE are taught within the science curriculum, and other aspects are included in religious education (RE) and designated PSHE lessons when timetabled.

RSE is taught by a range of staff including tutors and subject staff and delivered in a manner that can be accessed by all pupils.

Pupils also receive stand-alone sex education sessions delivered by either a trained health professional or designated member of school staff.

The curriculum is progressive and age related. It is planned in line with British laws and values and is in no way intended to promote sexual activity.

RSE focuses on giving young people the information they need to help them develop healthy, nurturing relationships of all kinds including:

- Families
- Respectful relationships, including friendships
- Online and media
- Being safe
- Intimate and sexual relationships, including sexual health

For more information about our RSE curriculum, see Appendices 1 and 2.

These areas of learning are taught within the context of family life taking care to ensure that there is no stigmatisation of children based on their home circumstances (families can include single parent families, LGBT parents, families headed by grandparents, adoptive parents, foster parents/carers amongst other structures) along with reflecting sensitively that some children may have a different structure of support around them (for example: looked after children or young carers).

7. Roles and responsibilities

7.1 The governing board

The governing board will approve the RSE policy and hold the headteacher to account for its implementation.

7.2 The headteacher

The headteacher is responsible for ensuring that RSE is taught consistently across the school, and for managing requests to withdraw pupils from non-statutory/non-science components of RSE (see section 8).

7.3 Staff

Staff are responsible for:

- Delivering RSE in a sensitive way

- Modelling positive attitudes to RSE
- Monitoring progress
- Responding to the needs of individual pupils including those with SEND
- Responding appropriately to pupils whose parents wish them to be withdrawn from the non-statutory/non-science components of RSE

Staff do not have the right to opt out of teaching RSE. Staff who have concerns about teaching RSE are encouraged to discuss this with the headteacher or the PSHE lead, Miss H Pinder.

7.4 Pupils

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

8. Parents' right to withdraw

Parents have the right to withdraw their children from the non-statutory/non-science components of sex education within RSE up to and until 3 terms before the child turns 16. After this point, if the child wishes to receive sex education rather than being withdrawn, the school will arrange this.

Requests for withdrawal should be put in writing using the form found in Appendix 3 of this policy and addressed to the headteacher. Although the school will accept verbal confirmation from parents too.

A copy of withdrawal requests will be placed in the pupil's educational record. The RSE link will discuss the request with parents and take appropriate action.

Alternative work will be given to pupils who are withdrawn from sex education.

9. Training

Staff are trained on the delivery of RSE as it is included in our continuing professional development calendar.

The headteacher will also invite visitors from outside the school, such as school nurses or sexual health professionals, to provide support and training to staff teaching RSE.

10. Monitoring arrangements

The delivery of RSE is monitored by Miss H Pinder through:

- Year team meeting discussion and feedback
- Learning walks (registrations, enrichment and extra-curricular opportunities)
- Student voice/ evaluation
- Meetings with other staff with responsibilities in ensuring quality delivery of the PSHE/RSE curriculum including the DSL and SLT.

This policy will be reviewed by Miss H Pinder annually.

At every review, the policy will be approved by the Head of School, Miss N Rock.

Appendix 1: Curriculum map

Relationships and Sex Education curriculum map (items in bold are age related and in addition to the PSHE programme). The repetition reflects adaptations that have been made due to Covid to ensure all students have had the relevant content delivered to them.

YEAR GROUP	TOPIC/THEME DETAILS
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YEAR GROUP	TOPIC/THEME DETAILS
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Year 7

- Loving relationships including LGBTQ+
- The Protected Characteristics
- Diversity
- Forced Marriage
- Challenging Gender Roles
- Friendships
- Safe relationships
- Online relationships
- Online safety
- Online behaviour and the law (sharing images etc)
- Sexting
- CSE (Child Sexual Exploitation)
- Sexual harassment
- Coercion and consent and the law
- Loss, separation and divorce
- Peer pressure
- Body image
- Street safety
- Grooming
- Bullying
- Peer pressure
- Young people joining gangs
- The roles and responsibilities of parents and carers
- *Puberty/ changing bodies/ health and hygiene (right to withdraw)*

YEAR GROUP	TOPIC/THEME DETAILS
Year 8	<ul style="list-style-type: none"> • Loving relationships including LGBTQ+ • Protected Characteristics • Healthy relationships • Online relationships • Online safety • The differences between biological sex and gender identity • How the media portrays relationships • Prejudice based language and behaviour • Trusting relationships • Personal values in relationships • How to manage the breakdown of friendships or relationships • Conflict management skills • Online behaviour and the law (sharing images etc) • Sexting and sharing explicit content • Sexual harassment • Stable relationships and friendships • Risk taking • Privacy and the internet • CSE (Child Sexual Exploitation) • Coercion and consent • Peer pressure • Body image • Street safety • Alcohol, drugs and risky behaviour • Reproduction (Science) • <i>Puberty/ changing bodies/ health and hygiene (right to withdraw)</i>

YEAR GROUP	TOPIC/THEME DETAILS
Year 9	<ul style="list-style-type: none"> • Loving relationships including LGBTQ+ • British Values and Protected Characteristics • Unhealthy coping strategies • Sexual attraction and sexuality • The portrayal of sex in the media and on social media • Stereotyping • Recognising peer influence • Bullying and 'banter' • Personal values in loving relationships • Safe relationships • Sexual harassment • Online relationships • Reducing risks from people not known to you online • Dealing with strong feelings and emotions • Managing the influence of drugs and/or alcohol on decision making • Unhealthy relationships • Online behaviour and the law (sharing images etc) • Sexting and sharing explicit images • CSE (Child Sexual Exploitation) • Upskirting • Coercion and consent • Peer pressure • Body image • Street safety • Alcohol, drugs and risky behaviour • <i>Sexual health, STI's and Contraception (right to withdraw)</i>

- Miscarriage and abortion (*right to withdraw*)
- Contraception including emergency contraception (*right to withdraw*)
- STI's (*right to withdraw*)
- Where to get sexual health support and advice (*right to withdraw*)

YEAR GROUP

TOPIC/THEME DETAILS

Year 10

- Loving relationships including LGBTQ+
- Protected Characteristics
- Safe relationships
- Online relationships
- Managing emotions in all kinds of relationships
- Ending relationships
- Conducting online relationships safety
- Domestic violence and abuse
- Online behaviour and the law (sharing images etc)
- Sexting and the legal and social consequences of sharing explicit material
- Sexual harassment
- Young parenthood
- Manipulation and persuasion
- Honour based violence
- CSE (Child Sexual Exploitation)
- Coercion and consent
- Negative peer pressure
- Body image
- Street safety
- Alcohol, drugs and risky behaviour
- Healthy relationships
- Gang culture
- Organised crime
- Harassment and control
- Infection and disease including STI's (Science)
- Miscarriage and abortion (*right to withdraw*)
- Contraception including emergency contraception (*right to withdraw*)

- STI's (*right to withdraw*)
- Where to get sexual health support and advice (*right to withdraw*)

• *Sexual health, STI's and Contraception (right to withdraw)*

YEAR GROUP	TOPIC/THEME DETAILS
Year 11	<ul style="list-style-type: none">• Hormones (Science)• Protected Characteristics• LGBTQ+• The portrayal of sex and body image in the media• Safe relationships
Year 12	<ul style="list-style-type: none">• STI's• Contraception• Drugs, alcohol and addiction• Online safety• Sexting• Dealing with Relationship break ups• Communication within a relationship• Transgender/Transphobia/Homophobia/LGBTQ+ rights• Consent• Coercive control and abuse• Managing relationships• Sexual Health• Cancers specific to biological females• Cancers specific to biological males
YEAR GROUP	TOPIC/THEME DETAILS

Year 13	<ul style="list-style-type: none"> • STI's • Contraception • Drugs, alcohol and addiction • Online safety • Sexting • Dealing with Relationship break ups • Communication within a relationship • Transgender/Transphobia/Homophobia/LGBTQ+ rights • Consent • Coercive control and abuse • Managing relationships
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Appendix 2: By the end of secondary school pupils should know

TOPIC	PUPILS SHOULD KNOW
Families	<ul style="list-style-type: none"> • That there are different types of committed, stable relationships including same-sex relationships or relationships which include trans people. • How these relationships might contribute to human happiness and their importance for bringing up children • What marriage is, including their legal status e.g. 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); and, how to seek help or advice, including reporting concerns about others, if needed

TOPIC	PUPILS SHOULD KNOW
Respectful relationships, including friendships	<ul style="list-style-type: none"> • The characteristics of positive and healthy friendships (in all contexts, including online) including: 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 (e.g. how they might normalise non-consensual behaviour 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	PUPILS SHOULD KNOW
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<p>Online and media</p>	<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 e.g. 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
<p>Being safe</p>	<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)
<p>TOPIC</p>	<p>PUPILS SHOULD KNOW</p>

Intimate and sexual relationships, including sexual health

- 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, e.g. 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
- 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/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

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

TO BE COMPLETED BY PARENTS			
Name of child		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	