

## **Relationships and Sex Education (RSE) and Health Education Policy**

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### **What is Relationships and Sex Education?**

Relationships and sex education is learning about the emotional, social and physical aspects of growing up, relationships, sex, sexuality and sexual health. Some aspects are taught in science, though the majority is taught through personal, social, health and economic education (PSHE).

According to the *Relationships and Sex Education for the 21<sup>st</sup> Century* guidelines (DfE publication), Relationships and Sex Education promotes the spiritual, moral, cultural, mental and physical development of students at the school and of society as well as preparing them for the opportunities, responsibilities and experiences of later life.

A comprehensive programme of RSE provides accurate information about the body, reproduction, sex and sexual health. It also gives children and young people essential skills for building positive, enjoyable, respectful and non-exploitative relationships and staying safe both on and offline.

### **What is Health Education?**

This programme also includes statutory health education which provides students with important information about physical and mental health. The skillset students will be able to develop enables them to understand how to make good decisions about their health including vaccinations, self-examination, sleep, dental health, healthy eating and avoid substance misuse.

### **Relationships and Sex Education and Health Education at Hazelwick**

RSHE at Hazelwick contains 3 elements:

- Attitudes and Values
  - Learning the importance of values, individual conscience and moral considerations and responsibilities in relation to fundamental British values
  - Learning the value of respect, equality, love and care
  - Exploring, considering and understanding moral dilemmas
  - Developing critical thinking as part of decision making
  - Building an awareness of different types of relationships and the function of sex within a relationship
  - Promoting diversity and equality across all groups in society
  - Fundamental British values
- Personal and Social skills
  - Learning to manage emotions and relationships confidently and sensitively
  - Developing self-respect and empathy for others
  - Learning to make choices based on an understanding of difference and with an absence of prejudice
  - Developing an appreciation of the consequences of choices made

- Managing conflict and learning how to recognise and avoid exploitation and abuse
- Supporting students to recognise the different forms of domestic abuse and how to access support
- Supporting students to keep themselves safe from harm on and offline
- Knowledge and Understanding
  - Learning and understanding physical development at appropriate ages
  - Understanding sexualities for people of all genders
  - Understanding reproduction, sexual health, emotions and relationships
  - Developing the skills and understanding to avoid and resist unwanted sexual experiences and understand what it means to be ready for sexual experiences
  - Understanding what consent means to all types of sexual activity
  - Learning about contraception and the range of local and national sexual health advice, contraception and support services
  - Learning the reasons for delaying sexual activity, the benefits to be gained from such delay
  - Understanding all options for staying healthy within a sexual relationship
  - Understanding relevant legislation connected to all types of relationships and sexual activity
  - Understanding the risks of substance misuse and the legislation regarding drug classification
  - Understanding mental wellbeing and where to seek support if required
  - Understanding the importance of maintaining good general health from vaccinations to dental health

### **Statutory Status of RSHE**

All secondary schools (maintained academies or independent) have been required to provide RSHE by September 2020. New statutory guidance was introduced in July 2025 with schools required to adapt their curriculum and policies by September 2026.

### [Relationships Education, Relationships and Sex Education and Health Education guidance](#)

In summary, the changes are: Greater focus on misogyny and violence against women; a new personal safety strand involving managing risk around roads, railways, water and public space; safeguarding risks linked to technology such as online financial extortion (sextortion) and AI generated deepfakes; diverse family structures must be acknowledged and celebrated such as single-parent households, same-sex parents and foster and adoptive families; vaping and other nicotine products have also been added to the health and wellbeing curriculum.

### **Organisation and Content of the Relationships and Sex and Health Programme**

RSHE is taught to students during Key Stage 3 (Years 7 and 8) and Key Stage 4 (Years 9, 10 and 11) through PSHE and Science. Some students will also encounter RSE through the study of a GCSE option in Child Development.

### **Range and Content in relation to RSHE Key Stage 3 and 4**

The content of RSHE at Hazelwick is informed by the PSHE Programme of Study and DfE guidance. For details on the content covered, please see the link below;

### [PSHE Association Programme of Study for PSHE Education \(Key stages 1–5\), Jan 2020.pdf](#)

## Teaching Methods and Staffing

The programme is coordinated by the Head of PSHE and Citizenship/VBE. It is led by a team of specialist teachers.

Lessons are planned by specialist and trained teachers within the PSHE and Citizenship department who provide non-specialist teachers with guidelines. These guidelines are in keeping with the PSHE programme of study. Non-specialist teachers are provided with training specific to RSHE.

To review the effectiveness of the programme, department meetings are held and evaluation and feedback mechanisms are in place for teaching staff. Within the classroom, individual teachers assess the comprehension of the issues covered through questioning and discussing topics with the students as well as through written work.

The resources are selected by the Head of Department for PSHE and Citizenship/VBE in conjunction with the teaching staff responsible for the delivery of the programme.

## Working with Parents/Carers

In all curriculum areas, Hazelwick works closely with parents/carers. Any parent/carer wishing to discuss Relationships and Sex Education and Health Education is able to do so with the Head of Department for PSHE and Citizenship/VBE, a Head of Year, the Deputy Headteacher or the Headteacher.

## Child Withdrawal Procedures

Parents/carers are unable to remove their child from any Relationships and Sex Education delivered within science lessons. The Head of Department for PSHE and Citizenship will discuss concerns with parents/carers regarding RSE within PSHE and Citizenship lessons, and if a decision is made to withdraw their child, alternative arrangements will be made.

Parents/carers have the right to withdraw their children from sex education, apart from the components taught within science lessons, up to three terms before their child turns 16. After this point, if the child wishes to receive sex education rather than being withdrawn, the school will arrange for the student to receive these lessons. Parents/carers will be notified.

## Equal Opportunities

The teaching programme is offered to all students in Key Stages 3 and 4, with assemblies delivered in Key Stage 5.

## Policy Review

The effective date of this policy is February 2024.

The next scheduled review will be undertaken by the Curriculum and Standards Committee of the Governing Body in 2025.

## Policy Review

Revision Number	Summary of Changes	Date of Change
1	Policy reviewed and no changes required.	February 2023
2	Policy reviewed and the information about health education added.	January 2024

3	One small word change on page one.	February 2025
4	New statutory guidance introduced in July 2025 and incorporated into the policy including more focus on misogyny and violence against women, a personal safety strand, safeguarding risks linked to technology, vaping and other nicotine products have also been added to health warnings.	February 2026