

Relationships and Sex Education (RSHE) and Health Education Policy

February 2023



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RELATIONSHIPS AND SEX EDUCATION (RSHE) POLICY

Tor View School is obliged by law to produce a Relationships and Sex policy.

This must:

- Define Relationships and Relationships and Sex education.
- Describe how Relationships and Sex education is provided and who is responsible for providing it.
- Say how Relationships and Sex education is monitored and evaluated.
- Include information about parents' right to withdraw; and
- Be reviewed regularly.

As a School we believe that all children and young people have a fundamental right to high-quality and comprehensive relationships and sex education which promotes good sexual health and equal and enjoyable relationships, enabling every pupil to Belong, Achieve and Thrive.

From September 2020 all secondary schools in England are required to teach Relationships and Sex Education. All Primary schools in England are required to teach Relationships Education. It is also recommended that all primary schools have a programme of sex education tailored to the needs of their pupils, supporting them to Belong within their communities, Achieve appropriate knowledge and skills, and thrive emotionally and socially.

Definition of Relationships Education

- Relationships Education is teaching the fundamental building blocks and characteristics of positive relationships, with reference to friendships, family relationships and relationships with other children and adults. Relationships Education should:
- Include being taught what a relationship is, what friendship is, what family means and who the people are that can support them.
- Build on early education and ensure children are taught how to take turns, how to treat each other with kindness, consideration and respect, the importance of honesty and truthfulness, permission seeking and giving and the concept of personal privacy.
- Teach about establishing personal space and boundaries, showing respect and understanding the differences between appropriate and inappropriate or unsafe physical and other contact—these are the forerunners of teaching about consent, which takes place at secondary.
- Ensure the principles of positive relationships also apply online.
- Be inclusive in terms of different families and reflect sensitively that some young children may have a different structure of support around them.
- Create an opportunity to enable pupils to be taught about positive emotional and mental wellbeing so they can Thrive.
- Ensure pupils know how to report concerns and seek advice when they suspect or know something is wrong.

Definition of Sex and Relationship Education (RSE)

Relationships and sex education (RSE) is learning about the emotional, social and physical aspects of growing up, relationships, sex, human sexuality and sexual health. It should equip children and young people with the information, skills and positive values to have safe, fulfilling relationships, to enjoy their sexuality and to take responsibility for their sexual health and well-being. This supports them to Achieve personal independence and thrive as confident young adults.

RSE should:

- Be accurate and factual, covering a comprehensive range of information about sex, relationships, the law and sexual health, in order to make informed choices. In schools this should be part of compulsory curriculum provision.

- Be positively inclusive in terms of gender, sexual orientation, disability, ethnicity, culture, age, religion or belief or other life-experience, particularly HIV status and pregnancy, ensuring all pupils feel they Belong.
- Include the development of skills to support healthy and safe relationships and ensure good communication about these issues.
- Promote a critical awareness of the different attitudes and views on sex and relationships within society such as peer norms and those portrayed in the media.
- Provide opportunities for reflection in order to nurture personal values based on mutual respect and care.
- Be part of lifelong learning, starting early in childhood and continuing throughout life. It should reflect the age and level of the learner.
- Ensure children and young people are clearly informed of their rights such as how they can access confidential advice and health services within the boundaries of safeguarding.
- Be relevant and meet the needs of children and young people, and actively involve them as participants, advocates and evaluators in developing good quality provision.
- Be delivered by competent and confident educators.
- Be provided within a learning environment which is safe for the children, young people and adults involved and based on the principle that prejudice, discrimination and bullying are harmful and unacceptable.

The Law

The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019, made under section 34 and 35 of the Children and Social Work Act 2017, make Relationships Education compulsory for all pupils receiving primary education and Relationships and Sex Education (RSE) compulsory for all pupils receiving secondary education. They also make Health Education compulsory in all schools except independent schools.

The aim of RSE is to give young people the information they need to help them develop healthy, nurturing relationships of all kinds, not just intimate relationships. The school's relationships and sex programme meets the needs of all young people in the school and is developmentally appropriate. Teaching is sensitive, age appropriate and delivered with reference to the law.

Effective RSE does not encourage early sexual experimentation. It should teach young people to understand human sexuality and to respect themselves and others so that they can Belong in society, Achieve informed decision-making and thrive safely.

Sharing information with parents

Parents will be informed about Relationships and Sex Education from their child's class teacher via email. They will also be informed of their right to withdraw their child/children if they wish.

Withdrawing pupils from RSE

Parents have the right to withdraw their children from some or all of sex education delivered as part of statutory RSE (that does not form part of the National Curriculum e.g., Science), however parents cannot withdraw from Relationship Education.

Before parents decide on this option, we encourage parents discussing their request with either their child's class teacher or the Head Teacher, and, where appropriate, with the child to ensure their wishes are understood and to clarify the nature and purpose of the curriculum. The class teacher/Head Teacher will also discuss the benefits of receiving RSE and any detrimental effects withdrawal may have on the child, e.g., emotional and social exclusion.

After discussions Tor View School will respect parents' requests to withdraw, up to three terms before the child turns 16. At this point, if the child wishes to receive RSE the school should decide to provide the child with RSE during one of those terms.

Head Teachers will automatically grant a request to withdraw a pupil from any Relationships Education delivered to children receiving Primary level education, other than part of the science curriculum. Pupils who are withdrawn will still receive appropriate and purposeful education during the period of withdrawal.

Tor View School has a scheme of work, assessment programme and pathways which the children will be judged against within their twelve-week transition. They will then be assessed three times a year and will work through the pathway as they move up through the school. Parents are given an overview of what their child is learning and are able to seek clarification if they want more detail. These pathways support all pupils to Belong, Achieve and Thrive throughout their school journey.

Tor View School

Relationships and Sex Education (RSE) and Health Education Content

	Pre/In formal	Semi Formal	Formal
Expected weekly delivery of content	3 Lessons a week		
Programmes	Equals (2018) My physical wellbeing: Healthy eating and wellbeing Physical activity Relationship sex and health education PSHE association (2020) Keeping safe online		
Yearly Coverage break down	1x Healthy eating and lifestyle 1x Mental Health and Wellbeing 1x Physical Activity 1x Choice of area of coverage 2 x Relationship sex and health education	1x Healthy eating and lifestyle 1x Mental Health and Wellbeing 1x Physical Activity 2 x Relationship sex and health education 1x Keeping safe online.	
Intentions	Use the intentions from Equals Semi formal for My physical wellbeing and Relationships, sex, and health education. Simplify these to a suitable level for the pupils and Extra Content = keeping safe online. Only deliver if appropriate- Follow PSHE association Framework SSS24.	Use the intentions from Equals Semi formal for coverage of Relationships sex and health Education and my Physical wellbeing. Use intentions from PSHE association Keeping safe online covering intentions from section SSS24.	Use the intentions from Equals Semi formal for coverage of Relationships sex and health Education and my Physical wellbeing. Expand on the content and depth of knowledge. Use intentions from PSHE association Keeping safe online covering intentions from section WIL12.
Repetition of coverage	In following years repeat process with new content and where necessary Revisit previous content.		
Important	1) Some topics are to be delivered in single sex groups. 2)Some Topics only delivered is essential. E.g., they are in a relationship.		

Date Reviewed	Reviewer	Summary of revisions
11/12/2025	Lydia Gannon	Read through and still relevant. Updated the Content section