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Relationships and sex education (RSE) policy



1. Aims

At Belmont School, Relationships and Sex Education (RSE) supports pupils to develop the knowledge, skills and values needed to form positive relationships and make safe and informed choices throughout their lives. The aims of RSE at Belmont School are to:

- Provide a safe framework in which sensitive discussions can take place
- Help pupils develop self-respect, confidence, empathy and resilience
- Promote understanding of healthy and respectful relationships
- Prepare pupils for the physical and emotional changes associated with puberty and growing up
- Promote the importance of health, hygiene and personal wellbeing
- Develop pupils' understanding of personal identity and diversity
- Equip pupils with the skills to recognise risk, stay safe and seek help when needed
- Encourage respect for others and promote equality and tolerance

Our RSE curriculum reflects the school's commitment to promoting:

- Social development
- Individual liberty
- Mutual respect
- Tolerance of different beliefs and lifestyles
- The rule of law

The curriculum recognises and celebrates the diversity of families and relationships within modern society.

2. Statutory Requirements

The school delivers RSE in line with statutory guidance issued by the Department for Education.

This policy is based on:

- The Children and Social Work Act 2017
- Education Act 1996
- Equality Act 2010
- Human Rights Act 1998
- DfE Relationships Education, Relationships and Sex Education and Health Education guidance

Under current legislation:

- Relationships Education is compulsory in primary schools
- Relationships and Sex Education (RSE) is compulsory in secondary schools
- Health Education is compulsory in all schools



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Biological aspects of human development are also taught within the National Curriculum Science programme. Belmont School teaches RSE in accordance with this policy and statutory guidance.



3. Policy Development

This policy has been developed through consultation with staff, parents and pupils.

The process included:

1. **Review** – gathering relevant national guidance and best practice.
2. **Staff consultation** – staff were invited to review and comment on the policy.
3. **Parent consultation** – parents were invited to share feedback and ask questions.
4. **Pupil consultation** – pupil voice informed curriculum development.
5. **Ratification** – the final policy was approved by the governing body.

The policy is reviewed regularly to ensure it reflects current guidance and the needs of the school community.

4. Definition

Relationships and Sex Education (RSE) is learning about the emotional, social and physical aspects of relationships.

It includes learning about:

- Families and caring relationships
- Friendships and respectful relationships
- Personal identity and diversity
- Online relationships and digital safety
- Consent and personal boundaries
- Sexual health and reproduction
- Physical and emotional wellbeing

RSE combines factual information with opportunities for pupils to explore attitudes, values and skills.

Sex education within this policy refers specifically to teaching about:

- Human reproduction
- Contraception
- Sexually transmitted infections
- Sexual health

Sex education is taught in an age-appropriate and sensitive manner and does not promote sexual activity.

5. Curriculum Intent and Implementation

Belmont School provides a carefully planned, age-appropriate RSE curriculum which develops progressively from early primary through to secondary education.

The curriculum is designed to:



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- Meet statutory requirements
- Reflect the age and development of pupils
- Support pupils' safety and wellbeing



- Respond to the needs of pupils and the community

Teaching approaches include:

- Whole class teaching
- Small group work
- Discussion and reflection
- Scenario-based learning
- Question and answer opportunities in a safe environment

Lessons are delivered primarily through:

- PSHE education
- Science
- Religious Education
- The wider pastoral curriculum

The curriculum addresses the following core themes:

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships and digital safety
- Being safe

At secondary level, the curriculum develops further to include:

- Intimate relationships
- Sexual health
- Consent and the law
- Contraception and pregnancy
- Sexual exploitation and safeguarding

The school's RSE curriculum is informed by the PSHE Association framework, including guidance relating to pupils with SEND. We also use resources from a variety of carefully checked sources, including Cre8tive Resources (as approved by OFG).

Curriculum content is reviewed regularly and informed by pupil voice, staff feedback and national guidance.



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6. Delivery of RSE

RSE is delivered by trained staff in a sensitive and inclusive manner.

Lessons are designed to ensure that pupils:

- Feel safe and supported
- Are able to ask questions
- Understand how to seek help and advice

Teachers use professional judgement when answering questions and may adapt responses based on the age and understanding of pupils.

Where appropriate, external agencies or health professionals may support delivery of parts of the curriculum. The school remains responsible for ensuring that all materials and messages are appropriate and aligned with statutory guidance and school values.

Teachers will always remain present during sessions delivered by external speakers.

7. Inclusivity

Belmont School is committed to delivering RSE in a way that is inclusive and accessible for all pupils.

Teaching will:

- Reflect the diversity of families and relationships in society
- Promote equality and challenge discrimination
- Be sensitive to pupils' experiences and backgrounds

All pupils, including those with Special Educational Needs and Disabilities (SEND), will receive RSE with content adapted where necessary to support their learning.

Teaching methods may include:

- Differentiated resources
- Visual supports
- Additional scaffolding
- Small-group or individual teaching

8. Safeguarding and Confidentiality

RSE lessons are delivered in a supportive environment where pupils feel safe to ask questions.

However, teachers cannot guarantee complete confidentiality.

If a pupil discloses information that indicates they may be:

- At risk of harm
- Experiencing abuse
- Involved in inappropriate or illegal activity

staff will follow the school's safeguarding and child protection procedures.

All concerns will be reported to the Designated Safeguarding Lead in line with safeguarding policy.

9. Roles and Responsibilities

The Governing Body

The governing body will:

- Approve the RSE policy



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- Monitor its implementation
- Ensure statutory requirements are met



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The Headteacher

The Headteacher is responsible for:

- Ensuring the policy is implemented consistently
- Ensuring staff are appropriately trained
- Managing parental requests for withdrawal from sex education
- Reporting to governors on the effectiveness of the policy

PSHE / RSE Lead

The subject lead will:

- Develop and review the curriculum
- Support staff delivering RSE
- Monitor teaching and learning
- Review resources and materials
- Liaise with parents where required

Staff

Staff delivering RSE will:

- Deliver lessons in line with this policy
- Model positive attitudes towards relationships
- Respond sensitively to pupils' needs
- Use appropriate resources and teaching strategies
- Report safeguarding concerns where necessary

Pupils

Pupils are expected to:

- Engage positively in lessons
- Respect others' views and experiences

- Participate in discussions in a mature and respectful way

10. Monitoring

The implementation of this policy will be monitored through:

- Lesson observations
 - Curriculum review
 - Work scrutiny
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- Pupil voice
- Feedback from staff and parents

The PSHE/RSE Lead will review the policy annually.

The governing body will receive updates on the effectiveness of RSE provision.



11. Parents' Right to Withdraw

Parents do **not have the right to withdraw their child from:**

- Relationships Education in primary school
- Relationships Education in secondary school
- Health Education
- National Curriculum Science

Parents **do have the right to withdraw their child from the non-statutory sex education elements of RSE** – see Appendix A.

Requests for withdrawal must be:

- Made **in writing**
- Addressed to the **Headteacher**

The Headteacher will discuss the request with parents before confirming arrangements.

Pupils withdrawn from sex education will be provided with alternative learning during those lessons.

12. Relationship to Other Policies

This policy should be read alongside the school's:

- Safeguarding and Child Protection Policy
- Behaviour Policy
- PSHE Policy
- Equality Policy
- Online Safety Policy

Appendix A – RSE Curriculum Map with Non-Statutory Elements Identified

Year Group	Key Themes	Examples of Learning
Year 1–2	Families and friendships	Different types of families, caring relationships, kindness and respect, recognising feelings, asking for help, personal boundaries, basic online safety
Year 3–4	Respect and personal safety	Healthy friendships, resolving conflict, bullying and reporting concerns, respecting differences, personal privacy and body boundaries, online safety
Year 5	Growing and changing	Preparing for puberty, hygiene and body changes, emotional wellbeing, self-esteem, respectful friendships, online behaviour
Year 6	Transition and responsibility	Physical and emotional changes during puberty, healthy relationships, managing peer pressure, online safety and digital responsibility, understanding how to seek help
Year 7	Identity and respectful relationships	Personal identity, diversity and equality, stereotypes and prejudice, friendships, consent and personal boundaries, peer pressure, gender stereotypes, online safety, knife crime awareness
Year 8	Equality and healthy relationships	Equality and discrimination, LGBTQ+ awareness, gender equality, healthy and unhealthy relationships, self-esteem, body image, introduction to contraception (Non-statutory Sex Education) , cyberbullying, online grooming, recognising abuse
Year 9	Consent and sexual health	Sexual consent and the law, FGM awareness, domestic abuse, sexual harassment, healthy relationships, delaying sexual activity, sexually transmitted infections (Non-statutory Sex Education) , contraception methods (Non-statutory Sex Education) , sexual health services (Non-statutory Sex Education)
Year 10	Risk and digital relationships	British values and tolerance, hate crime, women's rights, masturbation and sexual pleasure (Non-statutory Sex Education) , sexual risk awareness (Non-statutory Sex Education) , sexting and sharing images, online pornography and media influence
Year 11	Adult relationships and life choices	Peer-on-peer abuse, fertility and reproduction (Non-statutory Sex Education beyond science) , alcohol and risk-taking behaviour, contraception choices (Non-statutory Sex Education) , teenage pregnancy options including adoption and abortion (Non-statutory Sex Education) , healthy adult relationships



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