

## **Relationships and Sex Education Policy**

### **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.
- Prepare students for puberty, and give them an understanding of sexual development and the importance of health and hygiene.
- Help students develop feelings of self-respect, confidence and empathy.
- Create a positive culture around issues of sexuality and relationships.
- Teach students the correct vocabulary to describe themselves and their bodies.

### **2 Statutory requirements**

As a maintained secondary school, we must provide RSE to all students as per the Children and Social work act 2017.

In teaching RSE, we must have regard to guidance issued by the Secretary of State as outlined in section 403 of the Education Act 1996.

We must also have regard to our legal duties set out in:

- Sections 406 and 407 of the Education Act 1996
- Part 6, chapter 1 of the Equality Act 2010
- The Public Sector Equality Duty (as set out in section 149 of the Equality Act 2010). This duty requires public bodies to have due regard to the need to eliminate discrimination, advance equality of opportunity and foster good relations between different people when carrying out their activities

At The Hamble School, we teach RSE as set out in this policy.

### **3 Policy development**

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

1. Review – The Deputy Headteacher and the Leader for PSHCRE pulled together all relevant information including relevant national and local guidance.
2. Staff consultation – 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. Student consultation – we worked with members of the student body to identify what exactly they wanted from their RSE curriculum.
5. Ratification – once amendments were made, the policy was shared with governors and ratified.

#### **4 Definition**

RSE is about the emotional, social and cultural development of students, and 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 PSHRE 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, students and staff, taking into account the age, needs and feelings of students. If students 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.

For more information about our curriculum, see our curriculum map in Appendix 1.

#### **6 Delivery of RSE**

At The Hamble school, the main channels for delivering this education are:

- PSHRE lessons
- PSHRE days and additional sessions
- Tutor programme
- Assemblies

Some topics which are of a sensitive/complex nature would be better taught by specialist staff trained to deliver such content. Therefore, some content will be taught through assembly style PSHRE lessons or PSHRE days.

See appendix 1 for an overview of the PSHRE days.

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).

We will also be mindful of the law and legal requirements, taking care not to condone or encourage illegal political activity, such as violent action against people, criminal damage to property, hate crime, terrorism or the illegal use of drugs.

## **6.1 Inclusivity**

We will teach about these topics in a manner that:

- Considers how a diverse range of pupils will relate to them
- Is sensitive to all pupils' experiences
- During lessons, makes pupils feel safe and supported, and able to engage with the key messages

We will also:

- Make sure that pupils learn about these topics in an environment that's appropriate for them, for example in:
  - A whole-class setting
  - Small groups or targeted sessions
  - 1-to-1 discussions
  - Digital formats
- Give careful consideration to the level of differentiation needed

## **6.2 Use of resources**

We will consider whether any resources we plan to use:

- Are aligned with the teaching requirements set out in the statutory RSE guidance
- Would support pupils in applying their knowledge in different contexts and settings
- Are age-appropriate, given the age, developmental stage and background of our pupils
- Are evidence-based and contain robust facts and statistics
- Fit into our curriculum plan
- Are from credible sources
- Are compatible with effective teaching approaches
- Are sensitive to pupils' experiences and won't provoke distress

## **7 Use of external organisations and materials**

We will make sure that any agency and any materials used are appropriate and in line with our legal duties around political impartiality.

The school remains responsible for what is said to pupils. This includes making sure that any speakers, tools and resources used don't undermine the fundamental British values of democracy, the rule of law, individual liberty, and mutual respect and tolerance of those with different faiths and beliefs.

**We will:**

- Make appropriate checks and engage with external agencies to make sure that their approach to teaching about RSE is balanced, and it and the resources they intend to use are:
  - Age-appropriate
  - In line with pupils' developmental stage
  - Comply with:
    - This policy
    - The [Teachers' Standards](#)
    - The [Equality Act 2010](#)
    - The [Human Rights Act 1998](#)
    - The [Education Act 1996](#)
- Only work with external agencies where we have full confidence in the agency, its approach and the resources it uses
- Make sure that any speakers and resources meet the intended outcome of the relevant part of the curriculum
- Review any case study materials and look for feedback from other people the agency has worked with
- Be clear on:
  - What they're going to say
  - Their position on the issues to be discussed
- Ask to see in advance any materials that the agency may use
- Know the named individuals who will be there, and follow our usual safeguarding procedures for these people
- Conduct a basic online search and address anything that may be of concern to us, or to parents and carers
- Check the agency's protocol for taking pictures or using any personal data they might get from a session
- Remind teachers that they can say "no" or, in extreme cases, stop a session
- Make sure that the teacher is in the room during any sessions with external speakers
- Share all external materials with parents and carers

**We won't, under any circumstances:**

- Work with external agencies that take or promote extreme political positions
- Use materials produced by such agencies, even if the material itself is not extreme

## **8 Roles and responsibilities**

### **8.1 The Governing Board**

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

### **8.2 The Headteacher**

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

### **8.3 Staff**

Staff are responsible for:

- Delivering RSE in a sensitive way
- Modelling positive attitudes to RSE
- Monitoring progress
- Responding to the needs of individual students
- Responding appropriately to students whose parents wish them to be withdrawn from the 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.

### **8.4 Students**

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

## **9 Parents' right to withdraw**

Parents have the right to withdraw their children from the 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.

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

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

## **10 Training**

Staff are trained on the delivery of RSE and 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.

## 11 Monitoring arrangements

The delivery of RSE is monitored by the PSHCRE Co-ordinator through work scrutiny, learning walks, observations, student feedback, and assessment data.

Students' development in RSE is monitored by class teachers as part of our internal assessment systems.

This policy will be reviewed by the Assistant Headteacher annually. At every review, the policy will be approved by the Full Governing Body.

Name of Policy	Relationships & Sex Education Policy
Review cycle	Annual
Review by Committee	L&A
Date of last approval by Committee	07 October 2025
Date of approval by FGB	09 December 2025
Date of next approval by committee	Autumn 2026
Date of next approval	Autumn 2026

## Appendix 1: PSHRE Curriculum

Term	Year 7	Year 8	Year 9	Year 10	Year 11
<b>Health (4)</b>	1. Introduction to PSHCRE 2. Caffeine 3. Food choices 4. What is a healthy lifestyle (incl. some info about alcohol and tobacco) & Assessment	1. Introduction to PSHCRE 2. Tobacco, Vaping and risks 3. Alcohol and Risks 4. Vaccinations & Assessment	1. Introduction to PSHCRE 2. Attitudes & the Law 3. The effect of Drugs 4. Vaping, Influences & Assessment	1. Introduction to PSHCRE 2. Recognising Gang Behaviour 3. Substance use, risk and influences 4. Seeking help & Assessment	1. Introduction to PSHCRE 2. Coping with exam stress 3. Vaccination and Disease 4. Benefits of sleep & self examination & Assessment
<b>Ambition (4)</b>	1. BeWell Survey 2. Learning Skills/lifelong learner 3. Growth Mindset 4. Stereotypes & Prejudice	1. What will happen after THS? 2. Exploring Careers 3. Values 4. Taking charge of your learning	1. Banking and accounts 2. Budgetting 3. Managing financial risks: Credit cards, Debt, scams, exploitation 4. Financial Misinformation online	1. BeWell Survey 2. Choices and pathways 3. Careers Advice and Guidance 4. Getting a job/CV/LOA/Interview	1. Employment rights and harassment 2. Employability/skills 3. Digital comms in the workplace 4. AI & Assessment
<b>Media &amp; Government (3)</b>	1. Respect online (Positive relationships/trolls/bullying) 2. Respect and rights 3. Respect for communities	1. Who runs our country 2. Parliament & Government types 3. Rules and Justice 4. Knife Crime	1. Body image 2. Cybercrime 1 3. Cybercrime 2 Online Harm updates 2025 & Pornography	Misinformation and misogyny new unit (incl. Pornography) include healthy relationships	1. Components of UK law 2. UK Constitution & government types 3. Multicultural Britain
<b>Being Me (3)</b>	1. Changing adolescent bodies 2. Emotional and physical well-being in puberty 3. Personal & Dental Hygiene Gynaecological health	1. Wellbeing - Resilience 2. Managing loss and grief 3. Digital Wellbeing	1. Discrimination & Racism 2. Discrimination & Sexuality 4. Understanding and Preventing Extremism	1. Addiction - Gaming and Gambling 2. Addiction & dependency: alcohol and prescription drugs 3. Addiction and dependency: social media Seeking Help Seeking Help	1. STI's transmission 2. contraception 3. Preparing for next steps. PrEP & PEP
<b>Love and Respect (3)</b>	1. Types of families 2. Commitment & marriage 3. Parenting and raising children	1. Healthy and unhealthy relationships 2. Stereotypes and prejudice incl. disability 3. Valuing Diversity Nudes	1. Intro to consent 2. Avoiding assumptions 3. Freedom and capacity to consent Contraception?	1. Healthy Choices & relationships (incl. not having sex) 2. Fertility 3. Pregnancy Choices and miscarriage Consent	Revision
<b>Emotional and physical wellbeing (3)</b>	1. What is mental health and well-being 2. Happiness 3. Express yourself - forming respectful opinions. - It's ok to be different but being in a community.	1. First aid 1 2. First Aid 2 3. Mental Health and Ill Health	1. Attitudes to Mental Health 2. Unhealthy Coping Strategies 3. Healthy coping strategies	1. Coping with pressure 2. Supporting someone in crisis 3. Mental Health Suicide Prevention	

### Overview of PSHCRE days and sessions

Term	Year 7	Year 8	Year 9	Year 10	Year 11
Half term 1					FULL DAY 21th OCT 2025: 'Exams and Stress - How to protect your emotional and physical wellbeing'
Half term 2			1 HOUR SESSION 'Contraception' with Shannon Reddin	1 HOUR SESSION 'Consent' with Shannon Reddin, to include sexual violence and harrassment	
Half term 3			FULL DAY TUESDAY 3rd MARCH 2026: 'Healthy Relationships'		December 2025 '1 HOUR SESSION 'Healthy Relationships' with Shannon Reddin
Half term 4		1 HOUR SESSION 'Sharing of Nudes' with Shannon Reddin			
Half term 5	1 HOUR SESSION 'Know your Bits' with Shannon Reddin, to include info about FGM	FULL DAY TUESDAY 24th March 2026 : 'Staying Safe'			
Half term 6	FULL DAY TUESDAY 23rd JUNE 2026: 'Healthy Me'			TBC : "CAREERS FAIR"	



**Appendix 2:**  
**By the end of secondary school students should know**

TOPIC	STUDENTS SHOULD KNOW
Families	<ul style="list-style-type: none"><li>• That there are different types of committed, stable relationships.</li><li>• How these relationships might contribute to human happiness and their importance for bringing up children.</li><li>• 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.</li><li>• Why marriage is an important relationship choice for many couples and why it must be freely entered into.</li><li>• The characteristics and legal status of other types of long-term relationships.</li><li>• The roles and responsibilities of parents with respect to raising of children, including the characteristics of successful parenting.</li><li>• 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</li></ul>

TOPIC	STUDENTS SHOULD KNOW
Respectful relationships, including friendships	<ul style="list-style-type: none"> <li>• 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.</li> <li>• Practical steps they can take in a range of different contexts to improve or support respectful relationships.</li> <li>• 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).</li> <li>• 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.</li> <li>• About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help.</li> <li>• That some types of behaviour within relationships are criminal, including violent behaviour and coercive control.</li> <li>• What constitutes sexual harassment and sexual violence and why these are always unacceptable.</li> <li>• 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.</li> </ul>

TOPIC	STUDENTS SHOULD KNOW
Online and media	<ul style="list-style-type: none"> <li>• Their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online.</li> <li>• 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.</li> <li>• Not to provide material to others that they would not want shared further and not to share personal material which is sent to them.</li> <li>• What to do and where to get support to report material or manage issues online.</li> <li>• The impact of viewing harmful content.</li> <li>• 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.</li> <li>• That sharing and viewing indecent images of children (including those created by children) is a criminal offence which carries severe penalties including jail.</li> <li>• How information and data is generated, collected, shared and used online.</li> </ul>
Being safe	<ul style="list-style-type: none"> <li>• 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.</li> <li>• 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).</li> </ul>

TOPIC	STUDENTS SHOULD KNOW
Intimate and sexual relationships, including sexual health	<ul style="list-style-type: none"> <li>• 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.</li> <li>• 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.</li> <li>• The facts about reproductive health, including fertility and the potential impact of lifestyle on fertility for men and women.</li> <li>• That there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others.</li> <li>• That they have a choice to delay sex or to enjoy intimacy without sex.</li> <li>• The facts about the full range of contraceptive choices, efficacy and options available.</li> <li>• The facts around pregnancy including miscarriage.</li> <li>• 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).</li> <li>• 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.</li> <li>• About the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment.</li> <li>• How the use of alcohol and drugs can lead to risky sexual behaviour.</li> <li>• How to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment.</li> </ul>

### 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	