



RSHE Policy

Approved by: Lisa Robertson

Last reviewed on: 03/2026

Next review due: 03/2027

1. Aims

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

- Provide a framework in which sensitive discussions can take place
- Prepare pupils for puberty, and give them 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 and relationships
- Teach pupils the correct vocabulary to describe themselves and their bodies

2. Statutory requirements

As a secondary Alternative Provision, we must provide Relationships and Sex Education (RSE) to all pupils under the [Children and Social Work Act 2017](#).

This policy has been developed in line with the Department for Education's Relationships Education, Relationships and Sex Education (RSE) and Health Education: Statutory Guidance (July 2025), issued under Section 80A of the Education Act 2002 and Section 403 of the Education Act 1996.

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

- Sections 406 and 407 of the Education Act 1996
 - The Equality Act 2010 (including the Public Sector Equality Duty)
 - The Human Rights Act 1998
 - The Domestic Abuse Act 2021
 - The Age of Marriage Act 2023 (clarifying that marriage under 18 is illegal and that "common-law marriage" has no legal status)
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3. Policy development

If any changes are to be made to this policy then we will ensure these are the steps taken:

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

This policy will be published on our website and made available free of charge to anyone who requests it. Parents and pupils will be meaningfully consulted in the development and review of this policy, ensuring RSHE remains relevant, age-appropriate and responsive to emerging needs.

4. Definition

RSE is about the emotional, social and cultural development of pupils, 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 curriculum is carefully sequenced to ensure pupils are taught the knowledge and skills they need before they encounter risks, preventing harm where possible.

We will ensure that:

- Pupils are taught that *common-law marriage is a myth* and that forced marriage and marriage under 18 are illegal.
- Respectful relationships include ethical behaviour beyond consent, recognising power dynamics, kindness, and care for others.
- Pupils are taught about online risks, including **AI-generated imagery, deepfakes, sextortion, scams and fake intimacy from AI chatbots**, alongside safe reporting.
- Pupils learn about the law relating to **virginity testing and hymenoplasty** (illegal), **strangulation and suffocation offences**, and stalking/controlling behaviour.
- Pupils are provided medically accurate, impartial information on **contraception, pregnancy choices, HIV prevention (PrEP and PEP), and STI testing**.
- Health education explicitly covers **vaping, nicotine pouches, gambling (including online gambling), eating disorders, and suicide prevention**. These sensitive topics will only be taught by trained staff using reliable resources, with signposting to support services.
- Menstrual education will use inclusive language, such as “period products” or “menstrual products.”

LGBTQ+ content will be fully integrated throughout teaching, not delivered in standalone lessons, and will reflect the law accurately while remaining sensitive to pupils’ experiences and beliefs.

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

We have taken into account the age, developmental stage, needs and feelings of our pupils. If pupils ask questions outside the scope of this policy, teachers will respond in an appropriate manner so that pupils are fully informed and don't seek answers online.

We will share all curriculum materials with parents and carers upon request.

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

6. Delivery of RSE

At our alternative provision, we deliver Sex and Relationships Education (RSE) through the Jigsaw PSHE program, which is taught every Tuesday as part of our structured curriculum. Jigsaw provides a comprehensive, age-appropriate, and engaging framework to explore key RSE-related topics, such as healthy relationships, consent, personal boundaries, and emotional well-being.

To ensure inclusivity, we tailor our lessons to meet the needs of all pupils, including those with special educational needs (SEN). This is achieved through differentiated activities, additional support where required, and the use of accessible resources, allowing every learner to engage meaningfully with the content. Our approach fosters a safe and supportive environment, encouraging open dialogue and promoting the development of essential life skills.

RSE is taught within the personal, social, health and economic (PSHE) education curriculum. Biological aspects of RSE are taught within the science curriculum, and other aspects are included in religious education (RE).

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 make sure 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 and 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.

As an Alternative Provision working with pupils who may have experienced trauma, exploitation, or disrupted education, RSHE will be delivered with additional sensitivity, trauma-informed approaches, and close safeguarding oversight. Staff will remain vigilant to potential disclosures and respond in line with the academy's Safeguarding Policy.

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
 - 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

RSHE supports the promotion of British Values, including democracy, the rule of law, individual liberty, and mutual respect and tolerance of different faiths and beliefs.

7. Use of external organisations and materials

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

The Provision 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
 - Are 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 hold the Head of Provision to account for the implementation of this policy.

8.2 The Head of Provision

The Head of Provision is responsible for ensuring that RSE is taught consistently across the Provision, for sharing resources and materials with parents and carers, and for managing requests to withdraw pupils.

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 pupils

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 Head of Provision.

Responsible staff teaching RSE:

Lisa Robertson

Claire Robertson

Harvey Schofield

Grace Perry

External Agencies - CGL

8.4 Pupils

Pupils 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 request that their child is withdrawn from some or all of the sex education delivered as part of statutory RSE, up until three terms before the child turns 16. At that point, the pupil can opt back into sex education, even if withdrawn earlier.

The Head of Provision may, in **exceptional circumstances** (for example, safeguarding concerns or pupil vulnerability), decline a withdrawal request.

Before a decision is made, the Head of Provision will meet with the parent, and the pupil where appropriate, to discuss the request, explain the benefits of sex education, and outline any potential impact of withdrawal. This discussion will be documented.

Pupils who are withdrawn will be provided with meaningful alternative education during this time.

10. Training

All staff delivering RSHE will receive safeguarding training, recognising that lessons may lead to disclosures. Staff will also be trained in handling sensitive topics such as online harms, abuse, eating disorders and suicide prevention in a safe and responsible way.

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

11. Monitoring arrangements

The Head of Provision will monitor and evaluate the delivery of RSHE annually. This will include pupil voice, staff feedback, parent consultation, and curriculum checks.

Monitoring will include safeguarding review to ensure sensitive disclosures are managed appropriately.

Findings will be reviewed and used to inform future curriculum planning and policy updates.

Appendix 1: Curriculum map

Relationships and sex education curriculum map

YEAR GROUP	TERM	TOPIC/THEME DETAILS	RESOURCES
Year 10	Half Term 1	Being in my World <ul style="list-style-type: none"> • Liberty and Safety in my world • How I feel when things end • How social media affects me, my identity and culture • Rated! • Risk 	Jigsaw! Workbooks Internet / Laptop
Year 10	Half Term 2	Celebrating Difference <ul style="list-style-type: none"> • Equality: What does it mean to me in the UK? • Equality in the Workplace • Multicultural Society • Power in Relationships • Challenging Inequality 	Jigsaw! Workbooks Internet / Laptop
Year 10	Half Term 3	Dreams and Goals <ul style="list-style-type: none"> • Relationships and Goals • Me, my goals and my health • Work/Life balance • Relationships and goals • Health goals and other people 	Jigsaw! Workbooks Internet / Laptop
Year 10	Half Term 4	Healthy Me <ul style="list-style-type: none"> • My health MOT • Extraordinary bodies • Extraordinary Minds • STI's • Safer Sex 	Jigsaw! Workbooks Internet / Laptop

YEAR GROUP	TERM	TOPIC/THEME DETAILS	RESOURCES
Year 10	Half Term 5	Relationships <ul style="list-style-type: none"> • Healthier, long-term relationships • Love and Loss • Healthy Connections • Can you always believe what you see? • Better Together 	Jigsaw! Workbooks Internet / Laptop
Year 10	Half Term 6	Changing Me <ul style="list-style-type: none"> • Changing society and me • Managing change and decision making • Identifying risk and managing personal safety • Stereotypes and exploring relationships • Physical and emotional changes 	Jigsaw! Workbooks Internet / Laptop

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 ● 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/carers 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
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
Online and media	<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
Being safe	<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)

TOPIC	PUPILS SHOULD KNOW
Intimate and sexual relationships, including sexual health	<ul style="list-style-type: none"> ● 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/carer form: withdrawal from sex education within RSE

TO BE COMPLETED BY PARENTS/CARERS			
Name of child		Class	
Name of parent/carer		Date	
Reason for withdrawing from sex education within relationships and sex education			
Any other information you would like the school to consider			
Parent signature			