COLMERS SCHOOL
& SIXTH FORM COLLEGE

Policy Title:	**Secondary School RSE and Health Education** Policy
Review Frequency	2 Years
Relevant Legislation	Equality Act 2010 DfE (2025) 'Keeping children safe in education' DfE (2025) 'Relationships Education, Relationships and Sex Education (RSE) and Health Education' Effective from September 2026 DfE (2015) 'National curriculum in England: science programmes of study' The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019 Children and Social Work Act 2017
Linked Policies	Behaviour For Learning Policy SEND Policy E-safety Policy Equal Opportunities Policy Anti-Bullying Policy Child Protection and Safeguarding Policy Records Management Policy
Policy Owner/Author	Rachel Clarke
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Version Number	5

1. Statement of Intent

At Colmers School and Sixth Form College, we believe that high quality Relationships, Sex and Health Education (RSHE) is an essential part of preparing young people for life in modern Britain.

RSHE supports pupils to:

- develop healthy, respectful relationships
- understand consent and personal boundaries
- recognise abusive behaviours
- maintain positive physical and mental health
- stay safe online
- understand the law relating to relationships and sexual behaviour
- develop resilience, confidence and character
- become responsible, respectful and active citizens

The curriculum is delivered within a safeguarding framework and reflects the school's commitment to equality, inclusion, pupil wellbeing and the prevention of harm.

2. Legal Framework

This policy is based upon:

- Children and Social Work Act 2017
- Education Act 1996
- Education Act 2002
- Equality Act 2010
- Human Rights Act 1998
- Relationships Education, Relationships and Sex Education (RSE) and Health Education Statutory Guidance (DfE, July 2025) effective from September 2026.
- Keeping Children Safe in Education 2025.

The school also has regard to:

- Working Together to Safeguard Children
- SEND Code of Practice
- Prevent Duty Guidance
- Online Safety Act requirements where applicable

3. Aims

The aims of RSHE are to enable pupils to:

- understand the characteristics of healthy relationships
- recognise unhealthy, exploitative and abusive behaviours
- understand their rights and responsibilities
- develop accurate knowledge about human sexuality
- understand consent and the law

- maintain positive physical and mental wellbeing
- stay safe in online and offline environments
- value diversity and respect differences
- access support when required

4. Roles and Responsibilities

Governing Board

The Governing Board will:

- approve the policy
- monitor implementation
- ensure compliance with statutory requirements
- review pupil outcomes
- ensure adequate resources are available

Headteacher

The Headteacher will:

- ensure policy implementation
- oversee curriculum provision
- manage withdrawal requests
- ensure staff training
- report to governors

Assistant Headteacher/Personal Development Lead

Responsible for:

- curriculum design
- quality assurance
- staff development
- stakeholder consultation
- annual policy review

Teaching Staff

Teachers will:

- deliver RSHE professionally and sensitively
- maintain a safe learning environment
- follow safeguarding procedures
- challenge prejudice and discriminatory language
- assess pupil understanding

5. Curriculum Principles

The curriculum will be:

- age appropriate

- evidence informed
- inclusive
- developmentally sequenced
- culturally sensitive
- compliant with statutory guidance
- informed by safeguarding priorities

Content is delivered through:

- PSHE
- Pastoral curriculum including assemblies
- Religious Studies
- Science
- PE
- Computing lessons
- Food and Nutrition

6. Relationships Education

By the end of secondary education pupils will understand:

Families

- different family structures
- marriage and civil partnerships
- parenting responsibilities
- healthy family relationships

Respectful Relationships

- mutual respect
- empathy
- trust
- communication
- conflict resolution

Bullying and Discrimination

- racism
- sexism
- misogyny
- homophobia
- biphobia
- transphobic bullying
- disability discrimination

Pupils will understand that discriminatory behaviour is unacceptable and how to report concerns.

7. Online Relationships and Digital Safety

Pupils will learn about:

- digital consent
- online grooming
- exploitation
- cyberbullying
- image sharing
- sextortion
- pornography and its impacts
- social media influences

The curriculum will also address:

- misinformation
- disinformation
- AI-generated content
- deepfakes
- online scams
- financial exploitation
- digital footprints
- algorithmic influence

These areas reflect emerging risks identified within current RSHE and safeguarding guidance.

8. Being Safe

Pupils will learn:

- safeguarding principles
- consent
- coercion
- exploitation
- domestic abuse
- sexual harassment
- sexual violence
- stalking
- honour-based abuse
- forced marriage
- female genital mutilation

The curriculum reinforces that sexual violence and sexual harassment are never acceptable and must always be reported.

9. Sex Education

Pupils will learn:

- reproduction
- fertility
- pregnancy
- contraception
- sexually transmitted infections
- safer sex
- sexual health services
- reproductive health

They will develop understanding of:

- consent
- pressure and coercion
- respectful intimate relationships
- decision-making
- personal values

Information provided will be factual, balanced and medically accurate.

10. Mental Health and Emotional Wellbeing

Pupils will learn:

- emotional literacy
- resilience
- stress management
- anxiety
- depression
- self-esteem
- healthy coping strategies
- help-seeking behaviours

The curriculum will include age-appropriate education regarding:

- self-harm awareness
- suicide prevention
- bereavement and loss
- accessing support services

These additions reflect the revised statutory guidance.

11. Physical Health and Healthy Lifestyles

Pupils will understand:

- physical fitness
- healthy eating
- sleep
- oral health

- health screening
- vaccinations
- substance misuse
- tobacco
- vaping
- alcohol
- drugs

12. Equality, Diversity and Inclusion

The school complies fully with the Equality Act 2010.

Teaching will:

- reflect diversity within society
- promote inclusion
- respect protected characteristics
- challenge stereotypes
- be accessible to all pupils including SEND learners

All pupils are entitled to receive RSHE.

13. Safeguarding

RSHE forms part of our wider safeguarding curriculum.

Where disclosures occur:

- staff will listen appropriately
- confidentiality cannot be guaranteed
- concerns will be reported to the Designated Safeguarding Lead
- safeguarding processes will be followed immediately

Content will be delivered in accordance with KCSIE requirements.

14. Working with Parents and Carers

The school recognises parents as primary educators.

The school will:

- publish the RSHE policy
- provide information on curriculum content
- consult appropriately on significant changes
- ensure openness regarding teaching materials and resources

This reflects revised DfE expectations regarding parental transparency.

15. External Visitors

External agencies may support delivery where appropriate.

The school will ensure:

- DBS and safeguarding requirements are met
- materials are quality assured
- resources align with statutory guidance
- teachers remain present during delivery

16. Right to Withdraw

Parents have the right to request withdrawal from some or all of the sex education elements of RSHE.

Parents cannot withdraw pupils from:

- Relationships Education
- Health Education
- Science curriculum content

Requests should be made in writing to the Headteacher and will be considered in line with statutory guidance.

17. Assessment

Assessment will be proportionate and may include:

- discussion
- reflection
- pupil voice
- written activities
- self-assessment

There will be no formal examination in RSHE.

18. Staff Training

Staff delivering RSHE will receive regular professional development covering:

- statutory guidance
- safeguarding
- sexual harassment and violence
- consent
- online harms
- mental health
- inclusion and equality

19. Monitoring and Evaluation

Monitoring activities will include:

- lesson observations
- learning walks

- work scrutiny
- pupil voice
- parent feedback
- curriculum review

The policy will be reviewed every other year or sooner following significant legislative or statutory changes.

Appendix A: Parent Withdrawal

RE: RSE and health education at Colmers School and Sixth Form

Dear Parent and Carer

Government guidelines outline that, from the age of 11, it is compulsory for all schools to provide an RSE and health education curriculum.

At our school, we believe that it is important to provide our pupils with a thorough and balanced curriculum, including age-appropriate information about sex and relationships.

The details of what will be taught to the various year groups is detailed in the school's RSE and Health Education Policy, which can be accessed on our school website insert website address, or in hard copy via our school office.

Though schools must provide RSE and health education for pupils from the age of 11, up until the age of 19, only aspects of the science national curriculum are compulsory for pupils to learn. Therefore, as parents, you are entitled to request that your child be removed from sex education lessons up to and until three terms before they turn 16-years-old. After that point, if your child wishes to receive sex education, the school will make arrangements to provide them with sex education during one of those terms.

Requests for withdrawal should be submitted in writing to myself, Mr White, who will discuss this with you and your child's teacher and determine an appropriate substitute for these lessons. In most instances, children will be provided with self-directed reading or exercises which they can complete under the supervision of a trainee teacher.

If you have any concerns or queries about your child's participation in these lessons, please do not hesitate to contact either myself or your child's class teacher to discuss these.

Yours sincerely,

Appendix B: Curriculum Overview by Year Group

This can be found with all other curriculum maps on the school website.

Appendix C: Useful Support Services

- Childline
- NSPCC
- CEOP
- NHS Sexual Health Services
- Kooth
- YoungMinds
- Samaritans
- Local Mental Health Support Services