



Whitleigh Primary and Sir John Hunt Federated Governing Body Policy for:

Sir John Hunt Community Sports College

Policy title: Relationships and Sex Education

Approval body: SJH Governing Body

Date adopted: November 2025

Next review: November 2026

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 but about the choices students may face and providing them with the knowledge to make informed decisions about all relationships, not just sexual.

SLT Link Personal Development (Inc. RSE) – Mr O Marner

College Personal Development Lead (including RSE) – Miss J Harris

Designated Safeguarding Lead – Mr O Marner

College Link Governor – Miss Gretchen Melley/Mr Luke Portch

The policy provides specific detail on the College's delivery of RSE which forms one strand of the College's wider Personal Development program.

The aims of relationship and sex education (RSE) at our school are to:

- Create a positive culture around issues of sexuality and relationships
- Teach pupils the correct vocabulary to describe themselves and their bodies
- Teach KS4 students the knowledge they need to behave responsibly and make good choices around sex and relationships

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. It will provide a framework in which sensitive discussion can take place to prepare students for puberty, give them an understanding of sexual development, and the importance of health and hygiene. It should enable them to know what a healthy relationship looks like and what makes a good friend, a good colleague and a successful marriage or other type of committed relationship, and to create a positive culture around issues of sexuality and relationships. It will help students to develop feelings of self-respect, confidence and empathy. It will also cover contraception, developing intimate relationships and resisting pressure to have sex (and not applying pressure). It will teach what is acceptable and unacceptable behaviour in relationships. We will also ensure students are given the opportunity to use the correct vocabulary to describe themselves and their bodies. This will help pupils understand the positive effects that good relationships have on their mental wellbeing, identify when relationships are not right and understand how such situations can be managed. These sessions will also allow/encourage students to develop the skills they need as well as the information.

1.0 Background legislation

- This policy has been written with regard to the guidance issued by the Secretary of State as outlined in Relationships Education, Relationships and Sex Education (RSE) and Health Education (2019)

Legislation and government policy relating to RSE

Policy and Guidance

- Working Together to Safeguard Children 2018.
- Keeping Children Safe in Education 2024.
- Relationships and Sex Education (RSE) and Health Education (2019)
- Plymouth Safeguarding Children Partnership – Policies and Guidance:
<http://www.plymouthscb.co.uk/>
- Revised Prevent Duty Guidance for England and Wales 2019.

Legislation

- Children Act 1989.
- Children Act 2004.
- Safeguarding Vulnerable Groups Act 2006.
- Protection of Freedoms Act 2012.
- Children and Families Act 2014.
- Education Act 2011.
- Adoption and Children's Act 2002.
- Female Genital Mutilation Act 2003.
- Sexual Offences Act 2003.
- Children and Adoption Act 2006.
- Children and Young Persons Act 2008.
- Border, Citizenship and Immigration Act 2009.
- Apprenticeship, Skills Children and Learning Act 2009.

Policy guidance and legislation has also been read and planned with reference to the following government publications:

The *Education Act 1996* consolidated all previous legislation and key points related to RSE are:

- Have due regard to moral consideration and the value of family life.
- The RSE policy and programme of study is in accordance with the national curriculum statutory PSHE programme of study for both KS3 and KS4 (National Curriculum Statutory Guidance 2015) and the law.

The *Learning and Skills Act 2000* requires that:

- young people learn about the nature of marriage and its importance for family life and bringing up children.
- young people are protected from teaching and materials which are inappropriate, having regard to the age and the religious and cultural background of the students concerned.
- school governing bodies have regard for the guidance.
- parents have the right to withdraw their child from all non-statutory sex education aspects of RSE provided. They do not have the right to withdraw their child from the relationship element of RSE or those elements on human growth and reproduction which fall within the National Curriculum for Science.

The Government announced new statutory requirements for the delivery of RSE in 2019. Due regard has been given to the secretary of state's guidance notes (2019) when compiling this policy and the programme at the College.

2.0 Principles

- Sir John Hunt Community Sports College is committed to supporting our students through the curriculum in being healthy, staying safe, to enjoy and achieve, to make a positive contribution and to achieve economic wellbeing. Our Curriculum reinforces our college values of ambition, endeavour and respect.
- Effective sex and relationship education is an essential contributor to ensuring that all children and young people are able to make informed choices and reach their full potential in life. Best practice suggests that ground rules are negotiated and acknowledged, students are consulted about their learning needs and assessments are used to inform schemes of work as deemed appropriate to age and maturity. Sex and relationship education is best when it is participative, takes place in a safe and comfortable environment and enables children and young people to explore thoughts, attitudes and values.
- The College values the importance of its pastoral role in the welfare of its students, and through the general ethos of the College, we seek to encourage and develop young people's learning and ensure support appropriate to their needs is accessible.
- This policy has been developed collaboratively by members of the College community, including students, staff, and others where appropriate. It is made available to all staff, and parents via our website.

3.0 Aims of Relationship and Sex Education

- To provide a safe, healthy environment in which students and staff can learn and develop.
- To ensure all members of the College community know and understand the rules of the College and the expectations about their behaviour.
- To encourage and enable students to appreciate the benefits of a healthy lifestyle.
- To enable students to make reasoned, informed decisions and choices.
- To minimise the risks associated with students' sexual behaviour.
- To address and take account of local community needs, including the differences and diversity within the College community.
- To support and engage parents/carers and students in their own personal learning and responsibilities.
- To enable young people and staff to access support structures (including the voluntary sector), e.g., The Zone, Intercom Trust, counselling, School nurse, GP and the sexual health clinic.
- To monitor, evaluate and review learning outcomes for students.
- To work with Plymouth City Council and outside agencies, including the voluntary sector, to secure and support a balanced delivery of a sex and relationship education programme, e.g. School sex and relationship Education Advisers, Youth Service, other schools, NSPCC, the Healthy Schools Programme, Health Promotion and Health Care professionals.
- To teach about relationships, love and care and the responsibilities of parenthood as well as sex.
- To build self-esteem.
- To teach the taking on of responsibility and the consequences of one's actions in relation to sexual activity and parenthood.
- To provide young people with information about different types of contraception, safe sex and how they can access local sources of further advice and treatment.
- To give young people a clear understanding of the arguments for delaying sexual activity and resisting pressure.
- To link sex and relationship education with issues of peer pressure and other risk taking behaviour, such as drugs and alcohol.
- To ensure young people understand how the law applies to sexual relationships.
- To develop safe relationships including social media and sexting.
- To inform students regarding gender identity and sexual orientation.
- To end child on child sexual harassment and sexual violence- more information can be found in the College Safeguarding Policy and the College Conduct for Learning Policy.

4.0 Objectives for Relationship and Sex Education

- To promote students' self-esteem and confidence, especially in their relationships with others.
- To give accurate information about reproduction, contraception, safer sex, sexually transmitted infections, sexuality, sexual relationships and information about their entitlement to confidential helping services.
- To give students opportunities to explore and clarify some of their attitudes towards friendships, sexuality and gender.
- To encourage exploration of values and moral issues, hearing the points of view of others and respecting their own and other people's decisions, rights and bodies.
- To encourage the development of communication and decision-making skills

- To help young people to develop skills to avoid, resist and report unwanted sexual pressure.
- To give students a chance to explore ideas about family, marriage, parenting and the ways in which people care for each other, and the benefits of stable relationships
- To offer the forum for realistic discussion about the effects of early sexual activity and diverse attitudes towards this.
- To explore the effects and impact of the media and peer pressure.
- To enable students to develop ways of delaying early sexual relationships.
- To be responsive to differing needs and backgrounds.
- To prepare young people for transitions and later life.
- To fulfil statutory requirements and meet local targets.
- To challenge misconceptions arising from social media/pornography.

4.1 How and where do we deliver RSE:

RSE is taught within the Personal Development Curriculum. Biological aspects of RSE are taught within the Science Curriculum. The Personal Development Audit curriculum maps out where other aspects of RSE are delivered and the Personal Development Curriculum outlines where all remaining aspects are delivered.

We also endeavour to give students in KS4 a session delivered by the Zone, specialists in delivering sensitive content. We endeavour to use external providers and/or specialist teachers to deliver KS4/5 sessions due to the sensitive content. We refrain from teaching sex education until year 9, based on data from the Young People in Plymouth through the School Health Related Behaviour Survey.

Across all Key Stages, pupils will be supported with developing the following skills:

- Communication, including how to manage changing relationships and emotions
- Recognising and assessing potential risks
- Assertiveness
- Seeking help and support when required
- Informed decision-making
- Self-respect and empathy for others
- Recognising and maximising a healthy lifestyle
- Managing conflict
- Discussion and group work
- Reporting sexual abuse, harassment and misconduct
- Consent

These skills are taught within the context of family life.

- We have developed the curriculum in consultation with pupils and staff considering the needs and feelings of pupils. If pupils ask questions outside the scope of our curriculum, teachers will respond in an appropriate manner so pupils are fully informed and don't seek incorrect answers online. Within our College Curriculum we also teach about internet safety and critical thinking.
- For more information about the content of RSE curriculum, see the curriculum map in Appendix 2.

5.0 Attitudes, Values and Skills and Attributes

5.1 Students are taught:

- To recognise value in their own learning through positive reflections and development of assertiveness and coping skills.
- Confidence building and effective communication skills.
- About themselves and their achievements, recognising mistakes, problem solving, making positive changes and setting personal goals.
- To recognise risky behaviour (including recognising links between RSE & drug & alcohol education) and risk taking within different situations and identifying appropriate responses.
- That pressure to behave inappropriately or to take risks can come from a variety of sources, including people they know, film and television, songs and the media.
- To recognise that peer pressure is not just a young people's issue and that it occurs in society.
- How to seek/ask for help and use basic techniques for resisting peer or unwanted pressure in order to minimise harm to themselves or others.
- That their actions affect themselves and others, to respect and care about other people's feelings, practising perspective taking skills.
- That communication and problem-solving skills are central to bringing about a positive change in attitudes and actions.
- Identifying that how you feel, think and behave in situations may be linked to a substance, set and setting.
- Research local and national services.

6.0 Staff Development

This College has an ongoing programme for professional development. Support and CPD opportunities, for all College staff is made available through training strategies provided by the College's Personal Development Lead, utilising training offered by the NSPCC and Intercom Trust.

7.0 Monitoring, Evaluating and Reviewing

There is a named co-ordinator and a linked Governor for sex and relationship education and policy development as identified on the front sheet.

Co-ordination of delivery methodology, content and evaluation of RSE by the Personal Development Lead and the College Senior Leadership Team.

The relevant staff monitor and evaluate RSE by:

- Annual review of policy and provision
- Schools Health Related Behaviour Survey
- RSE and Personal Development aspects of curriculum are reviewed by Curriculum Leaders and SLT annually through the Curriculum Audit
- Pastoral team foster good working relationships with external agencies and pass on relevant information and evaluation to colleagues.
- Student Voice / Student Council feedback.
- Before and after surveys / activities to ascertain progress in student's understanding.
- Parental Survey

- External providers have their resources and delivery quality assured by the Personal Development Lead and College SLT

Sex and relationship education is reviewed in line with current PCC and Government guidelines and guidance from GLT.

8.0 Specific Issues

Staff are aware that views around RSE related issues are varied and are often viewed as being controversial. However, while personal views are respected, all RSE issues are taught without bias. Topics are presented using a variety of views and beliefs so that students are able to form their own, informed opinions but also respect others that may have a different view.

9.0 Confidentiality

The College will:

- ensure that all staff, students and parents/carers are aware of our expectations surrounding confidentiality, how it works in practice and understand individual rights to confidentiality. The Ground rules for PD for students include:
 - Keep the conversation in the room.
 - Be open and honest but not rude.
 - No put downs.
 - Listen to others
- ensure that students are informed of the limits of confidentiality that may be offered by teachers
- use ground rules in lessons including the limits of confidentiality and remind students at the start of their RSE lessons who the Safeguarding Team are
- ensure that group work and teaching methods are structured in such a way as to avoid personal disclosures
- advise students where they can access confidential support
- ensure that students are informed of sources of confidential support, for example, the school nurse, counsellor, GP or local young person's advice services
- encourage students to talk to their parents or carers and give them support to do so;
- staff will always follow the College's safeguarding and child protection procedures.
- Personal Development Lead will have full safeguarding access to ensure students' needs are met in class and smaller groups where appropriate.

10.0 Differentiation and Additional Educational Needs

The needs of students with SEND will be taken into account by the teacher who may need to provide a variety of resources, different activities or specific support to some students. Where students' EHCP identifies targets relating to their personal development, the teacher will ensure that opportunities are planned to support students in achieving these. The SEND team will liaise with the PD lead should they believe that a student needs a specific level of 1:1 or small group work.

11.0 Dealing with questions

Both formal and informal RSE questions arising from students are answered according to the age and maturity of the student concerned. The College believes that individual teachers must use their skill and discretion in this area and refer to the Personal Development Lead for

advice or the Designated Safeguarding Lead if they are concerned about the students' welfare.

12.0 Sexual Identity and Sexual Orientation

The College believes that sex and relationship education should meet the needs of all the students regardless of their developing sexuality and be able to deal honestly and sensitively with sexual orientation, answer appropriate questions and offer support. LGBTphobic bullying is dealt with strongly, yet sensitively. The College will liaise with parents and the pastoral team as required.

13.0 Parents have the right to withdraw their children from the non-statutory components of RSE up until the third term before their 16th birthday. They do not have the right to withdraw their child from the relationship element of RSE or those elements on human growth and reproduction which fall within the National Curriculum for Science. Requests for withdrawal should be put in writing and addressed to the Principal. A copy of withdrawal requests will be placed in the pupil's educational record. The Principal and appropriate representatives will discuss the request with parents and take appropriate action. An opt-out system will remain in place for withdrawal with alternative work given to pupils who are withdrawn from RSE.

14.0 Policy Development

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

1. Review – a member of staff or working group pulled together all relevant information including relevant national and local guidance
2. Staff consultation – all school staff were given the opportunity to look at the policy and make recommendations
3. Pupil consultation – we investigated what exactly pupils want from their RSE in line with RSE guidance
4. Parent Consultation- policy and feedback form shared with parents and feedback collated and actioned where appropriate
5. Ratification – once amendments were made, the policy was shared with governors and ratified

15.0 Roles and Responsibilities

1. The Governing Body- Approve the RSE policy and hold the Principal to account for its implementation.
2. The Principal- Ensure that RSE is taught consistently across the school and manage requests to withdraw pupils from non-statutory components of RSE
3. Staff- Teaching Staff are responsible for:
 - Delivering RSE in a sensitive way
 - Modelling positive attitudes to RSE
 - Monitoring progress
 - Responding to the needs of individual pupils
 - Responding appropriately to pupils whose parents wish them to be withdrawn from the non-statutory 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 Personal Development Lead or their line manager.

4. Pupils- engage fully in RSE and, when discussing issues related to RSE, treat others with respect and sensitivity.

Appendix 1

Checklist for use of visitors in delivery of Sex and Relationship Education

Visitors and staff from a range of statutory and voluntary agencies can support and enhance sex and relationship education programmes when part of the College's Personal Development programme. However, they must not be used to abdicate the responsibility of the College and be solely relied upon to deliver sex and relationship education. The use of visitors is part of a planned, coherent and integrated approach.

Before involving a visitor, the following consideration will be made:

- Consistency with school's ethos, values, sex and relationship policy and approach to sex and relationship education.
- The most appropriate source of information/support – why do you want the agency's involvement?
- What is the visitor expected to do?
- What will the teacher's contribution to the session be?
- Is it clear to the visitor that the teacher will remain in the classroom?
- What preparation will be necessary, i.e. classroom layout, size of groups, content of session, A/V equipment etc.?
- Has the visitor been checked for their DBS?
- Have confidentiality issues been clarified, avoiding inappropriate disclosures?
- How will the session be followed up?
- How will the input be evaluated?
- Is parental consent required?

Appendix 2

Year group specific content for RSE.

Year 7-8 Relationships Education

Year 9-10 Sex Education

Personal Development Curriculum Delivery Timetable for RSE. Lessons in bold are those from which parents can choose to withdraw their child.

Year 7

Consent (General)
Healthy Relationships
Friendships
Families
Marriage

Year 8

Healthy vs Unhealthy Relationships
Managing Unhealthy Relationships
Respect and Consent in Relationships
Stereotyping
Bullying
Toxic Masculinity
Sexting
Sexting and the Law

Year 9

Sexting
Sexting and the Law
Pornography
Sexual Exploitation and Grooming
Sexual Consent
Respectful Sexual Relationships
Equality in Relationships
Contraception
Pregnancy and Choices
Sexual Harassment + Violence

Year 10

Year 10 will have a recap on safe sex and contraception.

We will also use external providers to deliver a sexual health session to Year 10 students. This will include pornography, consent and healthy sexual relationships and contraception and STIs. Parents will be informed of this with appropriate notice.

***A full copy of the PD content for each year group relating to all the Personal Development themes can be requested by emailing admin@sjhcsc.co.uk**