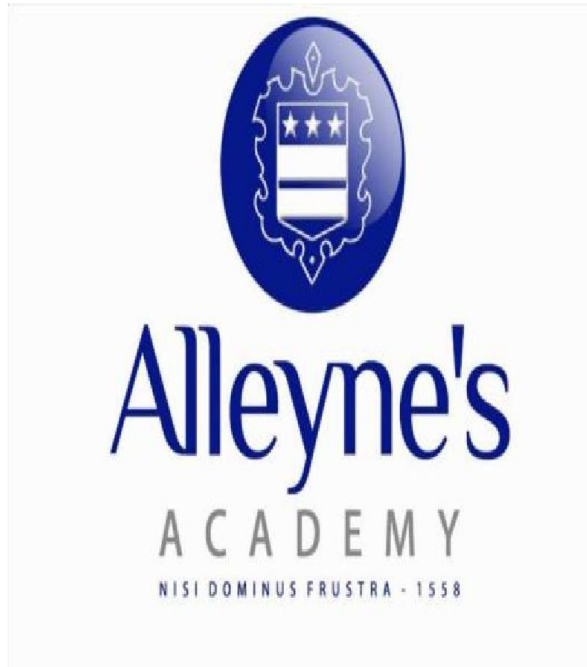




Relationships, Sex and Health Education (RSHE) Policy

2026-2027

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1. Introduction

This is statutory guidance from the Department for Education issued under Section 80A of the Education Act 2002 and section 403 of the Education Act 1996

The Secretary of State; ‘Children and young people are growing up in an increasingly complex world and living their lives seamlessly on and offline. This presents many positive and exciting opportunities, but also challenges and risks. In this environment, children and young people need to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way’.

Therefore, Relationships, Sex and Health Education has been made compulsory in all secondary schools in England. The guiding principles have been that all of the compulsory subject content must be age appropriate and developmentally appropriate. It must be taught sensitively and inclusively, with respect to the backgrounds and beliefs of pupils and parents while always with the aim of providing pupils with the knowledge they need of the law. At Key Stages 3 and 4, teaching will build on the knowledge acquired at Key Stage 2 and develop further pupils’ understanding of health, with an increased focus on risk areas such as drugs and alcohol, as well as introducing knowledge about intimate relationships and sex.

Through the CONNECT programme, Relationships, Sex and Health Education, RSHE is accessible for all pupils including those with SEND. High quality teaching, delivered through the CONNECT programme, that is differentiated and personalised will be the starting point to ensure accessibility.

The purpose of Relationships, Sex and Health Education at Alleyne's Academy is to raise the awareness of all students of a range of related issues with a view to preparing students for this important aspect of human life.

Parents are invited to view the materials used and to hear about methods of presentation. An email is sent home on an annual basis to inform parents about the delivery of Sex and Relationships Education. Parents have the right to request that their child be withdrawn from the sex education element of sex and relationships education up until 3 terms before their child turns 16.

Sex Education is not dealt with in isolation but forms an important part of our CONNECT PSHE programme which is delivered throughout the school to all students by internal members of staff and enhanced by external speakers such as the Sexual Health Prevention Team from the Midlands Partnership NHS Trust.

2. Aims

The aims of the policy are:

- i) To provide all students with the necessary information to understand the physical, emotional and social aspects of human sexual development.
- ii) To provide all students with the basic understanding of human reproduction, how it occurs and the responsibilities it imparts.
- iii) To promote an insight into the health-related issues associated with sexual activity and to encourage a responsible attitude towards the prevention of sexually transmitted diseases.
- iv) To foster attitudes which promote strong and worthwhile family relationships.
- v) To encourage a moral and fair-minded approach to a wider range of sexual issues which will increase their own sense of self-esteem and enable them to have a positive and happy acceptance of their own sexuality.
- vi) To enable students to develop an awareness of the pressures that may be put upon them and strategies to cope with these. Students will be encouraged to determine their own values within a moral framework to enable them to make informed decisions for themselves.
- vii) To make students aware of the reasons for and the benefits to be gained from delaying sexual activity.
- viii) To make students aware of the law relating to sexual activity, and how they may gain access locally to confidential advice.
- ix) To enable students to develop their AI literacy, enabling them to be able to identify 'deep fake' images, helping them to remain safe online.
- x) To encourage students to make safe choices by understand personal safety, including fire and travel safety as well as learning about knife crime and conflict resolution.

3. Relevant legislation and links to other policies

This policy should be read in conjunction with:

- PSHE (CONNECT) Policy
- Safeguarding Policy
- Department for Education Relationships Education, Relationships and Sex Education and Health Education Statutory Guidance July 2025

4. Aspects of Relationships, Sex and Health Education Covered in the PSHE / CONNECT Programme

Relationships, Sex and Health Education will be age-appropriate, building knowledge and life skills over time in a way that prepares pupils for issues they will soon face. Topics will include:

- **Healthy, positive relationships**, including friendships, family relationships, dealing with strangers, intimate relationships, including online aspects of these relationships
- **Boundaries and consent**, including how to recognise and respond to pressure to engage in sexual activity and the importance of not pressuring others and how ethical behaviour within a relationship involves equal concern for each other's needs
- **Harmful relationship behaviours**, including how to recognise the signs of relationship abuse, including in the home; and how to seek help and support as well as recognising coercion in others and their own behaviour, including in sexual contexts, and how to respond.
- **Puberty and adolescence (year 9)**, including how and why to carry out regular self-examination e.g. breast and testicular self-examination.
- **Reproductive health and fertility (years 10 and 11)**, including the options available in the event of an unintended pregnancy.
- **Sex education**, including the purpose and efficacy of different contraceptives and how and where to access contraception, as well as different types of intimacy and the importance of mutual pleasure in intimate, sexual relationships.
- **Inclusion, bullying and discrimination**, including that people may say things on social media in more extreme or exaggerated ways than they would off-line, and the impact this can have on themselves and others.
- **Online life**, how to recognise online scams, how persuasive design features affect the time people spend online and how to recognise when and why they need to come offline as well as how to critically assess bias.
- **Online harms**, including that some online content is inappropriate and encourages harmful behaviours such as misogyny, discrimination or violence and how pornography can normalise harmful sexual behaviours such as strangulation and suffocation.

- **Mental health and wellbeing**, including the benefits of sleep, physical activity, personal interests, hobbies and time outdoors and the potential long-term mental health harms from addictive behaviours such as gambling, alcohol and other substance misuse.
- **Healthy lifestyles**, including the characteristics of a healthy lifestyle and how to establish healthier habits such as making healthier food choices over life to avoid the risks associated with unhealthy weight gain.
- **Keeping well, health services and first aid**, including the importance of oral hygiene, the purpose of vaccinations (such as HPV) and where to find reliable health information. Students are also taught basic lifesaving skills.
- **Drug education**, including the importance of taking over-the-counter medicines correctly, strategies to manage the pressure to vape and the consequences of illegal substance misuse.
- **Personal safety, risk and influence**, including how risk-taking behaviour is influenced by peers, strategies to respond safely to conflict or violence and the law related to weapons and violence.

5. **Right to be excused from sex education**

Parents who request that their child be withdrawn from some or all of sex education delivered as part of statutory RSHE in CONNECT will be required to have a discussion with the head teacher to discuss the request and, as appropriate, with the child, to ensure that their wishes are understood and to clarify the nature and purpose of the curriculum.

Following the discussions, except in exceptional circumstances, the Academy will respect the parents' request to withdraw their child, up to and until three terms before the child turns 16. After that point, if the child wishes to receive sex education rather than be withdrawn, the Academy will make arrangements to provide the child with sex education during one of those terms.

The Headteacher will ensure that where a pupil is excused from sex education, the student will receive appropriate, purposeful education during the period of withdrawal.