

Relationships, Sex & Health Education (RSHE)



Approved by Governing body: June 2021

Last reviewed on: June 2022, September 2022, September 2023, September 2024, September 2025

Next review due by: September 2026

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1. The purpose of this policy

The purpose of a whole school Relationships, Sex and Health Education policy (RSHE) is to:

- Explain the definition, aims and objectives of RSHE.
- Describe what we teach and the approaches we use.

This policy helps ensure that the whole school community (children, parents/carers, adults, and governors) have a shared understanding of this important area of the curriculum. It is available to all on the school website or by request.

ISP School Battle values the personal development of all our children and will ensure our RSHE is regularly evaluated, taking into account the views of the school community and statutory guidance.

This is a working document which provides guidance and information on all aspects of Relationships, Sex and Health Education and aims to provide a secure framework within which our adults can work.

There are a number of strands, such as economics and mental health education, which are included in the RSHE curriculum across the school under the umbrella of Personal, Social, health and Economic (PSHE).

Definition:

Relationships Education: Relationships Education is a compulsory part of the curriculum for all Primary and Secondary schools from September 2020. The aim is to teach the fundamental building blocks and characteristics of positive relationships with particular reference to friendships, family relationships and relationships with other peers and adults.

Definition:

Health Education: Health Education is compulsory as part of the curriculum for all Primary and Secondary schools from September 2020. Health Education will be taught at ISP School Battle as part of our Personal, Social, Health and Economic Education (PSHE) curriculum. In addition to this, issues relating to Health and wellbeing will underpin teaching throughout the school curriculum in areas such as PE, SMSC, Religious Studies, First Aid Courses, and Citizenship, Food Technology and Community Meeting.

Health Education aims to give children the information they need to make good decisions about their own physical and mental health and wellbeing, to recognise issues in themselves and others, and to seek support as early as possible when issues arise. Health Education covers 'Growing and Changing' including naming body parts and how our body changes during puberty, both mentally and physically. Progression of these themes occurs as children move into the secondary part of the school.

Definition:

Sex and Relationships Education: Sex and Relationships Education is a compulsory part of the curriculum for all Secondary schools from September 2020, and includes recent updated guidance for delivery from September 2026. The aim of including Sex and Relationships Education in all secondary school curriculums is to teach children about the emotional, social and physical aspects of growing up, relationships, sex, human sexuality and sexual health. Some aspects are taught in science, and others are taught as part of Personal, Social, Health and Economic Education (PSHE). The term 'Relationships' in 'Relationships and Sex Education' stresses the approach goes beyond provision of biological information to also focus on clarifying attitudes and values, and aims to develop self-esteem and the skills to manage relationships.

A comprehensive programme of RSE provides accurate information about the body, reproduction, sex, and sexual health. It also gives children and young people essential skills for building positive, enjoyable, respectful and non-exploitative relationships and staying safe both on and offline (Relationships Education, Relationships and Sex Education (RSE) and Health Education guidance, Dept of Education, 2020)

2. Parents right to withdraw

- a) For primary aged children** - Parents can only withdraw their children from the non-science components of Relationships Education. Requests for withdrawal should be put in writing
- b) For Secondary aged children** - 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. A copy of withdrawal requests will be placed in the child's educational record. The Headteacher will discuss the request with parents and take appropriate action.

3. Aims and Objectives

The overall objective of teaching Relationships, Health and Sex Education (RHSE) is to equip children and young people with the information, skills and values to have safe, fulfilling and enjoyable relationships, and to take responsibility for their sexual health and wellbeing.

Our aims are as follows:

- To make a significant contribution to the development of the personal skills needed by children to help them establish and maintain relationships. To enable young people to make responsible and informed decisions about their health and wellbeing.
- To help young people make responsible and well informed decisions about their lives. To support them through their physical, emotional and moral development and help them learn to respect themselves and others and move with confidence from childhood through adolescence into adulthood.

- For children to learn about what makes a happy and healthy relationship. In turn this will also help children to recognise a relationship which may be unhappy or abusive. Children can learn the effects of positive, and conversely negative relationships, upon their mental health. These relationships could relate to family members, partners or friends.
- To provide a framework in which sensitive discussions can take place in a safe and informative way. It is vital to ensure that children who may use alternative methods of communication have been provided with the necessary vocabulary in order for them to effectively communicate their questions and needs.
- To prepare children for puberty and the physical and mental changes this may present. To give them an understanding of sexual development and the importance of health and hygiene.
- To help children develop feelings of self-respect, confidence and empathy.
- To create a positive culture around issues of sexuality and relationships.
- To teach children the correct vocabulary to describe themselves and their bodies.

Addressing Relationships and Sex Education has the following main elements enabling children to:

- Explore their own and other peoples' attitudes and values.
- Develop and practice personal and social skills.
- Increase their knowledge and skills.

The Relationships, Health and Sex Education (RHSE) policy is underpinned by the ethos and values of our school and we uphold it as an entitlement for all our children. We recognise the need to work as a whole school community to ensure a shared understanding of RHSE, its values and to deliver an effective programme that meets the needs of every one of our children.

4. Content

The RSHE framework covers:

Families: friends, parents, siblings, partners and marriage and how positive relationships can make us feel happy and secure.

Respectful relationships, including friendships: Looking at the positive effects of happy friendships and relationships the importance of mutual respect and kindness.

Online and media: This should build upon online safety modules taught in Primary, with an emphasis on behaving as kindly to others online as we do offline and in

understanding that personal information can be shared. This includes updated framework to include:

- Pornography's negative influence on sexual attitudes and behaviours
- Deepfakes and AI-generated imagery
- Sextortion and online scams
- Harmful online content
- The serious legal consequences of sharing indecent images of under-18s

Being safe: This should build upon modules taught in Primary relating to understanding what a healthy and unhealthy relationship is, where to get help if they feel worried or unsafe, understanding the difference between public and private and which adults we can trust.

Intimate and sexual relationships, including sexual health: This will build upon modules taught in Relationships and Health Education /PSHE in Primary. The emphasis in Primary will be on recognising and building a variety of positive relationships and friendships and the positive effect that these friendships can have upon our mental health. In Science, children will be learning the different names for body parts, both external and internal. There should be a smooth transition in teaching from primary to secondary where some children will learn 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. They can learn 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.

Parental Access:

All teaching must be accessible and relevant to each individual child. A few of our children at ISP School Battle, will continue to focus upon the Primary modules since much of the RSE content in Secondary maybe too abstract or inaccessible for them to understand. Whilst all children in Primary and Secondary will take part in regular PSHE lessons, children for whom it is appropriate to follow the RSE curriculum in greater depth will do so with familiar adults. In these cases, the class leader and RSHE Lead along with other relevant staff members, will work together to plan a scheme of work most relevant to the individual child. Before commencing teaching, the scheme will be discussed with parents so that amendments and additions can be made and the parent can continue to work on the concepts with their young person at home.

Adults will have regular opportunities to discuss how to best support a child who may have sensitive / private questions. The aim will be to help the children receive the correct information rather than to seek out less reliable or safe sources such as the internet, peers or unsuitable adults.

Relationships Education

Relationships Education provides the building blocks needed for positive and safe relationships including with family, friends and online. The children will be taught what a relationship is, what friendship is, what family means and who can support them. The notion of treating one another with kindness, consideration and respect in a safe environment will continue to underpin all that we teach at ISP School Battle throughout

the curriculum across the whole school day including during our three community meetings each day.

Regular PSHE / Relationships Education sessions will cover the following areas:

- families and people who care for me
- caring friendships
- respectful relationships
- online relationships
- being safe

Health Education:

The aim of teaching Health education is to provide children with the information they need to make good decisions about their own health and wellbeing, to recognise issues in themselves and others, and to seek support as early as possible when issues arise.

Health Education will be taught specifically through PSHE lessons.

The long term modules will include:

- Being Me in My World
- Celebrating Difference
- Dreams and Goals
- Making Healthy Lifestyle choices
- Relationships
- Changing Me

In addition to PSHE lessons, the foundation principles of Health Education will also be taught through:

- Weekly PE lessons at local facilities – children take on challenges, experience success, feel the physical and mental benefits of exercise.
- Science modules – Children learn the names of different body parts and about life cycles. They learn about how our bodies change as we age.
- Topic Weeks – Topic weeks including Internet Safety Week
- Whole School events such as Children in Need Day, Sport and Comic Relief, World Book Day, Jeans for Genes, Hello Yellow
- Regular visits from PREVENT, local police and other services
- Simple First Aid courses / lessons
- Outdoor Forest Adventures – Children work as a team, experience a variety of outdoor activities, enjoy the outdoor environment throughout the different seasons.
- Outdoor Pursuits Challenges - Children are supported to challenge themselves, to try new hobbies and leisure pursuits, to work as a team, to learn qualities such as perseverance, to experience success,
- Learning to recognise moods and emotions through Zones of Regulation
- Modules from the ASDAN Award Scheme and Lifeskills Challenges

The programme content has been produced, drawing from a variety of sources with the main ones listed below:

- The PSHE Association.
<https://www.pshe-association.org.uk/curriculum-and-resources/resources/programme-study-pshe-education-key-stages-1%E2%80%93935>
- Life Support Productions
- Talk About
- ASDAN Transition Challenge
- ASDAN Life Skills Challenge

5. Planning and Delivery

- Schools are free to determine how to deliver the content set out in this guidance, in the context of a broad and balanced curriculum.
- Schools will retain freedom to determine an age-appropriate, developmental curriculum which meets the needs of young people and is developed in consultation with parents. Where appropriate this may also require a differentiated curriculum. Schools have specific duties to increase the extent to which disabled children can participate in the curriculum. (Dept for Education 2020)
- With regards to children with Special Educational Needs, the Government guidelines state that Relationships Education, RSE and Health Education must be accessible for all children. High quality teaching that is differentiated and personalised will be the starting point to ensure accessibility.
- In line with the SEND code of practice, Schools should also be mindful of preparing for adulthood outcomes

6. Parental Involvement

Parents have a vital role in guiding and teaching their children about all aspects of relationships. They have the most significant influence in enabling their children to grow and mature and to form healthy relationships and are their greatest role model.

Many of the aspects covered within our PSHE / RSHE Curriculum will be naturally occurring elements of everyday family life and it is our task at ISP School, Battle to draw out and build upon the experiences of each child to develop their understanding and knowledge in these areas.

These areas of learning are taught within the context of family life, taking care to celebrate the rich varieties of family units of which our children may be part. Such units may include single parent families, LGBT parents, families headed by Grandparents, foster and adoptive parents. We will also ensure sensitivity around children who may have a different structure of support around them, for example, looked after children or young carers.

All schools should work closely with parents when planning and delivering these subjects. Parents should be given every opportunity to understand the purpose and

content of RSHE. With this in mind the school will provide the following opportunities for all parents;

- A presentation on how Relationships Education and RSE is taught in our setting. The presentation will include aims and objectives, government guidelines, school policy and the content of the curriculum in these subject areas. This would be offered on a yearly basis to parents of children entering the school or transitioning from Primary to Secondary. All parents will be invited to join the sessions by means of a refresher. The chance to comment upon all aspects of the presentation and to be able to make suggestions for additions and amendments to the policy and the lesson content.
- To understand the law around which aspects of these subject areas parents can choose to withdraw their children from. All children have the right to take part in Relationships Education because it is important that they receive this content, covering topics such as friendships and how to stay safe. If parents wish to withdraw their children from these lessons they are able to do so. Parents are not able to withdraw their children from any part of the science curriculum.
- To request that their child be withdrawn from some or all of sex education delivered as part of statutory RSE. Before granting any such request it would be good practice for the head teacher to discuss the request with parents to ensure that their wishes are understood and to clarify the nature and purpose of the curriculum. Such discussions will be documented.
- To discuss, provide input and approve RSE programmes planned for their child. If a child discloses something of concern to their tutor this will be noted and dated and the tutor will follow the school's safeguarding procedure.
- All parents are consulted at the start of each academic year, with a variety of information provided to them to help support in the home, as well as how they are able to access ISP School, Battle RHSE Policy, as well as any guidance or updates provided by Department for Education. Survey results inform content and manner of RHSE presentation described above. This academic year (2025-2026), all responses received from parent's/carers showed a thorough understanding of ISP School, Battle's RHSE curriculum, latest government updates and acknowledged the importance of the role of RHSE as part of the school curriculum.

7. Policies relating to Relationships Education and RSE

Safeguarding Policy:

Online Safety Policy

Intimate Care Policy

Whistleblowing Policy

8. Staff Training

All staff will receive training upon the changes made to teaching Relationships, Health and Sex Education (RHSE) and Relationships and Sex Education (SRE). Training will be delivered by the schools RSHE Lead and will cover:

- ISP School, Battle RSE Policy
- The law around teaching RSHE
- The aims and objectives for teaching RSHE
- An outline of the programme content
- The implementation of the programme
- A discussion around RSHE
- Updated guidance.

Training that is specific to delivering the more personal/intimate aspects of RSE will be delivered by an external professional, if required. Full training will be repeated to all staff once every two years. The RSHE lead will provide a shorter version of training for new staff as part of their initial training.

9. Useful Guidance, Programmes and Information Sites

Relationships Education, Relationships and Sex Education (RSE) and Health Education Statutory guidance for governing bodies, proprietors, head teachers, principals, senior leadership teams, teachers Dept for Education
[/Relationships Education Relationships and Sex Education RSE and Health Education.pdf](#)

Understanding Relationships and Health Education in your child's primary school: a guide for parents Dept for Education
https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/812593/RSE_primary_schools_guide_for_parents.pdf

The PSHE Association's Programme of Study document covers the key concepts, skills and topics at different key stages which should be covered as part of a comprehensive programme.
<https://pshe-association.org.uk/>

Training staff on teaching the mental health modules as part of the RSHE Curriculum
<https://www.gov.uk/guidance/teaching-about-mental-wellbeing>

Relationships Education and Relationships and Sex Education (RSE) NEU guidance for members in England
<https://neu.org.uk/media/7681/view>

Programmes:

Life Support Productions
 Talk About
 ASDAN Lifeskill Challenges
 Votes For Schools
 PSHE Association

Assessment:

Community Meetings
 Lifeskill Challenges

Formative Assessment – Behaviour Watch

Monitoring:

The RSE programme is monitored by:

- Implementation plans
- Teacher learning walks
- Community Meetings
- SMSC Gridmaker
- Child feedback appropriate

Working with outside agencies

Appropriate and suitably experienced and/or knowledgeable visitors from outside school may be invited to contribute to the delivery of RSE. ISP School, Battle reviews all materials used by external providers in advance, check credentials of any visitor or visiting organisation, and agree how safeguarding concerns will be handled. ISP School, Battle is particularly cautious about resources from organisations with partisan views on contested topics (DFE 2025), and therefore ISP School, Battle only use material from trusted, applicable organisations such as the PSHE Association, Votes For Schools etc.