



Policy approved & adopted by	Headteacher
Date	May 2026
Review cycle	Yearly
Next Review	May 2027

PSHE including Relationships and Sex Education (RSE) POLICY

Overview

PSHE and RSE reflects Applebee Wood School's values, aims and policies and involves the whole school community.

Learning PSHE and RSE helps all pupils develop as individuals in a wider society. Pupils learn to understand themselves physically, emotionally, socially and sexually and to understand their relationships with others. This is in-line with the 2025 guidance which is due for implementation by September 2026.

In particular, PSHE and RSE offer pupils with learning difficulties opportunities to make choices and decisions, develop personal autonomy by having a degree of responsibility and control over their lives. They can also find out that there are different viewpoints, which leads to a respect for the opinions of others.

PSHE gives pupils the knowledge, skills and understanding to play an effective role in society at local, national and international levels. It helps them to become informed, thoughtful and responsible citizens who are aware of their duties and rights. It promotes their spiritual, moral, social and cultural development, making them more self-confident and responsible both in and beyond the classroom. It encourages pupils to play a helpful part in the life of their schools, neighbourhoods, communities and the wider world. It also teaches them about our economy and democratic institutions and values; encourages respect for different national, religious and ethnic identities; and develops pupils' ability to reflect on issues and take part in discussions.

We believe it is important that RSE is taught every year to our pupils and students for them to gain the knowledge and skills needed to be confident young people who know how their bodies will inevitably change. We want to prepare our young people and give them the skills to grow up safe and happy. We will ensure the best interests of the children and young people are maintained and we will encourage children and young people to talk to their parents/carers. We review our RSE curriculum and policy so that we can ensure that our RSE provision is appropriate for our pupils based on their;

· Age

- Physical and emotional maturity
- Religious and cultural backgrounds
- Special educational needs and/or disabilities

Subject Content

RSE is taught within the subject of PSHE within the school and that this is taught in- line with the statutory guidance.

'PSHE education is the **school subject** through which children and young people acquire the

knowledge, understanding and skills they need to **manage their lives**, now and in the future.

PSHE education develops the qualities and attributes pupils need to **thrive as individuals, family members and members of society'**

(PSHE Association, 2024)

The statutory elements of relationships and health education are included within the curriculum content. We use the PSHE Association Planning Framework for SEND. The topics are as follows:

- 1. Self-Awareness** (Me, who I am, my likes, dislikes, strengths and interests)
- 2. Self-care, Support and Safety** (Looking after myself and keeping safe; aspects of Relationships and Sex Education.)
- 3. Managing Feelings** (Understanding feelings, and that how I feel and how others feel affects choices and behaviour; aspects of Relationships and Sex Education)
- 4. Changing and Growing** (How I and others are changing; new opportunities and responsibilities; aspects of Relationships and Sex Education)
- 5. Healthy Lifestyles** (Being and keeping healthy, physically and mentally)
- 6. The World I Live In** (Living confidently in the wider world)

Please see appendix 1 for more detail planning.

Parents' right to request withdrawal from sex education

It is possible to teach some topics without specific reference to sexual acts, meaning they would still be considered relationships education and therefore not possible to withdraw from, especially as they are focused on safeguarding young people.

Taken from Dof E Relationships Education, Relationships and Sex Education (RSE) and Health Education 2025:

Parents have the right to request that their child be withdrawn from some or all of sex education delivered as part of statutory RSE.

Before granting any request for withdrawal of a child from sex education, it is good practice for the head teacher to discuss the request with parents, and the child if appropriate, to understand the request and to clarify the nature and purpose of the curriculum. This is likely to include discussing the benefits of sex education, and any detrimental effects of withdrawal, including social and emotional impacts on the child, and the likelihood that the child will hear their peers' version of what was said in class, which may not be accurate. Schools will want to document this process to ensure a record is kept.

Where primary schools provide sex education, head teachers must automatically grant a request to withdraw a pupil from it, other than content that is taught as part of the science curriculum. In secondary, head teachers can refuse a request in exceptional circumstances, for example because of safeguarding concerns or a pupil's specific vulnerability.

From three terms before the pupil turns 16, a pupil can choose to opt back into sex education even if their parent has requested withdrawal. For example, if a pupil turns 16 during the autumn term, the pupil can opt back into sex education at any time after the start of the previous autumn term. Schools should ensure that pupils know they have this option.

Our RSE does not include explicit details of sexual activity, but may address sensitive issues like sexual violence for safeguarding purposes.

There is transparency in what is taught and that parents are able to view materials and have access to these should they wish to.

“Everyone has relationships with others, and most pupils will develop sexual relationships at some point in their lives... Relationships education may therefore include topics related to preventing sexual abuse, for example, or avoiding sharing inappropriate material online. This can be done without describing the detail of any sexual activity involved.”

(DofE)

How and When It Will Be Taught

The teaching is progressive and builds on prior knowledge so that the content is age-appropriate and developmentally appropriate as well as building knowledge progressively.

We have many themed weeks and days such as Anti-Bullying Week, 'Hello Yellow' for World Mental Health Day and Online Safety week.

The teachers responsible are:

EYFS Nicola Booth

KS1: Class teacher

RSE Policy

KS2: 1 discrete lesson- Form Teacher/ HLTA

KS3: 1 discrete lesson- Emma Patten/Jane Chadwick

KS4: 2 discrete lessons a week- Emma Patten

The curriculum content may be supplemented and enhanced by the use of external visitors and providers who are checked by school and have had the relevant safeguarding procedures shared with them. There will be a member of school staff present at these deliveries. They have been chosen to benefit the learning of the children and that they suit the needs of the children within school. External providers are evaluated for safeguarding and quality purposes to ensure that they are suitable to enhance the provision available for the pupils.

This is not an exhaustive list as there may be times when themed weeks or specific events means that a visitor not listed here would further compliment the. At times when a visitor is invited in addition to the list above for PSHE, parents will be made aware and the content of the session will be checked ahead of the delivery just as it has been for the visitors listed above.

Who Is Responsible

PSHE Lead. Staff who teach PSHE/RSE will be observed once a year. Feedback, support and advice will be given after a lesson observation. There will be support from the subject leader and termly meetings to ensure staff are confident and comfortable teaching the subject.

Monitoring and Evaluation

This policy and its implementation are approved by the Governing Body. Work is monitored by senior staff and the PSHE/RSE Curriculum Team Leader on a yearly basis.

The school will ensure that anyone teaching PSHE will have training around the policy.

Policy Development and Review

PSHE Leads Emma Patten and Katie Best

Deputy Head / SLT

Every Year

Appendices

- Relationships Education, Relationships and Sex Education and Health Education guidance
- PSHE Association- Framework for Send Pupils
- Curriculum Maps

	Name/Initials:	Date:
Written By:	E Patten / K Best	May 2026
Reviewed:		