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**Relationships and Sex Education and Health Policy**

**Evergreen Pupil Referral Unit**

**2025/2026**

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| **Current Author:** | **D Taylor - Head of School** |
| **Person Responsible for the Policy:** | **D. Taylor - Head of School** |
| **Start Date** | **September 2025** |
| **Review Date** | **September 2026** |

**Relationships, Sex and Health Education (RSHE) Policy**

1. **Policy Statement**

Evergreen Academy is committed to delivering high-quality Relationships, Sex and Health Education (RSHE) that prepares pupils for life in modern Britain. RSHE supports pupils in making informed decisions about their wellbeing, health, and relationships, and helps them develop resilience, self-efficacy, and the ability to navigate complex situations.

We follow the Department for Education’s statutory guidance, which emphasises:

* Age-appropriate and developmentally appropriate content
* Inclusive and sensitive teaching
* Respect for pupils’ and parents’ backgrounds and beliefs
* A clear understanding of the law and safeguarding principles
* RSHE is delivered in a way that is inclusive, respectful, and responsive to the diverse needs of our school community.

1. **Parental Rights and Inclusivity**

The DfE has confirmed that:

* Parents retain the right to withdraw their child from sex education within RSE (except for content that is part of the National Curriculum for science).
* Parents cannot withdraw their child from relationships education at primary level.
* RSHE must be appropriate to the age and religious background of pupils.
* We respect parents’ rights to educate their children in line with their values and will ensure they are fully informed about RSHE content and delivery.

1. **Aims and Objectives**

RSHE aims to provide pupils with the skills, knowledge, and understanding to lead confident, healthy, and independent lives. It promotes:

* Core Values
* Respect, love, care, and empathy
* Understanding moral dilemmas
* Critical thinking and decision-making
* Personal and Social Skills
* Managing emotions and relationships sensitively
* Developing self-respect and empathy
* Making informed choices free from prejudice
* Understanding consequences and managing conflict
* Knowledge and Understanding
* Healthier, safer lifestyles
* Physical development and reproduction
* Emotional wellbeing and relationships

1. **Curriculum Coverage**

Our RSHE curriculum is integrated within a broad and balanced programme and is designed to build knowledge and life skills progressively. It includes:

1. **Relationships Education**

* Different types of relationships: friendships, family, and interactions with strangers
* Building and maintaining healthy relationships: respect, boundaries, consent, conflict resolution
* Recognising unhealthy relationships and understanding their impact on wellbeing
* Online safety and healthy digital relationships

1. **Sex Education (Age-Appropriate)**

* Puberty and body changes
* Reproduction and human development
* Consent and personal boundaries
* Emotional aspects of relationships

1. **Health Education**

* Physical health and mental wellbeing
* Healthy lifestyles, including nutrition, exercise, and sleep
* Substance education: drugs, alcohol, and tobacco
* Personal safety: road, rail, water, and online
* Mental health focus: loneliness, grief, and emotional resilience

1. **Economic Wellbeing and Emerging Risks**

* Financial capability and understanding exploitation
* Awareness of misogyny and violence against women and girls
* Navigating emerging technologies: deepfakes, online manipulation, and digital safety

1. **Curriculum Content**

RSHE is taught through 1-decision a planned programme in PSHE, Science, and Citizenship, using active learning methods. It is delivered by class teachers, with support from the school nurse, counsellor, and external visitors where appropriate.

**Key Stage 1 Focus**

* Self-esteem and growth
* Respect and understanding differences
* Naming body parts accurately
* Personal hygiene and safety
* Recognising safe/unsafe situations
* Knowing rights over one’s body
* Making safe choices and seeking help

**By the end of KS1, pupils will:**

* Communicate effectively
* Recognise and name emotions
* Identify unsafe situations
* Know how to seek help from trusted adults

**Key Stage 2 Focus**

* Life changes and emotional development
* Respect for self and others
* Managing peer pressure and media influence
* Accessing help and support
* Puberty and hygiene
* Relationships and understanding differences

**By the end of KS2, pupils will:**

* Express opinions and emotions
* Recognise abuse and ask for help
* Manage physical and emotional changes
* Understand the importance of family relationships

1. **Organisation and Delivery**

RSHE is embedded across curriculum areas.

* Delivered in mixed-gender groups unless single-sex groups are deemed more appropriate.
* Visitors contribute to planned lessons and are supervised by staff.
* All content is age-appropriate and part of a structured programme.

1. **Controversial and Sensitive Issues**

Staff are aware that views around RSE-related topics may vary. While personal beliefs are respected, all RSHE content is taught without bias. A range of perspectives is presented to help pupils form their own informed opinions while learning to respect differing views.

1. **Dealing with Questions**

RSHE questions, whether formal or informal, are answered according to the age and maturity of the pupil. Teachers use discretion and may choose to address questions individually or later. Any concerns are referred to the Designated Safeguarding Lead.

1. **Sexual Identity and Sexual Orientation**

Evergreen Academy is committed to meeting the needs of all pupils, regardless of their developing sexuality. RSHE is delivered honestly and sensitively, and appropriate questions are answered with care. Homophobic bullying is addressed robustly and sensitively, in line with our Anti-Bullying Policy. We liaise with parents to reassure them about the content and context of this aspect of RSHE.

1. **Child Protection**

Effective RSHE may lead to disclosures. All staff follow the school’s Child Protection Policy and are trained to report concerns appropriately.

1. **Withdrawal from Sex Education**

Parents/carers may withdraw their child from sex education content outside the science curriculum. Requests should be made in writing to the Principal. The school will provide support and guidance to parents on the curriculum and their options.

1. **Dissemination and Staff Training**

This policy is available to all stakeholders via the school website.

Staff receive training on RSHE content and delivery.

All external contributors are briefed and supervised to ensure consistency with school values and safeguarding procedures.

1. **Monitoring and Review**

This policy is reviewed annually and updated in line with statutory guidance and the needs of our pupils and community.