



Relationships, Sex and Health Education Policy

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Aquinas Church of England Education Trust





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Relationships, Sex and Health Education

Overview

[Statement of Intent](#)

1. [Legal framework](#)
2. [Church of England](#)
3. [Principles](#)
4. [Roles and responsibilities](#)
5. [Consultation](#)
6. [Curriculum](#)
7. [External agencies](#)
8. [Withdrawal from lessons](#)
9. [Equality and accessibility](#)
10. [Safeguarding and confidentiality](#)
11. [Training](#)
12. [Quality assurance](#)
13. [Complaints](#)
14. [Monitoring and review](#)

Appendix A: [Primary education](#)

Appendix B: [Secondary education](#)

Statement of Intent

Aquinas Church of England Education Trust (the Trust) understands that primary aged pupils must be provided with an education that prepares them for the opportunities, responsibilities, and experiences of adult life. A key part of this relates to relationships and health education, which must be delivered to every primary-aged pupil. Primary schools also have the option to decide whether pupils are taught sex education.

For our secondary aged pupils, we understand the importance of educating pupils about sex, relationships, and their health, for them to make responsible and well-informed decisions in their lives.

Relationships education focusses on giving pupils the knowledge they need to make informed decisions about their wellbeing, health, and relationships, and to build their self-efficacy. Health education focusses on equipping pupils with the knowledge they need to make good decisions about their own health and wellbeing. The teaching of relationship, sex, and health education (RSHE) can help to prepare pupils for the opportunities, responsibilities, and experiences of adult life. It allows us to promote the spiritual, moral, social, cultural, mental, and physical development of pupils across the Trust and in the wider society.



We understand our responsibility to deliver a high-quality, age-appropriate, and evidence-based relationships, sex, and health curriculum for all our pupils. This policy sets out the framework for our relationships, sex, and health curriculum, providing clarity on how it is informed, organised, and delivered to ensure it meets the needs of all pupils in accordance with the Department of Education's guidance.

As a Trust with academies with a Church of England designation, this policy is also mindful of the guidance provided by the Church of England and links to the vision and values of the Trust. References to religious requirements are only applicable to our Church of England designated academies. Our community academies are not bound by them; however, they will be mindful of the varying religious affiliations.

This policy has been subject to consultation with pupils, parent/ carers, staff, Aquinas Advisory Councils, Trustees, and the wider community. Copies of the policy are available on the Trust and academy websites and hard copies of the policy can be requested from the Trust or academy offices.

1. Legal framework

[UPDATED] This policy has due regard to all relevant legislation and statutory guidance including, but not limited to, the following:

- Equality Act 2010
- DfE (2022) 'Keeping children safe in education'
- DfE (2021) 'Teaching about relationships, sex and health'
- DfE (2019) 'Relationships Education, Relationships and Sex Education (RSE) and Health Education'
- DfE (2015) 'National curriculum in England: science programmes of study'
- The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019
- Children and Social Work Act 2017
- SEND (Special Educational Needs and Disabilities) Code of Practice: 0 to 25 years

This policy should be read in conjunction with the following:

Trust Policies

- Data Protection
- Equality
- ICT (Information Communication Technology)
- Management and Retention of Records
- Teaching and Learning
- Safeguarding and Child Protection
- Special Educational Needs and Disabilities



Academy Policies

- Anti-Bullying
- Behaviour Management
- Curriculum
- Online Safety
- Special Educational Needs and Disability
- Safeguarding and Child Protection

2. Church of England

This policy has due regard to the guidance issued by the Church of England in ‘Relationships Education, Relationships and Sex Education (RSE) and Health Education (RSHE) in Church of England Schools’ (2019) applying only to our designated Church of England academies. Academies which have Church of England designation undertake to follow the principles in the Church of England Charter for Faith Sensitive and Inclusive Relationships Education, Relationships and Sex Education (RSE) and Health Education (RSHE) (the Charter).

3. Principles

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. RSHE is most effective when it:

- Is an identifiable part of our school curriculum, which has planned, timetabled lessons across all the Key Stages.
- Is taught by staff trained in RSHE with expert visitors invited in to enhance and supplement the programme, where appropriate.
- Works in partnership with parents and carers, informing them about what their children will be learning and how they can contribute at home.
- Delivers lessons where pupils feel safe and encourages participation by using a variety of teaching approaches with opportunities to develop critical thinking and relationship skills.
- Is based on reliable sources of information, including about the law and legal rights, and distinguishes between fact and opinion.
- Promotes safe, equal, caring, and enjoyable relationships and discusses real-life issues appropriate to the age and stage of pupils, including friendships, families, consent, relationship abuse, sexual exploitation, and safe relationships online.
- Gives a positive view of human sexuality with honest and medically accurate information so that pupils can learn about their bodies and sexual and reproductive health in ways that are appropriate to their age and maturity.
- Gives pupils opportunities to reflect on their values and influences (such as from peers, media, faith, and culture) that may shape their attitudes to relationships and sex and nurture respect for different views.



- Includes learning about how to get help and treatment from sources such as the School Health Service and other health and advice services including reliable information online.
- Fosters gender equality and LGBT+ (lesbian, gay, bisexual, trans) equality and challenges all forms of discrimination
- Meets the needs of all pupils with their diverse experiences including those with special educational needs and disabilities.
- Seeks pupils' views about RSHE so that teaching can be made relevant to their real lives and assessed and adapted as their needs change.

4. Roles and responsibilities

The **Trust** is responsible for:

- Ensuring all pupils make progress in achieving the expected educational outcomes.
- Ensuring the RSHE curriculum is implemented across the academies and accessible to all pupils.
- Evaluating the quality of provision.
- Maintaining and developing the religious ethos of those academies with Church of England designation.

The **Executive Headteacher, Headteacher and Head of School** (hereafter referred to as the Headteacher) is responsible for:

- Implementation of this policy.
- Encouraging parents to be involved in consultations regarding the academy's RSHE curriculum and ensuring parent are fully informed of this policy.
- Providing clear information to parents on the subject content and the right to request that their child is withdrawn.
- Ensuring RSHE is resourced, staffed, effectively managed, and planned, well-led and timetabled in a way that ensures the academy can fulfil its legal obligations.
- Ensuring all staff are suitably trained to deliver the subjects.
- Ensuring that teaching is delivered in ways that are accessible to all pupils with SEND.
- Reviewing all requests to withdraw pupils from non-statutory elements of the RSHE curriculum.
- Discussing withdrawal requests with parents, and the child if appropriate, to ensure their wishes are understood and to clarify the nature and purpose of the curriculum, including the benefits of receiving the education.
- Ensuring withdrawn pupils receive appropriate, purposeful education during the period of withdrawal.
- Reporting to the Education Scrutiny Committee on the effectiveness of the academy's curriculum is policy and the curriculum.



The **RSHE leader** is responsible for:

- Overseeing the delivery of RSHE curriculum.
- Working closely with colleagues in related curriculum areas to ensure the RSHE curriculum complements, and does not duplicate, the content covered in national curriculum subjects.
- Ensuring the curriculum is age-appropriate and of high-quality.
- Ensuring that the curriculum complies with the Church of England's guidance and Charter, where the academy has Church of England designation.
- Ensuring the RSHE curriculum is inclusive and accessible for all pupils.
- Reviewing changes to the RSHE curriculum and advising on their implementation.
- Monitoring the learning and teaching of RSHE providing support to staff where necessary.
- Ensuring the continuity and progression between each year group.
- Helping to develop colleagues' expertise in the subject.
- Ensuring teachers are provided with adequate resources to support teaching of the curriculum.
- Ensuring the academy meets its statutory requirements in relation to RSHE.
- Leading staff meetings and ensuring all members of staff involved in the curriculum have received the appropriate training.
- Organising, providing, and monitoring CPD (Continuous Professional Development) opportunities in the subject.
- Ensuring the correct standards are met for recording and assessing pupil performance.
- Monitoring and evaluating the effectiveness of the subjects and providing reports to the Headteacher.

Details of the RSHE leader at each academy can be found on the relevant academy's website

Teachers delivering the RSHE curriculum are responsible for:

- Acting in accordance with, and promoting, this policy.
- Delivering RSHE in a sensitive way and that is of a high-quality and appropriate for each year group and where the academy has Church of England designation, ensuring that the curriculum complies with the Church of England's guidance and Charter.
- Using a variety of teaching methods and resources to provide an engaging curriculum that meets the needs of all pupils.
- Acting in accordance with planning, monitoring and assessment requirements for the subjects.
- Ensuring they do not express personal views or beliefs when delivering the curriculum.



- Planning lessons effectively, ensuring a range of appropriate teaching methods and resources are used to cover the content.
- Modelling positive attitudes to RSHE.
- Liaising with the SENCO (Special Educational Needs Coordinator) about identifying and responding to the individual needs of pupils with SEND.
- Liaising with the RSHE leader about key topics, resources, and support for individual pupils.
- Monitoring pupil progress in RSHE.
- Reporting any concerns regarding the teaching of RSHE to the RSHE leader or a member of the SLT.
- Complying with the Trust's Safeguarding policy and the academy's Child Protection Policy.
- Reporting any safeguarding concerns or disclosures that pupils may make because of the subject content to the **Designated Safeguarding Lead** or **Deputy Designated Safeguarding Lead**.
- Responding appropriately to pupils whose parents have requested to withdraw them from the non-statutory components of RSE, by providing them with alternative education opportunities.
- Working with the relationships, sex, and health education leader to evaluate the quality of provision.
- The names of the specific teachers at each academy responsible for the delivery of the RSHE curriculum can be found on the relevant academy's website.

The **SENCO** is responsible for:

- Advising teaching staff how best to identify and support pupils' individual needs.
- Advising staff on the use of Teaching Assistants to meet pupils' individual needs.

Details of the SENCO at each academy can be found on the relevant academy's website.

5. Consultation

[UPDATED] Academies understand that parents' role in the development of their children's understanding about relationships, sex and health is vital and will, therefore, engage parents as far as possible in their children's learning. This will include providing parents with frequent opportunities to understand and ask questions about the school's approach to RSHE.

The vital role parents play in enhancing their children's understanding of relationships, sex and health is appreciated by the Trust and the academies. Similarly, we also understand how important parents' views are in shaping the curriculum.

The academies work in consultation with parents, pupils, and teachers to develop and deliver the RSHE curriculum.



Parents are provided with the following information:

- The content of the relationships, sex, and health curriculum.
- The delivery of the relationships, sex, and health curriculum, including what is taught in each year group and when.
- The legalities surrounding withdrawing their child from the subjects.
- Details of the resources that will be used to support the curriculum.

Academies aim to build positive relationships with parents by addressing concerns. These can be addressed to the Headteacher via the academy's email address or by contacting the school office.

Parents are also consulted on this policy.

[UPDATED] Academies will consult closely with parents when reviewing the content of the school's RSHE curriculum and will be given regular opportunities to voice their opinions and concerns. The school will use the views of parents to inform decisions made about the curriculum content and delivery; however, parents will not be granted a 'veto' on curriculum content, and all final decisions will be for the school to make.

6. Curriculum

Organisation of the RSHE curriculum:

- All schools providing primary education are required to deliver statutory relationships education and health education All schools providing secondary education are required to deliver statutory RSE and all state-funded schools are required to deliver health education.
- For this policy, "relationships and sex education" is defined:
 - In a primary education context as teaching pupils about healthy, respectful relationships, focussing on family and friendships, in all contexts, including online, as well as developing an understanding of human sexuality.
 - In a secondary education context as teaching pupils about developing healthy, nurturing relationships of all kinds, and helping them to understand human sexuality and to respect themselves and others.
- For this policy, "health education" is defined:
 - In a primary education context as teaching pupils about physical health and mental wellbeing, focussing on recognising the link between the two and being able to make healthy lifestyle choices.
 - In a secondary education context as teaching pupils about how they can make good decisions about their own health and wellbeing, and how physical health and mental wellbeing are interlinked.
- The RSHE curriculum will be developed in consultation with teachers, pupils, and parents, and in accordance with DfE recommendations.



- The RSHE curriculum will be delivered through a combination of PSHE (Personal, Social, Health and Economic) education, science, religious education, physical education, computer science, collective worship and SMSC.
- The RSHE leader will work closely with their colleagues in related curriculum areas to ensure the curriculum complements and does not duplicate the content covered in national curriculum subjects.
- The curriculum has been developed in line with the DfE's 'Relationships Education, Relationships and Sex Education (RSE) and Health Education' guidance.
- The curriculum is age-appropriate for pupils within each year group.
- The context and views of the wider local community will be considered when developing the curriculum to ensure it is reflective of issues in the local area.
- The religious background of all pupils will be considered when planning teaching, to ensure all topics included are appropriately handled. In the case of C of E designated academies, the guidance of the C of E will be applied.
- The RSHE curriculum is informed by topical issues in the school and wider community, to ensure it is tailored to pupils' needs.

7. External agencies

Working with external agencies can enhance our delivery of RSHE and brings in specialist knowledge and diverse ways of engaging pupils. External experts may be invited to assist from time-to-time with the delivery of the RSHE curriculum but will be expected to comply with the provisions of this policy.

The academies will:

- Check the visitor/visiting organisation's credentials of all external agencies.
- Ensure the teaching delivered by the external experts fits with the planned curriculum and provisions of this policy.
- Discuss with the visitor the details of how they intend to deliver their sessions and ensure the content is age-appropriate and accessible for all pupils.
- Request copies of the materials and lesson plans the visitor will use, to ensure it meets the full range of pupils' needs, including those with SEND.
- Agree on how confidentiality will work in any lesson and that the visitor understands how safeguarding reports must be dealt with in line with the Child Protection Policy.
- Use visitors to enhance teaching by an appropriate member of teaching staff, not to replace teaching by those staff.

8. Withdrawal from lessons

Relationships and health education are statutory for all primary and secondary pupils and parents do not have the right to withdraw their child from the subjects. In addition, relationship and sex education is also statutory for secondary pupils.



Primary Pupils - As sex education is not statutory at primary level (other than what must be taught as part of the science curriculum), parents have the right to request to withdraw their child from all or part of the sex education curriculum. The Headteacher will:

- Automatically grant withdrawal requests but will discuss the request with the parent and, if appropriate, their child, to ensure that their wishes are understood and to clarify the nature and purpose of the curriculum.
- Discuss with the parent, the benefits of receiving this important education and any adverse effects that withdrawal may have on the pupil – this could include, for example, social and emotional effects of being excluded.
- Grant a parent’s request to withdraw their child from sex education, other than the content that must be taught as part of the science curriculum.
- Ensure that the pupil receives appropriate alternative education where a pupil is withdrawn from sex education.

Secondary Pupils - Parents do have the right to request that their child is withdrawn from some or all of sex education delivered as part of statutory RSE. The Headteacher will

- Discuss the request with the parents and, as appropriate, the child, to ensure their wishes are understood and to clarify the nature and purpose of the curriculum before granting a withdrawal request.
- Inform parents of the benefits of their child receiving RSE and any detrimental effects that withdrawal might have.
- Respect the parents’ request to withdraw their child up to and until three terms before the child turns 16. After this point, if the child wishes to receive RSE rather than be withdrawn, the academy will plan to provide the child with RSE.
- Ensure that pupils who are withdrawn from RSE will receive appropriate, purposeful education during the full period of withdrawal.
- Consider the specific needs of a pupil with SEND if a request for withdrawal is made, when making the decision to permit withdrawal.

Requests to withdraw a child from sex education will be made in writing to the Headteacher. All discussions with parents will be documented. These records will be kept securely in the school office in line with the Trust’s Retention and Management of Records Policy. The parent will be informed in writing of the Headteacher’s decision.

9. Equality and accessibility

The Trust and the academies comply with the relevant requirements of the Equality Act 2010 and will ensure the curriculum does not discriminate against pupils because of their:

- Age
- Sex
- Race



- Disability
- Religion or belief
- Gender reassignment
- Pregnancy or maternity
- Marriage or civil partnership
- Sexual orientation

The academies will consider the backgrounds, sex, age range and needs of its pupils and determine whether it is necessary to put in place additional support for pupils with the above protected characteristics. The academies are committed to making reasonable adjustments wherever possible to promote accessibility and inclusivity of the curriculum.

The academies understand that pupils with SEND are entitled to learn about RSHE and the curriculum will be designed to be inclusive of all pupils.

The academies are aware that some pupils are more vulnerable to exploitation, bullying and other issues due to the nature of their SEND – teachers will understand that they may need to liaise with the SENCO and be more explicit and adapt their planning or work to appropriately deliver the curriculum to pupils with SEND.

Where there is a need to tailor content and teaching to meet the needs of pupils at different developmental stages, the academies will ensure the teaching remains sensitive, age-appropriate, developmentally appropriate and is delivered with reference to the law.

The academies will take steps to foster healthy and respectful peer-to-peer communication and behaviour between boys and girls and provide an environment which challenges perceived limits on pupils based on their sex or any other characteristic.

Provisions under the Equality Act 2010 allow the academies to take positive action, where it can be evidenced to be proportionate, to respond to disadvantages affecting a group because of a protected characteristic. When deciding whether support is necessary to support pupils with a particular protected characteristic, we will consider our pupils' needs, including the sex and age range of our pupils.

The academies will be actively aware of everyday issues such as sexism, misogyny, homophobia, and gender stereotypes and take positive action to build a culture within which these are not tolerated. Any occurrences of such issues will be identified and tackled promptly.

To foster healthy and respectful peer-to-peer communication and behaviour between boys and girls, the academies implement a robust behaviour management, anti-bullying, and child protection policies. The academies will make clear that sexual violence and sexual harassment are not acceptable and will not be tolerated. Any reports of sexual violence or sexual harassment will be handled in accordance with the relevant behaviour management, anti-bullying, and child protection policies.



10. Safeguarding and confidentiality

All pupils will be taught about keeping themselves safe, including online, as part of a broad and balanced curriculum.

Confidentiality within the classroom is a critical component of RSHE and teachers are expected to respect the confidentiality of their pupils as far as is possible, but nevertheless in accordance with the academy's Child Protection Policy.

Teachers understand that some aspects of RSE may lead to a pupil raising a safeguarding concern and that if a disclosure is made, the DSL (Designated Safeguarding Lead) will be alerted immediately.

Pupils will be made aware of how to raise their concerns or make a report, and how their report will be handled.

11. Training

Training will be provided to the RSHE leader and to the relevant members of staff to ensure they are up to date with the RSHE curriculum.

Training will also be scheduled around any updated guidance on the curriculum and any new developments which may need to be addressed in relation to the curriculum.

At the secondary academies, teachers receive training on the Social Exclusion Report on Teenage Pregnancy, and the role of an effective RSE curriculum in reducing the number of teenage conceptions. Appropriately trained staff will be able to give pupils information on where and how to obtain confidential advice, counselling, and treatment, as well as guidance on emergency contraception and their effectiveness.

12. Quality assurance

The RSHE leader is responsible for monitoring the quality of teaching and learning for the subject and will conduct subject assessments on a termly basis, which will include a mixture of the following:

- Self-evaluations
- Lesson observations
- Topic feedback forms
- Learning walks/lesson drop ins
- Work scrutiny
- Lesson planning scrutiny

The RSHE leader will create annual subject reports for the Headteacher which will be shared with the Trust.



13. Complaints

Complaints about the operation of this policy should be made to the Headteacher in accordance with the academy's Complaint's Policy.

14. Monitoring and Review

[UPDATED] This policy is reviewed on an **annual** basis by the **Education Scrutiny Committee** and **Chief Executive**. Monitoring is conducted through the Trust's programme of quality assurance and that undertaken by the individual Academy. Changes to this policy are communicated to relevant stakeholders.

The next scheduled review date for this policy is **January 2024**.



Appendix A

Primary education

The focus in primary school should be on teaching the fundamental building blocks and characteristics of positive relationships, with reference to friendships, family relationships, and relationships with other children and with adults. Each school will detail the timetable of delivering the curriculum including what is taught in each year group, detailed on their website. All pupils are expected to know by the end of primary school:

Relationships and sex education

Families and people who care for me

- That families are important for children growing up because they can give love, security, and stability.
- The characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives.
- That other people's families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care.
- That stable, caring relationships, which may be of several types, are at the heart of happy families, and are important for children's security as they grow up.
- That marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong.
- How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.

Caring friendships

- How important friendships are in making us feel happy and secure, and how people choose and make friends.
- The characteristics of friendships, including mutual respect, honesty, trust and trustworthiness, loyalty, kindness, generosity, sharing interests and experiences, and support with problems and difficulties.
- That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.
- That most friendships have difficulties, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right.



- How to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others if needed

Respectful relationships

- The importance of respecting others, even when they are quite different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs.
- Practical steps they can take in a range of different contexts to improve or support respectful relationships.
- The conventions of courtesy and manners.
- The importance of self-respect and how this links to their own happiness.
- That in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority.
- About distinct types of bullying (including cyber-bullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help.
- What a stereotype is, and how stereotypes can be unfair, negative, or destructive.
- The importance of permission-seeking and giving in relationships with friends, peers, and adults

Online relationships

- That people sometimes behave differently online, including by pretending to be someone they are not.
- That the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online (even when we are anonymous).
- The rules and principles for keeping safe online, how to recognise risks, harmful content, and contact, and how to report them.
- How to critically consider their online friendships and sources of information, including awareness of the risks associated with people they have never met.
- How information and data is shared and used online.

Being safe

- What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context).
- About the concept of privacy and the implications of it for both children and adults (including that it is not always right to keep secrets if they relate to being safe).
- **[UPDATED]** That each person's body belongs to them, and the differences between appropriate and inappropriate/unsafe physical and other contact (including the concept of 'harassment').



- How to respond safely and appropriately to adults they may encounter (in all contexts, including online) who they do not know.
- How to recognise and report feelings of being unsafe or feeling bad about any adult.
- How to ask for advice or help for themselves or others, and to keep trying until they are heard.
- How to report concerns or abuse, and the vocabulary and confidence they need to do so.
- Where to get advice (e.g., family, school, other sources)

Health education

The focus at primary level is teaching the characteristics of good physical health and mental wellbeing.

Mental wellbeing

By the end of primary education, pupils will know:

- That mental wellbeing is a normal part of daily life, in the same way as physical health.
- That there is a normal range of emotions, e.g., happiness, sadness, anger, fear, surprise, and nervousness.
- The scale of emotions that humans experience in response to different experiences and situations.
- How to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings.
- How to judge whether what they are feeling and how they are behaving is appropriate and proportionate.
- The benefits of physical exercise, time outdoors, community participation, and voluntary and service-based activity on mental wellbeing and happiness.
- Simple self-care techniques, including the importance of rest, time spent with friends and family, and the benefits of hobbies and interests.
- How isolation and loneliness can affect children and that it is particularly important they discuss their feelings with an adult and seek support.
- That bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing.
- Where and how to seek support (including recognising the triggers for seeking support), extending to who in school they should speak to if they are worried about themselves or others.
- That it is common to experience mental ill health and, for the many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough.



Internet safety and harms

By the end of primary education, pupils will know:

- That for most people, the internet is an integral part of life and has many benefits.
- About the benefits of rationing time spent online.
- The risks of excessive time spent on electronic devices.
- The impact of positive and negative content online on their own and others' mental and physical wellbeing.
- How to consider the effect of their online actions on others.
- How to recognise and display respectful behaviour online.
- The importance of keeping personal information private.
- Why social media, some computer games and online gaming, for example, are age restricted.
- That the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health.
- How to be a discerning consumer of information online, including understanding that information (inclusive of that from search engines) is ranked, selected, and targeted.
- Where and how to report concerns and get support with issues online.

Physical health and fitness

By the end of primary education, pupils will know:

- The characteristics and mental and physical benefits of an active lifestyle.
- The importance of building regular exercise into daily and weekly routines and how to achieve this, for example by walking or cycling to school, a daily active mile, or other forms of regular, vigorous exercise.
- The risks associated with an inactive lifestyle, including obesity.
- How and when to seek support, including which adults to speak to in school if they are worried about their health.

Healthy eating

By the end of primary education, pupils will know:

- What constitutes a healthy diet, including an understanding of calories and other nutritional content.
- The principles of planning and preparing a range of healthy meals.
- The characteristics of a poor diet and risks associated with unhealthy eating, including obesity, and other behaviours, e.g., the impact of alcohol on diet or health.

Drugs alcohol and tobacco

By the end of primary education, pupils will know:



- The facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.

Health and prevention

By the end of primary education, pupils will know:

- How to recognise early signs of physical illness, such as weight loss or unexplained changes to the body.
- About safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer.
- The importance of sufficient good-quality sleep for good health, and that a lack of sleep can affect weight, mood, and ability to learn.
- About dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist.
- About personal hygiene and germs including bacteria and viruses, how they are spread and treated, and the importance of hand washing.
- The facts and science relating to immunisation and vaccination.

Basic first aid

By the end of primary education, pupils will know:

- How to make a clear and efficient call to emergency services if necessary.
- Concepts of basic first aid, for example dealing with common injuries, including head injuries.

Changing adolescent body

By the end of primary education, pupils will know:

- Key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.
- About menstrual wellbeing and key facts relating to the menstrual cycle.

The primary academies are free to determine, within the statutory curriculum content, what pupils are taught in each year group. The primary academies always consider the age and development of pupils when deciding what will be taught in each year group. The primary academies plan a progressive curriculum, such that topics are built upon prior knowledge taught in previous years as they progress through school to provide a smooth transition to secondary school.

Health education per year group – Please refer to the relevant academy’s website for specific details of the curriculum for each year group at the academy, when the topics will be delivered and the teachers that will be responsible for delivering the curriculum.



Sex education

- Although it is not statutory to deliver sex education outside of the science curriculum at primary level, the DfE recommends that all primary educators should have a sex education programme in place. This should be tailored to the age, and physical and emotional maturity of pupils, and should ensure that boys and girls are prepared for the changes that adolescence brings, drawing on knowledge of the human life cycle.
- All pupils must be taught the aspects of sex education outlined in the primary science curriculum – this includes teaching about the main external parts of the human body, how it changes as it grows from birth to old age, including puberty, and the reproductive process in some plants and animals.
- The primary academies are free to determine whether pupils should be taught sex education beyond what is required of the national curriculum.
- Parents are fully consulted in the organisation and delivery of the primary academies sex education curriculum, in accordance with section 8 of this policy. Parents are given the opportunity to advise on what should be taught through sex education.
- The age and development of pupils is always considered when delivering sex education.

Sex education programmes are tailored to the age and the physical and emotional maturity of the pupils. It should ensure that both boys and girls are prepared for the changes that adolescence brings and – drawing on knowledge of the human life cycle set out in the national curriculum for science - how a baby is conceived and born. The national curriculum for science also includes subject content in related areas, such as the main external body parts, the human body as it grows from birth to old age (including puberty) and reproduction in some plants and animals.

Please refer to the relevant academy’s website for specific details of the curriculum for each year group at the academy, when the topics will be delivered and the teachers that will be responsible for delivering the curriculum.

Delivery of the curriculum

- The majority of the RHSE and health education curriculum will be delivered through the PSHE curriculum and/or the science curriculum.
- Through effective organisation and delivery of the subject, the academies will ensure that:
 - Core knowledge is sectioned into units of a manageable size.
 - The required content is communicated to pupils clearly, in a carefully sequenced way, within a planned scheme of work.
 - Teaching includes sufficient and well-chosen opportunities and contexts for pupils to embed new knowledge so that it can be used confidently in real-life situations.



- RSHE complements several national curriculum subjects. Where appropriate, the academies will look for opportunities to make links between the subjects and integrate teaching.
- The RSHE curriculum will be delivered by appropriately trained members of staff.
- The curriculum will proactively address issues in a timely way in line with current evidence on pupil's physical, emotional, and sexual development.
- RSHE will be delivered in a non-judgemental, age-appropriate, factual, and inclusive way that allows pupils to ask questions in a safe environment.
- Teaching of the curriculum reflects requirements set out in law, particularly in the Equality Act 2010 and where appropriate, pupils understand what the law does and does not allow, and the wider legal implications of the decisions they make.
- **[UPDATED]** Schools are free to determine when it is appropriate to teach pupils about LGBTQ+. All pupils are expected to learn about LGBTQ+ content, and parents do not have a statutory right to withdraw their children from lessons that include LGBTQ+ content.
- **[UPDATED]** At the point the primary academies consider it appropriate to teach pupils about LGBTQ+, this content is fully integrated into the relationships, sex, and health curriculum, rather than delivered as a standalone unit or lesson. We will always consider the development and maturity of pupils before teaching this topic.
- The secondary academies will integrate LGBTQ+ content into the RSE curriculum. This content will be taught as part of the overall curriculum, rather than a standalone topic or lesson. LGBTQ+ content will always be approached in a sensitive, age-appropriate, and factual way that allows pupils to explore the features of stable and healthy same-sex relationships.
- All teaching and resources are assessed by the RSHE leader to ensure they are appropriate for the age and maturity of pupils, are sensitive to their religious backgrounds and meet the needs of any SEND, if applicable.
- Classes may be taught in segregated groups dependent on the nature of the topic being delivered at the time, and the cultural background of pupils where it is only appropriate to discuss the body in single sex groups.
- Throughout every year group, appropriate diagrams, videos, books, games, discussion, and practical activities will be used to assist learning.
- Inappropriate images, videos, etc. will not be used, and resources will be selected with sensitivity given to the age and cultural background of pupils. All teaching and materials are appropriate for the ages of the pupils, their religious backgrounds, their developmental stages, and any additional needs, such as SEND.
- Pupils will be prevented from accessing inappropriate materials on the internet when using such to assist with their learning. The prevention measures taken to ensure this are outlined in the E-safety Policy, and Acceptable Terms of Use Agreement of each academy.



- Teachers will establish what is appropriate for one-to-one and whole class settings and alter their teaching of the programmes accordingly.
- Teachers will ensure that pupils' views are listened to and will encourage them to ask questions and engage in discussion. Teachers will answer questions sensitively, honestly, and appropriate to the pupil's age.
- The curriculum will be designed to focus on boys as much as girls and activities will be planned to ensure both are actively involved, matching their different learning styles.
- Teachers will focus heavily on the importance of marriage and healthy relationships when teaching RSHE, though sensitivity will always be given as to not stigmatise pupils based on their home circumstances.
- Teachers will ensure lesson plans focus on challenging perceived views of pupils based on protected characteristics, through exploration of, and developing mutual respect for, those different to themselves.
- Teachers will ensure that lesson plans are centred around reducing stigma, particularly in relation to mental wellbeing, and encouraging openness through discussion activities and group work.
- In teaching the curriculum, teachers will be aware that pupils may raise topics such as self-harm and suicide. When talking about these topics in lessons, teachers will be aware of the risks of encouraging these behaviours and will avoid any resources or material that appear as instructive rather than preventative.
- At all points of delivery of the curriculum, parents will be consulted, and their views will be valued. What will be taught and how, will be planned in conjunction with parents.
- Classes may be taught in segregated groups, dependent upon the nature of the topic being delivered at the time, and the cultural background of pupils where it is only appropriate to discuss the body in single sex groups.

Curriculum links

The primary academies seek opportunities to draw links between relationships, sex and health education and other curriculum subjects wherever possible to enhance pupils' learning.

Relationships, sex, and health education will be linked to the following subjects in particular:

- Science – pupils learn about the main external parts of the body and changes to the body as it grows from birth to old age, including puberty.
- Computing and ICT – pupils learn about e-safety, including how to use technology safely, responsibly, respectfully, and securely, how to keep personal information private and how to access help and support.



- PE – pupils explore various physical activities, are physically active for sustained periods of time, engage in competitive sport and understand how exercise can lead to healthier lifestyles.
- Citizenship – pupils learn about the requirements of the law, their responsibilities, and the possible consequences of their actions.
- PSHE – pupils learn about respect and difference, values, and characteristics of individuals.

Assessment

Whilst there are no formal examinations for the relationships, sex and health curriculum, the school will undertake informal assessments to determine pupil progress – these include the following:

- Tests
- Written assignments
- Group presentations
- Group tasks
- Projects

Responding to pupils' questions

There will always be sensitive and controversial issues within the subjects of RSHE. These may be a matter of age and stage appropriateness or contrasting personal beliefs including those originating from faith perspectives and culture. We believe that children are best educated and protected from harm when they are provided with a safe and supportive space to discuss issues openly within the framework of a class working agreement. At the end of every lesson, pupils will be provided with an opportunity to ask questions. Teachers will answer questions as fully as they feel age and stage appropriate, based on the level of knowledge demonstrated by pupils during the lesson. Teachers may delay answering a pupil's question if they need time to consult with a colleague or the school leadership team to construct an appropriate answer.

Teachers can refuse to answer a question that they feel is inappropriate and will never answer personal questions. If a teacher does not answer a question, the pupil will have the reasons clearly explained and the teacher will work with the pupil to identify suitable sources of information where they can obtain an answer to their question. This may include encouraging the pupil to ask a parent/carer or trusted adult at home.



Appendix B

Secondary education

The secondary academies are free to determine an age-appropriate, developmental curriculum which meets the needs of young people and includes the statutory content outlined in section 4 of this policy. Each school will detail the timetable of delivering the curriculum including what is taught in each year group, detailed on their website. Schools should continue to develop knowledge on topics specified for primary as required and in addition cover the following content by the end of secondary:

Relationships and sex education

RSHE will continue to develop pupils' knowledge on the topics taught at a primary level, in addition to the content outlined in this section.

Families

By the end of secondary education, pupils will know:

- That there are diverse types of committed, stable relationships.
- How these relationships might contribute to human happiness and their importance for bringing up children.
- What marriage is, including their legal status, e.g., that marriage carries legal rights and protections not available to couples who are cohabiting or who have married, for example, in an unregistered religious ceremony.
- Why marriage is an important relationship choice for many couples and why it must be freely entered.
- The characteristics and legal status of other types of long-term relationships.
- The roles and responsibilities of parents with respect to raising children, including the characteristics of successful parenting.

Pupils will also know how to:

- Determine whether other children, adults or sources of information are trustworthy.
- Judge when a family, friend, intimate or other relationship is unsafe, and recognise this in others' relationships.
- How to seek help or advice if needed, including reporting concerns about others.

Respectful relationships, including friendships

By the end of secondary education, pupils will know:

- The characteristics of positive and healthy friendships in all contexts (including online), including trust, respect, honesty, kindness, generosity, boundaries, privacy,



consent and the management of conflict, reconciliation and ending relationships. This includes different (non-sexual) types of relationships.

- Practical steps they can take in a range of different contexts to improve or support respectful relationships.
- How stereotypes, particularly those based on sex, gender, race, religion, sexual orientation, or disability, can cause damage, e.g., how they might normalise non-consensual behaviour.
- That in school and wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including people in positions of authority and due tolerance of other people's beliefs.
- About diverse types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to seek help.
- The types of behaviour in relationships that can be criminal, including violent behaviour and coercive control.
- What constitutes sexual harassment and violence and why these are always unacceptable.
- The legal rights and responsibilities regarding equality, with reference to the protected characteristics defined in the Equality Act 2010, and that everyone is unique and equal.

Online and media

By the end of secondary education, pupils will know:

- Their rights, responsibilities, and opportunities online, and that the same expectations of behaviour apply in all contexts.
- About online risks, including that material shared with another person has the potential to be shared online and the difficulty of removing potentially compromising material placed online.
- Not to provide material to others that they would not want shared further and not to share personal material which they receive.
- What to do and where to get support to report material or manage issues online.
- The impact of viewing harmful content.
- That specifically sexually explicit material, e.g., pornography, presents a distorted picture of sexual behaviours, can damage the way people see themselves in relation to others and negatively affect how they behave towards sexual partners.
- That sharing and viewing indecent images of children is a criminal offence which carries severe penalties, including jail.
- How information and data is generated, collected, shared, and used online.

Being safe

By the end of secondary education, pupils will know:



- The concepts of, and laws relating to, sexual consent, sexual exploitation, abuse, grooming, coercion, harassment, rape, domestic abuse, forced marriage, honour-based violence and FGM (Female Genital Mutilation), and how these can affect current and future relationships.
- How people can actively communicate and recognise consent from others, including sexual consent, and how and when consent can be withdrawn – this includes online.

Intimate and sexual relationships, including sexual health

By the end of secondary education, pupils will know:

- 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.
- That all aspects of health can be affected by choices they make in sex and relationships, positively and negatively, e.g., physical, emotional, mental, sexual, and reproductive health and wellbeing.
- The facts about reproductive health, including fertility and the potential impact of lifestyle on fertility for both men and women.
- The range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure, and not pressurising others.
- That they have a choice to delay sex or enjoy intimacy without sex.
- The facts about the full range of contraceptive choices, their effectiveness, and options available.
- The facts around pregnancy including miscarriage.
- That there are choices in relation to pregnancy, with legally and medically accurate, impartial information on all options including keeping the baby, adoption, abortion and where to get further help.
- How the different sexually transmitted infections (STIs) are transmitted, how risk can be reduced through safer sex and the importance of facts about testing.
- About the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment.
- How the use of alcohol and drugs can lead to risky sexual behaviour.
- How to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment.

Relationships and sex education - programmes of study

The secondary academies are free to determine an age-appropriate, developmental curriculum which meets the needs of young people and includes the statutory content outlined in section 4 of this policy.

Year 7

- Puberty and reproduction: consolidation of KS2 learning.



- Gender identity and sexuality: difference between sex, gender, and sexuality.
- Healthy relationships: features of a healthy relationship.
- Female genital mutilation (FGM): associated risks and its status as a criminal act.
- Recognising and responding to bullying and abuse: including online.
- Asking for help: developing the confidence and skills.

Year 8

- The HPV (human papillomavirus) vaccine: the purpose and importance of immunisation.
- Relationships and attraction: recognising diversity in relationships.
- Sexuality and attraction: recognising diversity in sexuality.
- Marriage, forced marriage and the law: consent and sexual activity.
- Sexting: understanding the risks and consequences including how to respond.
- Peer support: knowing when to break confidence for safety.

Year 9

- Self-esteem: understanding the impact of changing relationships.
- Sex and the media: including pornography influences on behaviour.
- Consent: respecting the right to give, withhold and withdraw consent.
- Contraception: an introduction to contraceptive methods.
- STI's and how to prevent them: rights and responsibilities to be healthy.
- Accessing information, advice, and guidance: right to confidentiality.

Year 10

- Body image, the media, and cosmetic procedures: idealised and artificial body shapes.
- Gender identity and sexuality: diversity in gender expression and sexuality within relationships.
- Healthy relationships: understanding consent within sexual activities.
- Readiness for sexual intimacy: communicating the right not to engage in sexual activities.
- Contraception: barrier methods to prevent STI (sexually transmitted infections) transmission within a range of sexual activities.
- Pregnancy pathways: emergency contraception, abortion, and the law.

Year 11

- Testicular and breast examination: identifying and responding to cancer concerns.
- Sex in the media: the impact on sexual norms and ethics within sexual relationships.
- Healthy relationships: asserting a response to unhealthy and abusive relationships.
- Consent: recognising and understanding coercion and persuasion within relationships.
- Contraception: communicating and negotiating the effective use of contraception.



- Pregnancy pathways: exploring options for unintended teenage pregnancy and parenthood.

Please refer to the relevant academy’s website for specific details of the curriculum for each year group at the academy, when the topics will be delivered and the teachers that will be responsible for delivering the curriculum.

Health education

The physical health and mental wellbeing curriculum will continue to develop pupils’ knowledge on the topics taught at a primary level, in addition to the content outlined in this section.

Mental wellbeing

By the end of secondary education, pupils will know:

- How to talk about their emotions accurately and sensitively, using appropriate vocabulary.
- That happiness is linked to being connected to others.
- How to recognise the early signs of mental wellbeing concerns.
- Common types of mental ill health, e.g., anxiety and depression.
- How to critically evaluate when something they do or are involved in has a positive or negative effect on their own or others’ mental health.
- The benefits and importance of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness.

Internet safety and harms

By the end of secondary education, pupils will know:

- The similarities and differences between the online world and the physical world, including the impact of unhealthy or obsessive comparison with others online, over-reliance on online relationships, the risks related to online gambling, how information is targeted at them and how to be a discerning consumer of information online.
- How to identify harmful behaviours online, including bullying, abuse, or harassment, and how to report, or find support, if they have been affected by those behaviours.

Physical health and fitness

By the end of secondary education, pupils will know:

- The positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress.
- The characteristics and evidence of what constitutes a healthy lifestyle, maintaining a healthy weight, including the links between an inactive lifestyle and ill health.



- About the science relating to blood, organ, and stem cell donation.

Healthy eating

By the end of secondary education, pupils will know:

- How to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer.

Drugs, alcohol, and tobacco

By the end of secondary education, pupils will know:

- The facts about legal and illegal drugs and their associated risks, including the link between drug use and serious mental health conditions.
- The law relating to the supply and possession of illegal substances.
- The physical and psychological risks associated with alcohol consumption and what constitutes minimal risk alcohol consumption in adulthood.
- The physical and psychological consequences of addiction, including alcohol dependency.
- Awareness of the dangers of drugs which are prescribed but still present serious health risks.
- The facts about the harms from smoking tobacco, the benefits of quitting and how to access the support to do so.

Health and prevention

By the end of secondary education, pupils will know:

- About personal hygiene, germs including bacteria, viruses, how they are spread, treatment and prevention of infection, and about antibiotics.
- About dental health and the benefits of good oral hygiene and dental flossing, including healthy eating and regular check-ups at the dentist.
- The benefits of regular self-examination and screening at the age-appropriate time.
- The facts and science relating to immunisation and vaccination.
- The importance of sufficient decent quality sleep for good health and how a lack of sleep can affect weight, mood, and ability to learn.

Basic first aid

By the end of secondary education, pupils will know:

- Basic treatments for common injuries.
- Life-saving skills, including how to administer CPR, which are age appropriate.
- The purpose of defibrillators and when one might be needed.

Changing adolescent body

By the end of secondary education, pupils will know:



- Key facts about puberty, the changing adolescent body and menstrual wellbeing.
- The main changes which take place in males and females, and the implications for emotional and physical health.

Health education - programmes of study

The secondary academies are free to determine an age-appropriate, developmental curriculum which meets the needs of young people and includes the statutory content outlined in section 6 of this policy.

Year 7

- Asking for help with mental health.
- The sleep factor!
- Healthy Food! Healthy Me!

Year 8

- Mental health and depression.
- Mental health: no stigma allowed
- First-aid.

Year 9

- Self-esteem.
- Media and body image.
- Cyber bullying.
- Self-harm.
- Mental health: everyone deserves to be happy.

Year 10

- Media messages and me.
- Alcohol.
- Smoking.
- Drugs.

Year 11

- Check yourself out! Testicular and breast examination.
- Sleep.
- Blood, organ, and stem cell donation.
- Gambling and addiction.

Please refer to the relevant academy's website for specific details of the curriculum for each year group at the academy, when the topics will be delivered and the teachers that will be responsible for delivering the curriculum.



Delivery of the curriculum

- The majority of the RHSE and health education curriculum will be delivered through the PSHE curriculum, science, physical education, computer science and religious education.
- Through effective organisation and delivery of the subject, the academies will ensure that:
 - Core knowledge is sectioned into units of a manageable size.
 - The required content is communicated to pupils clearly, in a carefully sequenced way, within a planned scheme of work.
 - Teaching includes sufficient and well-chosen opportunities and contexts for pupils to embed new knowledge so that it can be used confidently in real-life situations.
- RSHE complements several national curriculum subjects. Where appropriate, the academies will look for opportunities to make links between the subjects and integrate teaching.
- The RSHE curriculum will be delivered by appropriately trained members of staff.
- The curriculum will proactively address issues in a timely way in line with current evidence on pupil's physical, emotional, and sexual development.
- RSHE will be delivered in a non-judgemental, age-appropriate, factual, and inclusive way that allows pupils to ask questions in a safe environment.
- Teaching of the curriculum reflects requirements set out in law, particularly in the Equality Act 2010 and where appropriate, pupils understand what the law does and does not allow, and the wider legal implications of the decisions they make.
- **[UPDATED]** Schools are free to determine when it is appropriate to teach pupils about LGBTQ+. All pupils are expected to learn about LGBTQ+ content, and parents do not have a statutory right to withdraw their children from lessons that include LGBTQ+ content.
- At the point the primary academies consider it appropriate to teach pupils about LGBTQ+, this content is fully integrated into the relationships, sex, and health curriculum, rather than delivered as a standalone unit or lesson. Pupils will be taught about LGBTQ+ in Year 6; however, we will always consider the development and maturity of pupils before teaching this topic.
- The secondary academies will integrate LGBTQ+ content into the RSE curriculum. This content will be taught as part of the overall curriculum, rather than a standalone topic or lesson, and will be included in lessons on [*insert when these lessons will take place*]. LGBTQ+ content will be approached in a sensitive, age-appropriate, and factual way that allows pupils to explore the features of stable and healthy same-sex relationships.



- All teaching and resources are assessed by the RSHE leader to ensure they are appropriate for the age and maturity of pupils, are sensitive to their religious backgrounds and meet the needs of any SEND, if applicable.
- Classes may be taught in segregated groups dependent on the nature of the topic being delivered at the time, and the cultural background of pupils where it is only appropriate to discuss the body in single sex groups.
- Throughout every year group, appropriate diagrams, videos, books, games, discussion, and practical activities will be used to assist learning.
- Inappropriate images, videos, etc. will not be used, and resources will be selected with sensitivity given to the age and cultural background of pupils. All teaching and materials are appropriate for the ages of the pupils, their religious backgrounds, their developmental stages, and any additional needs, such as SEND.
- Pupils will be prevented from accessing inappropriate materials on the internet when using such to assist with their learning. The prevention measures taken to ensure this are outlined in the E-safety Policy, and Acceptable Terms of Use Agreement of each academy.
- Teachers will establish what is appropriate for one-to-one and whole class settings and alter their teaching of the programmes accordingly.
- Teachers will ensure that pupils' views are listened to and will encourage them to ask questions and engage in discussion. Teachers will answer questions sensitively, honestly, and appropriate to the pupil's age.
- The curriculum will be designed to focus on boys as much as girls and activities will be planned to ensure both are actively involved, matching their different learning styles.
- Teachers will focus heavily on the importance of marriage and healthy relationships when teaching RSHE, though sensitivity will always be given as to not stigmatise pupils based on their home circumstances.
- Teachers will ensure lesson plans focus on challenging perceived views of pupils based on protected characteristics, through exploration of, and developing mutual respect for, those different to themselves.
- Teachers will ensure that lesson plans are centred around reducing stigma, particularly in relation to mental wellbeing, and encouraging openness through discussion activities and group work.
- In teaching the curriculum, teachers will be aware that pupils may raise topics such as self-harm and suicide. When talking about these topics in lessons, teachers will be aware of the risks of encouraging these behaviours and will avoid any resources or material that appear as instructive rather than preventative.
- At all points of delivery of the curriculum, parents will be consulted, and their views will be valued. What will be taught and how, will be planned in conjunction with parents.



- Classes may be taught in segregated groups, dependent upon the nature of the topic being delivered at the time, and the cultural background of pupils where it is only appropriate to discuss the body in single sex groups.

Curriculum links

- The secondary academies seek opportunities to draw links between RSHE and other curriculum subjects wherever possible to enhance pupils' learning.
- RSHE will be linked to the following subjects:
 - a. Citizenship – pupils are provided with the knowledge, skills and understanding to help prepare them to play a full and active part in society, including an understanding of how laws are made and upheld and how to make sensible decisions.
 - b. Science – pupils are taught about the main external parts of the body and changes to the human body as it grows, including puberty.
 - c. ICT and computing – pupils are taught about how they can keep themselves safe online and the different risks that they may face online as they get older.
 - d. PE – pupils can develop competence to excel in a broad range of physical activities, are physically active for sustained periods of time, engage in competitive sport and lead healthy, active lives.
 - e. PSHE – pupils learn about respect and difference, values, and characteristics of individuals.

Assessment

The academies have the same high expectations of the quality of pupils' work in RSHE as for other curriculum areas. Lessons are planned to provide suitable challenge to pupils of all abilities. Assessments are used to identify where pupils need extra support or intervention.

There are no formal examinations for RSHE. However, to assess pupil outcomes, the academies will capture progress in the following ways:

- Tests
- Written assignments
- Self-evaluations

Responding to pupils' questions

There will always be sensitive and controversial issues within the subjects of RSHE. These may be a matter of age and stage appropriateness or contrasting personal beliefs including those originating from faith perspectives and culture. We believe that children are best educated and protected from harm when they are provided with a safe and supportive space to discuss issues openly within the framework of a class working agreement. At the end of every lesson, pupils will be provided with an opportunity to ask questions. Teachers will answer questions as fully as they feel age and stage appropriate based on the level of



knowledge demonstrated by pupils during the lesson. Teachers may delay answering a pupil's question if they need time to consult with a colleague or the school leadership team to construct an appropriate answer.

Teachers can refuse to answer a question that they feel is inappropriate and will never answer personal questions. If a teacher does not answer a question, the pupil will have the reasons clearly explained and the teacher will work with the pupil to identify suitable sources of information where they can obtain an answer to their question. This may include encouraging the pupil to ask a parent/carer or trusted adult at home.