

**TOTTINGTON**  
HIGH SCHOOL



**Tottingham High School**

**Secondary RSE & Health Education**  
**Policy**

**Next Review Due: July 2026**

**Reviewer's:**

**PSHE Lead; N.Wilson**

**Assistant Principal; D.Higham**

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### **3. Statement of intent**

At Tottington High School, we understand the importance of educating students about sex, relationships and their health, for them to make responsible and well-informed decisions in their lives. The teaching of RSE and health education can help to prepare students for the opportunities, responsibilities and experiences of adult life. It allows us to promote the spiritual, moral, social, cultural, mental and physical development of students at the academy and in the wider society. We have an obligation to provide students with high quality, evidence and age-appropriate teaching of these subjects. This policy outlines how the academy's RSE and health education curriculum will be organised and delivered, to ensure it meets the needs of all students.

### **Defining Relationship and Sex Education**

The DfE guidance defines RSE as “lifelong learning about physical, moral and emotional development. It is about the understanding of the importance of marriage and family life, stable and loving relationships, respect, love and care.

It is also about the teaching of sex, sexuality and sexual health”. It is about the development of the student's knowledge and understanding of her or him as a sexual being, about what it means to be fully human, called to live in right relationships with self and others and being enabled to make moral decisions in conscience.

### **1. Legal Framework**

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

- Equality Act 2010
- DfE (2018) ‘Keeping children safe in education’
- DfE (2025) ‘Relationships Education, Relationships and Sex Education (RSE) and Health Education’ (to be implemented from 1 September 2026)
- 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

**1.2** This policy operates in conjunction with the following academy policies:

- Behavioural Policy
- SEND Policy
- Online-safety Policy
- Equal Opportunities Policy

- Anti-Bullying Policy
- Child Protection and Safeguarding Policy
- Records Management Policy

## **2. Roles and Responsibilities**

### **2.1 The governing board is responsible for:**

- Ensuring all students make progress in achieving the expected educational outcomes.
- Ensuring the RSE and health education curriculum is well-led, effectively managed and well-planned.
- Evaluating the quality of provision through regular and effective self-evaluation.
- Ensuring that teaching is delivered in ways that are accessible to all students with SEND.
- Providing clear information to parents on the subject content and the right to request that their child is withdrawn.
- Ensuring RSE and health education is resourced, staffed and timetabled in a way that ensures the academy can fulfil its legal obligations.

### **2.2 The Principal is responsible for:**

- The overall implementation of this policy.
- Ensuring all staff are suitably trained to deliver the subjects.
- Ensuring parents are fully informed of this policy.
- Reviewing all requests to withdraw students from non-statutory elements of the RSE and health education 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 students receive appropriate, purposeful education during the period of withdrawal.
- Encouraging parents to be involved in consultations regarding the academy's RSE and health education curriculum.
- Reviewing this policy on an annual basis.
- Reporting to the governing board on the effectiveness of this policy and the curriculum.

### **2.3. The RSE and health education subject leader is responsible for:**

- Overseeing the delivery of RSE and health education.

- Working closely with colleagues in related curriculum areas to ensure the RSE and health education curriculum compliments, and does not duplicate, the content covered in national curriculum subjects.
- Ensuring the curriculum is age-appropriate and of high-quality.
- Reviewing changes to the RSE and health education curriculum and advising on their implementation.
- Monitoring the learning and teaching of RSE and health education, 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 RSE and health education.
- Leading staff meetings and ensuring all members of staff involved in the curriculum have received the appropriate training.
- Organising, providing and monitoring CPD opportunities in the subject.
- Ensuring the correct standards are met for recording and assessing student performance.
- Monitoring and evaluating the effectiveness of the subjects and providing reports to the Principal.

#### **2.4. Subject teachers are responsible for:**

- Acting in accordance with, and promoting, this policy.
- Delivering RSE and health education in a sensitive way and that is of a high-quality and appropriate for each year group.
- 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 RSE and health education.
- Liaising with the SENCO about identifying and responding to the individual needs of students with SEND.
- Liaising with the RSE and health education subject leader about key topics, resources and support for individual students.
- Monitoring student progress in RSE and health education.
- Reporting any concerns regarding the teaching of RSE or health education to the RSE and health education subject leader or a member of the SLT.
- Reporting any safeguarding concerns or disclosures that students may make as a result of the subject content to the DSL.

- Responding appropriately to students whose parents have requested to withdraw them from the non-statutory components of RSE, by providing them with alternative education opportunities.

## **2.5. The SENCO is responsible for:**

- Advising teaching staff how best to identify and support students' individual needs.
- Advising staff on the use of TAs in order to meet students' individual needs.

## **3. Organisation of the RSE and health education curriculum**

- **3.1.** All schools providing secondary education are required to deliver statutory RSE and all state-funded schools are required to deliver health education.
- **3.2.** For the purpose of this policy, “relationships and sex education” is defined as teaching students about developing healthy, nurturing relationships of all kinds, and helping them to understand human sexuality and to respect themselves and others.
- **3.3.** For the purpose of this policy, “health education” is defined as teaching students about how they can make good decisions about their own health and wellbeing, and how physical health and mental wellbeing are interlinked.
- **3.4.** The RSE and health education curriculum will be developed in consultation with teachers, students and parents, and in accordance with DfE recommendations.
- **3.5.** We will gather the views of teachers, students and parents in the following ways:
  - Questionnaires
  - Meetings
  - Letters
  - Training sessions
- **3.6.** The majority of the RSE and health education curriculum will be delivered through our PSHE and Health and Well -Being programme of studies, with statutory elements taught via the science curriculum.
- **3.7.** The RSE and health education subject 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.
- **3.8.** The curriculum has been developed in line with the DfE's 'Relationships Education, Relationships and Sex Education (RSE) and Health Education' guidance.

- **3.9.** The academy will consider the context and views of the wider local community when developing the curriculum to ensure it is reflective of issues in the local area.
- **3.10.** The academy will consider the religious background of all students when planning teaching, to ensure all topics included are appropriately handled.
- **3.11.** The RSE and health education curriculum is informed by topical issues in the academy and wider community, to ensure it is tailored to students' needs, for example, if there was a local prevalence of specific sexually transmitted infections, our curriculum would be tailored to address this issue.

#### **4. RSE subject overview**

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

#### **Families**

- **4.2.** By the end of secondary school, pupils will know:
  - That there are different 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 into.
  - 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.

#### **4.3. Students 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**

#### **4.4. By the end of secondary school, 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 the Academy 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 different 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**

#### **4.5 By the end of secondary school, 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**

### **4.6 By the end of secondary school, 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, 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.

### **4.7 By the end of secondary school, 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 menopause, including what it is, its symptoms, and its impact on reproductive and overall health.
- 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.

## **5. RSE programmes of study**

- 5.1. The academy is free to determine an age-appropriate, developmental curriculum that meets the needs of young people and includes the statutory content outlined in section 4 of this policy.

### **5.2. Year 7: Friendships, Respect & Relationships Unit [RSE];**

- What is consent - Y7 Looking at Boundaries
- Relationships
- Managing Friendships & Relationships
- What Makes a Good Friend?
- Respect Matters
- Building Positive Relationships

### **5.3. Year 8: Identity, Relationships and Sex Education Unit [RSE];**

- RSE - Sexual Orientation
- RSE - What is Gender Identity
- RSE - Correct terms to be used
- RSE - Self Esteem and the Media
- RSE - Healthy Loving Relationships
- RSE Why have sex?
- Contraception - What is it & types?
- HIV - Discrimination and Prejudice

### **5.4. Year 9: Contraception and STI's Unit [RSE];**

- Contraception and STI's Unit [RSE]
- Contraception - Fact Hunt / Show & Tell
- Contraception - Condom lesson
- Contraception - The Pill (combined Pill)
- What is sexual Health
- HIV - (Facts not Myths)
- What are STI's? (Main Types)
- Sex - The Law & Consent Unit [RSE]:
- Sex and the law (include FGM)
- What is consent - Y9 Sexual consent & law

- RSE - Delaying Sexual Relationships
- RSE - Coping with Peer Pressure – Relationship
- RSE - Relationships and intimacy

#### **5.5. Year 10: Exploring Relationships and Sex Education [RSE]:**

- FGM
- Sexting 'Nudes'
- Online Pornography (Myths vs Reality)
- Domestic Abuse
- Sexualisation of the Media
- What is a Healthy Loving /Relationship
- Revisiting Sexual Health & Risks and Relationship Break downs,
- Loss and Bereavement

#### **5.6. Year 11: Sexual Health Unit [RSE]:**

- Peer on Peer Bullying Harassment
- Fertility - what impacts it
- Alcohol & Sex
- Revisiting - Importance of Sexual Health
- Revisiting Contraception

### **6. Health education subject overview**

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

#### **Mental wellbeing**

##### **6.2. By the end of secondary school, students 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**

### **6.3. By the end of secondary school, students 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**

#### **6.4. By the end of secondary school, students 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.
- How to perform CPR, administer basic treatment for common injuries, and understand how to respond in emergency situations, with training delivered in partnership with organisations such as the British Red Cross.

### **Healthy eating**

#### **6.5. By the end of secondary school, students 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**

#### **6.6. By the end of secondary school, students 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 low 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**

### **6.7. By the end of secondary school, students 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 (KS4)
- The facts and science relating to immunisation and vaccination.
- The importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn.

## **Changing adolescent body**

### **6.8. By the end of secondary school, students will know:**

- Key facts about puberty, the changing adolescent body and menstrual wellbeing.
- Adolescent brain development, including how the brain changes during puberty and how this affects emotions, behaviour, and decision-making.
- The main changes which take place in males and females, and the implications for emotional and physical health.

## **7. Health education programmes of study**

**7.1.** The academy is free to determine an age-appropriate, developmental curriculum that meets the needs of young people and includes the statutory content outlined in section 6 of this policy.

### **7.2. Year 7: Puberty and Body Development Unit [H&W]:**

- Revisiting Puberty
- Puberty – Girls
- Puberty – Boys
- Puberty - Personal Hygiene
- Puberty - Menstruation (Link with FGM)
- Puberty - Assertiveness, Consent & Hormones
- Puberty - Self Esteem & Body Image

### **7.3. Year 8: Physical Health and Mental Wellbeing Unit [H&W]:**

- Health & Wellbeing

- Child Abuse (Physical and Emotional and Neglect)
- Types of Bullying & Responding to Bullying
- What is Mental Health & Emotional Health
- Positive Body Image - Body Confidence
- Healthy Eating (Balanced Diet, Tooth Decay etc)
- Physical Health (Immunization and Vaccination)

#### **7.4. Year 9: Body Confidence Unit [H&W]:**

- Body Confidence
- - Bullying in all its forms
- Dealing with Grief and Loss (& stages)
- Media and Air Brushing (unrealistic body image expectations)
- How Self Esteem Changes
- What is a Healthy Lifestyle & Cancer Prevention

#### **7.5. Year 10: Mental Health and Wellbeing Unit [H&W]:**

- Child Abuse (CSE)
- Screen Time & Safe use of Mobile Phones
- Suicide (Thought and Feelings)
- Self-Harm (Causes and Support available)
- Common Types of Mental Ill Health (Anxiety, Stress and Depression)
- Promoting Emotional Wellbeing (Exercise and Mental Wellbeing)

#### **7.6. Year 11: Adult Health & Looking after Yourself [H&W]:**

- Physical Health - Cancer (Testicular)
- Physical Health - Cancer (Cervical and Breast)
- Organ donation + Stem Cell Research
- Teenage Pregnancy – Choice
- Abortion (Laws, Moral, Thoughts and Feelings)

### **8. Delivery of the curriculum**

**8.1.** The majority of the RSE and health education curriculum will be delivered through the PSHE and Health curriculum.

**8.2.** Through effective organisation and delivery of the subject, we will ensure that:

- Core knowledge is sectioned into units of a manageable size
- The required content is communicated to students clearly, in a carefully sequenced way, within a planned scheme of work.

- Teaching includes sufficient and well-chosen opportunities and contexts for students to embed new knowledge so that it can be used confidently in real-life situations.

**8.3.** RSE and health education complement several national curriculum subjects.

Where appropriate, the academy will look for opportunities to make links between the subjects and integrate teaching.

**8.4.** The RSE and health education curriculum will be delivered by appropriately trained members of staff.

**8.5.** The curriculum will proactively address issues in a timely way in line with current evidence on student's physical, emotional and sexual development.

**8.6.** RSE and health education will be delivered in a non-judgemental, age appropriate, factual and inclusive way that allows students to ask questions in a safe environment.

**8.7.** Teaching of the curriculum reflects requirements set out in law, particularly in the Equality Act 2010, so that

students understand what the law does and does not allow, and the wider legal implications of the decisions they make.

**8.8.** The academy 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 be approached in a sensitive, ageappropriate and factual way that allows students to explore the features of stable and healthy same-sex relationships.

**8.9.** All teaching and resources are assessed by the RSE and health education subject leader to ensure they are appropriate for the age and maturity of students, are sensitive to their religious backgrounds and meet the needs of any SEND, if applicable.

**8.10.** Classes may be taught in gender-segregated groups dependent on the nature of the topic being delivered at the time, and the cultural background of students where it is only appropriate to discuss the body in single gender groups.

**8.11.** Throughout every year group, appropriate diagrams, videos, books, games, discussion and practical activities will be used to assist learning.

**8.12.** Inappropriate images, videos, etc. will not be used, and resources will be selected with sensitivity given to the age and cultural background of students.

**8.13.** Students 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 academy's E-safety Policy, and Acceptable Terms of Use Agreement.

**8.14.** Teachers will establish what is appropriate for one-to-one and whole class settings, and alter their teaching of the programmes accordingly.

**8.15.** Teachers will ensure that students' views are listened to and will encourage them to ask questions and engage in discussion. Teachers will answer questions sensitively and honestly.

**8.16.** 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.

**8.17.** Teachers will focus heavily on the importance of marriage and healthy relationships when teaching RSE, though sensitivity will always be given as to not stigmatise students on the basis of their home circumstances.

**8.18.** Teachers will ensure lesson plans focus on challenging perceived views of students based on protected characteristics, through exploration of, and developing mutual respect for, those different to themselves.

**8.19.** In teaching the curriculum, teachers will be aware that students 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.

**8.20.** 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.

**8.21.** The procedures for assessing student progress are outlined in section 15 of this policy.

## **9. Curriculum Links**

**9.1** The school seeks opportunities to draw links between RSE and health education and other curriculum subjects wherever possible to enhance pupils' learning.

**9.2** RSE and health education will be linked to the following subjects:

- 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.
- Science – pupils are taught about the main external parts of the body and changes to the human body as it grows, including puberty.
- 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



- 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.
- PSHE – pupils learn about respect and difference, values and characteristics of individuals.

## **10. Working with parents and carers**

**10.1.** The academy understands that the role of parents' and carers' role in the development of their children's understanding about relationships and health is vital.

**10.2.** The academy will work provide details of the RSE and health curriculum via our website to enable parents to view the content of the academy's RSE and health education curriculum.

- The curriculum content, including what will be taught and when.
- Examples of the resources the academy intends to use to deliver the curriculum
- Information about parents' right to withdraw their child from non-statutory elements of RSE and health education.

**10.3.** Parents will be provided with frequent opportunities to understand and ask questions about the academy's approach to RSE and health education. This will be facilitated through inviting parents to information sessions about the curriculum, providing resources to help them continue conversations at home, offering opportunities to discuss any concerns before specific content is taught, and working in partnership with families to ensure the RSE programme is transparent, inclusive, and responsive to the needs of the school community

**10.4.** The academy understands that the teaching of some aspects of the curriculum may be of concern to parents.

**10.5.** If parents have concerns regarding RSE and health education, they may submit these via email or contact the academy office to arrange a meeting with the Principal.

## **11. Working with external agencies**

**11.1.** Working with external agencies can enhance our delivery of RSE and health education, and brings in specialist knowledge and different ways of engaging students.

**11.2.** External experts may be invited to assist from time-to-time with the delivery of the RSE and health education curriculum but will be expected to comply with the provisions of this policy.

**11.3.** The academy will check the visitor/visiting organisation's credentials of all external agencies.

**11.4.** The academy will ensure the teaching delivered by the external expert's fits with the planned curriculum and provisions of this policy.

**11.5.** The academy will request copies of the materials and lesson plans the visitor will use, to ensure it meets the full range of students' needs.

**11.6.** The school will not agree to any contractual restrictions that prevent the sharing of RSE materials with parents. All external providers must ensure that any content they deliver is fully accessible for parental review in advance.

**11.7.** All external agency shared materials must comply with copyright laws, and appropriate permissions must be obtained to allow for lawful distribution to parents.

**11.8.** The academy and the visitor will 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 academy's Child Protection and

### **Safeguarding Policy.**

**11.9.** The academy will use external agencies to enhance teaching by an appropriate member of teaching staff, not to replace teaching by those staff.

**11.10.** In line with the 2025 statutory guidance, where external agencies are invited to support the delivery of RSE and health education, the Academy will ensure that safeguarding procedures are clearly agreed in advance, including how any disclosures or safeguarding concerns raised during sessions—such as those related to self-harm or suicide—will be reported and managed.

**11.11.** All external providers must follow the school's safeguarding policy and adhere to guidance on delivering sensitive topics in a safe, age-appropriate, and responsible manner.

### **12. Withdrawal from lessons**

**12.1.** Parents have the right to request that their child is withdrawn from "sex education" not the relationships or health elements Tottington High School RSE Policy

**12.2.** The right to withdraw ends three terms before the child turns 16. After this point, if the child wishes to receive RSE, the school will provide it

**12.3.** Requests to withdraw a child from sex education will be made in writing to the Head Teacher.

**12.4.** Before granting a withdrawal request, the Head Teacher 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.

**12.5.** The Principal will inform parents of the benefits of their child receiving RSE and any detrimental effects that withdrawal might have.

**12.6.** Following discussions with parents, the academy will 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 make arrangements to provide the child with RSE.

**12.7.** Students who are withdrawn from RSE will receive appropriate, purposeful education during the full period of withdrawal.

**12.8.** For requests concerning the withdrawal of a student with SEND, the Principal may take the student's specific needs into account when making their decision.

### **13. Equality and accessibility**

**13.1.** The academy will comply with the relevant requirements of the Equality Act 2010 and will ensure the curriculum does not discriminate against students because of their:

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

**13.2.** The academy will consider the backgrounds, gender, age range and needs of its students and determine whether it is necessary to put in place additional support for students with the above protected characteristics.

**13.3.** The academy understands that students with SEND are entitled to learn about RSE and health education, and the curriculum will be designed to be inclusive of all students.

**13.4.** The academy is aware that some students 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 students with SEND.

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

**13.6.** The academy 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 students based on their gender or any other characteristic.

**13.7.** The academy 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.

**13.8.** The academy 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 academy's

#### **Positive Discipline Policy.**

##### **14.Safeguarding and confidentiality**

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

**14.2.** Confidentiality within the classroom is an important component of RSE and health education, and teachers are expected to respect the confidentiality of their students as far as is possible, in compliance with the academy's

##### **Safeguarding and Child Protection Policy.**

**14.3.** Teachers will however, understand that some aspects of RSE may lead to a student raising a safeguarding concern, e.g. disclosing that they are being abused, and that if a disclosure is made, the DSL will be alerted immediately.

**14.4.** Students will be made aware of how to raise their concerns or make a report, and how their report will be handled – this includes the process for when they have a concern about a peer.

##### **15.Assessment**

**15.1.** The academy has the same high expectations of the quality of students' work in RSE and health education as for other curriculum areas.

**15.2.** Lessons are planned to provide suitable challenge to students of all abilities.

**15.3.** Assessments are used to identify where students need extra support or intervention.

**15.4.** There are no formal examinations for RSE and health education; however, to assess student outcomes, the academy will capture progress in the following ways:

- Tests
- Written assignments
- Self-evaluations

## **16. Staff training**

**16.1.** Training will be provided by the RSE and health education subject leader to the relevant members of staff to ensure they are up-to-date with the RSE and health education curriculum.

**16.2.** Training will also be scheduled around any updated guidance on the curriculum and any new developments, such as “sexting”, which may need to be addressed in relation to the curriculum.

**16.3.** The academy will ensure 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.

**16.4.** Appropriately trained staff will be able to give students information on where and how to obtain confidential advice, counselling and treatment, as well as guidance on emergency contraception and their effectiveness.

## **17. Monitoring quality**

**17.1.** The RSE and health education subject leader is responsible for monitoring the quality of teaching and learning for the subject.

**17.2.** The RSE and health education subject leader 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
- Work scrutiny
- Lesson planning scrutiny

**17.3.** The RSE and health education subject leader will create annual subject reports for the Principal and governing board to report on the quality of the subjects.

**17.4.** The RSE and health education subject leader will work regularly and consistently with the Principal through termly review meetings, to evaluate the effectiveness of the subjects and implement any changes.

### **18. Monitoring and review**

**18.1.** This policy will be reviewed by the Principal in conjunction with the RSE and health education subject leader on an annual basis.

**18.2.** Any changes needed to the policy, including changes to the programmes, will be implemented by the Principal.

**18.3.** Any changes to the policy will be clearly communicated to all members of staff and, where necessary, parents and students, involved in the RSE and health education curriculum.

**18.4.** The next scheduled review date for this policy is July 2026.

## **19. Appendix 1 – Letter to parents/carers**

### **Letter to Parents Regarding RSE and health education**

RE: RSE and health education at Tottington High School

Dear parent/carers

In accordance with updated government guidance, from September 2026, Relationships Education remains compulsory in all primary schools in England, while Relationships and Sex Education (RSE) is compulsory in all secondary schools. Health Education continues to be compulsory in all state-funded schools.

The updated statutory guidance strengthens requirements around topics such as menstrual and gynaecological health, mental wellbeing, and safeguarding, and schools are expected to begin aligning with these changes ahead of full implementation.

We are clear that parents and carers are the prime educators for children on many of these matters and the school's role is to provide our pupils with high-quality and age-appropriate teaching to support their personal development and pastoral needs.

The RSE and Health education policy outlines how the school's RSE and health education curriculum will be organised and delivered as well as what will be taught to the various year groups. You can access a copy of this policy via our website in the curriculum section.

**Right to withdraw**

- Parents have the right to request that their child is withdrawn from some or all of sex education delivered as part of statutory RSE.
- Parents do not have a right to withdraw their child from the relationships or health elements of the programmes.
- The school will 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 school will make arrangements to provide the child with RSE.
- Requests to withdraw a child from sex education will need to be made in writing to the Principal.

If you have any concerns or queries about your child's participation in RSE and health education lessons, please do not hesitate to contact me to discuss.

Yours sincerely,

Assistant Principal

Tottington High School