



RSHE Policy

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Review Interval:	Annual

Nurture, Grow, Flourish

Relationships, Sex, and Health Education (RSHE) Policy



Introduction

Walton Hall Academy is committed to providing a comprehensive Relationships, Sex, and Health Education (RSHE) curriculum that equips students with the knowledge, skills, and values they need to lead healthy, safe, and fulfilling lives. This policy aligns with statutory guidance from the Department for Education (DfE) and reflects our responsibility to promote the spiritual, moral, social, cultural, mental, and physical development of students, preparing them for the opportunities, responsibilities, and experiences of adult life.

Legal Framework

This policy is informed by:

- **Education Act 2002**
- **Children and Social Work Act 2017**
- **Equality Act 2010**
- **DfE Guidance: Relationships Education, Relationships and Sex Education (RSE), and Health Education (2021)**
- **Keeping Children Safe in Education (2024)**

Aims and Objectives

The RSHE curriculum at Walton Hall Academy aims to:

- Develop students' understanding of healthy relationships, consent, and respect for self and others.
- Promote mental and physical health and well-being.
- Provide accurate and age-appropriate information about human reproduction, sexual health, and sexuality.
- Equip students with strategies to safeguard themselves and others in various contexts, including online environments.
- Address issues of equality, diversity, and inclusion, fostering respect for all individuals.

Curriculum Content

Relationships Education

Relationships education focuses on teaching students about:

- The characteristics of positive relationships, including trust, respect, and honesty.
- Families and people who care for them, recognising diverse family structures.
- Friendships, including managing conflict and repairing relationships.
- Online safety, including recognising and managing risks associated with social media and online interactions.
- Consent, boundaries, and recognising unhealthy or abusive relationships.

Sex Education

Sex education is designed to provide students with:

- Age-appropriate knowledge about human reproduction and sexual health.
- Understanding of consent and its significance in relationships.
- Information about contraception and sexual health services.
- Awareness of sexual orientation, gender identity, and respect for diversity.

Health Education

Health education ensures students understand:

- Mental health and emotional well-being, including managing stress and recognising mental health challenges.
- Physical health and fitness, including the importance of exercise, sleep, and nutrition.
- The effects of drugs, alcohol, and tobacco on health.
- Personal hygiene, including oral health and self-care practices.
- The importance of first aid and emergency response techniques.

Delivery of RSHE

The RSHE curriculum is delivered through:

- **PSHE Lessons:** Weekly sessions incorporating interactive and discussion-based learning.
- **Subject Integration:** Topics are reinforced in science, physical education, and computing lessons.
- **Workshops and Assemblies:** Sessions led by external specialists, such as health professionals and community organisations.
- **One-to-One Support:** Tailored support for students with specific needs or concerns.

Inclusivity

Walton Hall Academy is committed to ensuring the RSHE curriculum is:

- **Inclusive:** Reflecting the diversity of our school community, including LGBTQ+ perspectives.
- **Accessible:** Adjusted to meet the needs of students with special educational needs and disabilities (SEND).
- **Non-Judgmental:** Encouraging open discussion and mutual respect.

Parental Engagement

We recognise the importance of working in partnership with parents and carers. To this end:

- Parents are informed of the RSHE curriculum through newsletters, the school website, and parent meetings.
- They have the right to request their child's withdrawal from non-statutory elements of sex education, in consultation with the Headteacher.
- Opportunities are provided for parents to discuss the curriculum and access resources to support learning at home.

Safeguarding

All RSHE lessons are delivered in a safe and supportive environment. Staff are trained to:

- Recognise and respond to safeguarding concerns arising during RSHE discussions.
- Maintain appropriate professional boundaries and sensitivity.
- Use age-appropriate language and resources.

Monitoring and Evaluation

The RSHE curriculum is reviewed annually to ensure:

- Compliance with statutory requirements.
- Relevance to students' needs and contemporary issues.
- Feedback from students, staff, and parents informs improvements.

Roles and Responsibilities

Governors

The governing body ensures:

- Compliance with statutory RSHE guidance.
- Effective monitoring and evaluation of the RSHE policy and curriculum.

Headteacher

The Headteacher oversees:

- Implementation of the RSHE curriculum.
- Allocation of resources and training for staff.

Staff

Teachers delivering RSHE are responsible for:

- Planning and delivering engaging and age-appropriate lessons.
- Promoting a respectful and inclusive classroom environment.

Students

Students are encouraged to:

- Engage actively in RSHE lessons.
- Show respect for diverse perspectives and experiences.

governing body to

Sex Education

Expiration Date	5/2025
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**Shaw
Education
Trust**



**Pupil &
people
centred**

**Act with
integrity**

**Be
innovative**

**Be best
in class**

**Be
accountable**