



Document Title	MLT Relationships and Sexual Health Education (RSHE) Policy
Author/Owner (Name and Title)	Executive Director of Secondary Education
Version Number	V4
Date Approved	20 th October 2025
Approved By	Chief Executive Officer

Policy Category (Please Indicate)	1	Trust/Academies to use without amendment
	2	Academy specific appendices
	3	Academy personalisation required (in highlighted fields)

Summary of Changes from Previous Version

Version	Date	Author	Note/Summary of Revisions
V2	December 2022	Exec	Full re-write
V3	June 2024	Exec	Minor updates e.g. key dates, review cycle
V3	March 2025	Exec	Minor updates to section 7.
V4	September 2025	Exec	Minor updates throughout. Review of 'right to withdraw section and appendices

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1. AIMS AND OBJECTIVES

AIMS

To contribute to promoting the spiritual, moral, cultural, emotional and physical development of students at the MLT Academies and to prepare students for opportunities, responsibilities and experiences of adult life.

OBJECTIVES

- Provide a framework in which sensitive discussions can take place
- Impart an understanding of sexual development and the importance of health and hygiene
- Help students develop feelings of self-respect, confidence and empathy
- Create a positive culture around issues of sexuality and relationships
- Teach students the correct vocabulary to describe themselves and their bodies
- Impart an expectation of nurture, love, security and stability within family relationships
- Enable students to understand what constitutes caring and respectful friendships where trust can be fostered and understand what constitutes bullying. Understand by secondary school those behaviours which are coercive, controlling and abusive as well as sexual harassment and sexual violence
- Develop students' ability to keep themselves safe both on and offline, and to manage online relationships
- Ensure that students understand the characteristics and nuances of intimate sexual relationships including sexual health (Secondary only)
- Provide a comprehensive health education which focuses on all aspects of health including mental wellbeing, internet safety and harm, physical health and fitness, healthy eating, drugs, alcohol and tobacco, health and prevention, basic first aid and the changing adolescent body.

2. STATUTORY REQUIREMENTS

At Sir Thomas Wharton Academy, we teach RSHE as set out in this policy.

PRIMARY

As a Primary Academy, we must provide relationships education to all students under section 34 of the [Children and Social Work Act 2017](#).

We do not have to follow the National Curriculum, but we are expected to offer all students a curriculum that is similar to the National Curriculum including requirements to teach science. This would include the elements of sex education contained in the science curriculum.

In teaching RSHE, we are required by our funding agreements to have regard to [guidance](#) issued by the secretary of state, as outlined in section 403 of the [Education Act 1996](#).

[Keeping Children Safe in Education Guidance](#) (link inserted)

[Sexual Violence and Sexual Harassment Between Children in Schools and Colleges](#) (link inserted)

Reviewed: July 2025

We also have regard to legal duties set out in:

- Sections 406 and 407 of the Education Act 1996
- Part 6, chapter 1 of the [Equality Act 2010](#)
- The Public Sector Equality Duty (as set out in section 149 of the Equality Act 2010). This duty requires public bodies to have due regard to the need to eliminate discrimination, advance equality of opportunity and foster good relations between different people when carrying out their activities.

SECONDARY

As a Secondary Academy, we must provide RSHE to all students under section 34 of the [Children and Social Work Act 2017](#).

In teaching RSHE, we are required by our funding agreements to have regard to [guidance](#) issued by the secretary of state, as outlined in section 403 of the [Education Act 1996](#).

[Keeping Children Safe in Education Guidance](#) (link inserted)

[Sexual Violence and Sexual Harassment Between Children in Schools and Colleges](#) (link inserted)

We also have regard to legal duties set out in:

- Sections 406 and 407 of the Education Act 1996
- Part 6, chapter 1 of the [Equality Act 2010](#)
- The Public Sector Equality Duty (as set out in section 149 of the Equality Act 2010). This duty requires public bodies to have due regard to the need to eliminate discrimination, advance equality of opportunity and foster good relations between different people when carrying out their activities.

3. POLICY DEVELOPMENT

This policy has been developed in consultation with staff, students and parents/carers. The consultation and policy development process involved the following steps:

1. Review – a member of staff or working group pulled together all relevant information including relevant national and local guidance
2. Staff consultation – all school staff were given the opportunity to look at the policy and make recommendations
3. Parent/carer/stakeholder consultation – parents/carers and any interested parties were invited to attend a meeting about the policy
4. Student consultation – we investigated what exactly students want from their RSHE
5. Ratification – once amendments were made, the policy was shared with the Chief Executive Officer and ratified.

Reviewed: July 2025

As part of effective RSHE provision, this policy will be reviewed every year to ensure that it continues to meet the needs of students, staff and parents/carers and that it is in line with current Department for Education advice and guidance.

4. DEFINITION

The Department for Education (DfE) defines Sex and Relationships Education (SRE) as: 'Learning about the emotional, social and physical aspects of growing up, relationships, sex, human sexuality and sexual health. Some aspects are taught in science, and others are taught as part of Personal, Social, Health and Economic education (PSHE).'

5. ROLES AND RESPONSIBILITIES

EXECUTIVE LEADERS

To review the RSHE Policy annually to ensure that it meets the needs of all members of the Academy's community.

SENIOR LEADERSHIP TEAM

To ensure that all staff are familiar with the Academy's policy and guidance relating to sex education and up to date with any changes.

To communicate freely with staff, parents/carers and the Academy Education Committee (AEC) to ensure that everyone understands the policy and curriculum for sex education and that any concerns or opinions regarding provision are listened to, taken into account and acted on as is appropriate.

SUBJECT LEADER

To ensure that sex education is age-relevant and appropriate across all year groups.

To ensure that the knowledge and information regarding RSHE, to which all students are entitled, is provided in a comprehensive way.

To provide support to staff members who feel uncomfortable or ill-equipped to deal with the delivery of sex education to students.

To provide information and guidance to parents and carers, as requested.

TEACHERS

To ensure the teaching team of staff are up to date with the Academy's policy and the curriculum requirements regarding sex education. Any areas that they feel are not covered or inadequately provided for should be reported back to the Subject Leader of Life Skills.

To attend and engage with relevant safeguarding training.

Reviewed: July 2025

To encourage students to communicate concerns regarding their social, personal and emotional development in confidence, listen to their needs and support them seriously. If a student comes to a member of staff with an issue that the member of staff feels they are not able to deal with alone, they should follow Trust/Academy Policy and take this concern to the Safeguarding Leads.

To ensure that their personal beliefs and attitudes do not prevent them from providing balanced RSHE activities to students.

To tailor their lessons to suit all students in their class, across the whole range of abilities, including those students with special educational needs.

STUDENTS

To be considerate of other people's feelings and beliefs. Students who regularly fail to follow these standards of behaviour will be dealt with under the Academy's Behaviour Policy.

To be encouraged and to feel comfortable enough to talk to a member of staff regarding any concerns they have relating to sex education. Staff must consult the Safeguarding Leads if there is a child protection concern, or they feel ill-equipped to deal with the issue at hand.

To provide feedback on the Academy's RSHE provision. Opinions on provision and comments will be reviewed and taken into consideration when the curriculum is prepared for the following year's students. In this way, the Academy hopes to provide students with the education they need on topics they want to learn about.

PARENTS AND CARERS

Maltby Learning Trust believes that Relationships and Sexual Health Education is the right of every young person and encourages active participation and involvement in the curriculum. Their role is to:

- To share responsibility for sex education and support their children's personal, social and emotional development.
- To be encouraged to create an open home environment where students can engage, discuss and continue to learn about matters that have been raised through RSHE activities.
- To be vigilant and responsive to concerns relating to inappropriate material available or viewed online.
- To be encouraged to seek additional support in this from the Academy where they feel it is needed.

6. PLANNING AND DELIVERY

The RSHE within the Maltby Learning Trust Academies is firmly embedded in the PSHE framework and will help children and young people learn to respect themselves and others and move with confidence from childhood, through puberty and into adolescence.

Reviewed: July 2025

Primary School:	Secondary School:
<p>RSHE focuses on teaching the fundamental building blocks and characteristics of positive relationships including:</p> <ul style="list-style-type: none"> • Families and people who care for me • Caring friendships • Respectful relationships • Online relationships • Being safe 	<p>RSHE focuses on giving young people the information they need to help them develop healthy, nurturing relationships of all kinds including:</p> <ul style="list-style-type: none"> • Families • Respectful relationships, including friendships • Online and media • Being safe • Intimate and sexual relationships, including sexual health

These areas of learning are taught within the context of family life, taking care to make sure that there is no stigmatisation of children based on their home circumstances (families can include single parent families, LGBT parents, families headed by grandparents, adoptive parents and foster parents/carers, amongst other structures), along with reflecting sensitively that some children may have a different structure of support around them (for example, looked-after children or young carers).

RSHE will also be responsive to emerging societal issues, for example, vaping, harmful online content and extremism. We will also be mindful of the law and legal requirements, taking care not to condone or encourage illegal political activity, such as violent action against people, criminal damage to property, hate crime, terrorism or the illegal use of drugs.

RSHE is taught by classroom teachers (and HLTA's in Primaries where specialist training has been received), sometimes supported by classroom assistants/support staff and occasionally the school nurse and other guest speakers as appropriate. It is our experience that certain subjects are better received when delivered by an expert or experienced health professionals (such as the school nurse) who can challenge students' knowledge and perceptions. A teacher is always present during these lessons for any follow up required. Please see **Appendix 1** for a summary of work delivered and resources used in each Key Stage. In Secondary Academies RSHE is delivered through the 'Life Skills' Curriculum in Year 7 - 11. The Life Skills Curriculum is planned around three core themes: Health and Wellbeing, Relationships and Living in the Wider World.

It is recognised that some staff may find it uncomfortable to deliver RSHE and may lack confidence when delivering sensitive issues. If this is the case, every effort will be made to provide support, either with resource materials, training or in the classroom. Staff in each Academy have expertise in this area and staff in some Academies have the PSHE CPD qualification and are available to support, train and offer advice. However, it should be recognised that the issues dealt with in this policy go far beyond the explanation of 'growing up' and as such are taught in every area of the curriculum – all staff should have an awareness of how to raise awareness of the key issues discussed here.

INCLUSIVITY

We will teach about these topics in a manner that:

- Considers how a diverse range of students will relate to them
- Is sensitive to all students' experiences
- During lessons, makes students feel:

Reviewed: July 2025

- Safe and supported
- Able to engage with the key messages

We will also:

Make sure that students learn about these topics in an environment that is appropriate for them, for example in:

- A whole-class setting
- Small groups or targeted sessions
- 1-to-1 discussions
- Digital formats

Give careful consideration to the level of differentiation needed.

SEND Accessibility: Provision will be differentiated and adapted to meet the needs of students with SEND and vulnerable learners, with reasonable adjustments made to ensure accessibility.

USE OF RESOURCES

We **will** consider whether any resources we plan to use:

- Are aligned with the teaching requirements set out in the statutory RSHE Guidance
- Would support students in applying their knowledge in different contexts and settings
- Are age-appropriate, given the age, developmental stage and background of our students
- Are evidence-based and contain robust facts and statistics
- Fit into our curriculum plan
- Are from credible sources
- Are compatible with effective teaching approaches
- Are sensitive to students' experiences and won't provoke distress

It is recognised that there may be occasions when it is felt more appropriate to deliver aspects of the work in single gender groups. The same curricular content will be delivered to both boys and girls when this occurs.

A variety of teaching strategies are used in this area of the curriculum. This includes group work, discussion, pair work, role-play, individual work, reflection, circle time, film clips, use of children's fiction books, etc.

It is important for staff teaching this area of the curriculum to make good use of the teaching strategies suggested in the DfE statutory guidance document 'Relationships Education, Relationships and Sex Education (RSHE) and Health Education '(2020).

RSHE is monitored through inspection of teachers' short-term planning and learning walks and it is evaluated through discussion with teachers, parents/carers and students and end of unit evaluation sheets.

This area of the curriculum is constantly under review as a result of feedback from students and staff involved in the teaching.

There is recognition within each MLT Academy that there are different values, arising not only from religion but also from social circumstances and upbringing. Teachers need to be sensitive to these

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issues and take into account a variety of different value bases when planning and delivering this programme of work.

WIDER CURRICULUM

RSHE is also delivered through elements of the wider curriculum.

Secondary only:

Biological aspects of RSHE are taught within the Science curriculum; moral issues relating to marriage, faithfulness, sexuality, fertility treatments, domestic abuse and divorce are considered in RS lessons; online protection issues are explored through Computing lessons; and in Y10-11 students refresh their knowledge about consent law, contraception and sexual health, again through RS lessons.

ASSEMBLY PROVISION

Specifically focused assemblies explore issues related to pressure, consent, the effects of alcohol and illegal drugs, and healthy relationships. This enables broad themes to be highlighted in an age-appropriate way with all children which can then be followed up by teachers in classrooms.

TUTOR TIME PROVISION – SECONDARY ONLY

The Academy's Y7-11 programme of tutor provision including the tutor programme, Votes for Schools, Character Education and assemblies also enhance the RSHE provision. Issues relating to pressure, consent, the effects of alcohol and illegal drugs are just some of those explored through this curriculum. Provision is made for students to discuss issues raised in smaller groups.

GUEST SPEAKERS/TEACHERS

We also invite guest speakers to talk on issues related to sex and relationships. It is our experience that certain subjects are better received when delivered by an expert or experienced health professionals (such as NHS commissioned professions and the school nurse teams) who can challenge students' knowledge and perceptions. A teacher is always present during these lessons.

7. USE OF EXTERNAL ORGANISATIONS AND MATERIALS

We will make sure that any external agencies and materials used are appropriate and in line with our legal duties around political impartiality.

The Academy remains responsible for what is said to students. This includes making sure that any speakers, tools and resources used do not undermine the fundamental British values of democracy, the rule of law, individual liberty, and mutual respect and tolerance of those with different faiths and beliefs.

We **will**:

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- Make appropriate checks and engage with external agencies to make sure that their approach to teaching about RSHE is balanced, and it and the resources they intend to use:
 - Are age-appropriate
 - Are in line with students' developmental stage and sensitive to student experiences
 - Factually accurate
 - Evidence based
 - Comply with:
 - This policy
 - The [Teachers' Standards](#)
 - The [Equality Act 2010](#)
 - The [Human Rights Act 1998](#)
 - The [Education Act 1996](#)
- Only work with external agencies where we have full confidence in the agency, its approach and the resources it uses.
- Make sure that any speakers and resources meet the intended outcome of the relevant part of the curriculum
- Review any case study materials and look for feedback from other people the agency has worked with, particularly if they haven't previously worked with the Academy
- Be clear on:
 - What they're going to say
 - Their position on the issues to be discussed.
- Ask to see in advance any materials that the agency may use. Consult with IT technicians if any files appear too large for transfer, in order to find a resolution
- Know the named individuals who will be there, and follow our usual safeguarding procedures for these people, including supervision around the site
- Conduct a basic online search and address anything that may be of concern to us, or to parents and carers
- Check the agency's protocol for taking pictures or using any personal data they might get from a session
- Remind teachers that they can say "no" or, in extreme cases, stop a session
- Make sure that the teacher is in the room during any sessions with external speakers.

We **will not**, under any circumstances:

- Work with external agencies that take or promote extreme political positions
- Use materials produced by such agencies, even if the material itself is not extreme.

8. VALUES FRAMEWORK

RSHE is supported by each Academy's wider curriculum for Personal, Social and Health Education. In this way, each Academy can ensure that students:

- Receive their RSHE in the wider context of relationships
- Are prepared for the opportunities, responsibilities and experiences of adult life.

Reviewed: July 2025

MLT believes that RSHE:

- Is an integral part of a lifelong learning process, beginning in early childhood and continuing into adult life
- Is an entitlement for all students irrespective of gender, sexuality, ethnicity, special needs, culture, faith or religious tradition
- Should foster self-esteem, self-awareness, a sense of moral responsibility, and the confidence and ability to resist unwanted sexual experience, exploitation and abuse
- Should be mindful of student's earlier experiences
- Should provide consistent messages
- Should be continuous and progressive
- Should provide opportunity for discussion and clarification around values and attitudes
- Should provide accurate, unbiased information.

Teachers and all those contributing to RSHE must work within this agreed values framework, which is in line with current legislation and Government guidance, irrespective of their personal feelings and beliefs.

The underlying values which underpin the whole of this work are based on respect for others, the development of positive relationships, and personal choice. The right of children and young people to have balanced, factual information and the need to have an opportunity to discuss issues in a safe and supportive environment are the cornerstones of the programme.

It is hoped that the curriculum will promote self-esteem and emotional well-being and will help students to form and maintain worthwhile and satisfying relationships both on and offline, based on respect for themselves and for others, at home, school, work and in the community.

It will meet the needs of everyone; boys as well as girls, those with physical, learning or emotional disabilities, those with a religious or faith tradition, whatever their culture and whatever their developing sexuality.

RSHE is delivered in a safe, supportive environment where students feel able to discuss sensitive issues in an honest, open forum. When dealing with questions teachers should establish clear parameters of what is appropriate and inappropriate in a whole class setting. Questions which students ask will be answered honestly and openly in line with the Academy's aim of giving knowledge and information appropriate to the developmental age of the student and in line with 'Relationships Education, Relationships and Sex Education (RSHE) and Health Education '(2020). (See Section 8 – Guidance for teachers).

9. GUIDANCE FOR TEACHERS

Each Academy must make sure that the needs of all students are met. Children and young people, whatever their developing sexuality, need to feel that RSHE is relevant to them and sensitive to their needs. Teachers can and should deal honestly and sensitively with sexual orientation, answer appropriate questions and offer support.

Reviewed: July 2025

The issue of sexual orientation is one that will feature in discussions about sexuality. When it does arise, teachers should deal with the subject honestly and sensitively, giving age-appropriate objective information, allowing balanced discussion, and challenging homophobic comments.

Teachers need to be aware that effective RSHE, which brings an understanding of what is and what is not acceptable in a relationship, can lead to disclosure of a child protection issue. Disclosures from students may take place at any time. If the student is comfortable to disclose, this should not be discouraged – unless this is in a place/at a time which could make the young person vulnerable to breaking confidence (e.g. In front of a class). If this happens, the teacher should sensitively suggest the young person talks to them or refer to another adult. This MUST then happen, individually with the student, as soon as possible but definitely before the end of the Academy day. Staff should follow the Academy's child protection procedures, should this arise and record the disclosure on the cause for concern forms and immediately inform the Designated Safeguarding Lead or Deputy Designated Safeguarding Lead.

TEACHING STRATEGIES

A variety of teaching strategies should be used to enhance this area of work. These should include the early setting of ground rules, the use of distancing techniques, pre-arranged ways of dealing with questions and time for reflection. Such strategies will create a safe learning environment for staff and students alike.

There are 3 elements of good relationships, sex and health education and these are interdependent. They are:

- Values, attitudes and beliefs
- Personal and social skills
- Acquiring and understanding accurate, unbiased knowledge.

Knowledge alone will not promote sexual and emotional health and well-being. A proper consideration of values, attitudes and beliefs is closely related to the development of personal and social skills and to acquiring and understanding accurate information.

Within the context of talking about relationships, students will be taught about the nature and importance of marriage for family life and the bringing up of children but will understand that there are strong and mutually supportive relationships outside of marriage. They will have the opportunity to talk about feelings, values and attitudes, and will learn how to have respect for themselves and others, and how to understand and appreciate difference.

It is important that the personal beliefs and attitudes of teachers will not influence the teaching of RSHE within the Lifeskills framework (Secondary Academies) or primary curriculum. Teachers and all those contributing to RSHE must work within an agreed values framework as described in the Academy's policy, which is in line with current legislation and government guidance.

It is acknowledged that RSHE deals with some very sensitive issues, but the following points are very important:

- Correct terminology should be used when naming body parts, whilst recognising that there are 'pet' or 'family' words that may be used at home.

- Both boys and girls will need to be prepared for puberty before the onset of puberty. (This may include issues such as wet dreams and menstruation).
- The issue of masturbation may arise. Appropriate questions will be answered honestly and openly, but whether this is in front of a class or on an individual basis will be decided dependent on the situation.

10. PARENTAL ENGAGEMENT

Maltby Learning Trust believes that Relationships and Sexual Health Education is the right of every student and encourages active participation and involvement in the curriculum.

Our expectations of parental engagement are:

- To share responsibility for sex education and support their children's personal, social and emotional development.
- To be encouraged to create an open home environment where students can engage, discuss and continue to learn about matters that have been raised through RSHE activities.
- To be vigilant and responsive to concerns relating to inappropriate material available or viewed online.
- To seek additional support in this from the Academy where they feel it is needed.

However, parents/carers do have the right to withdraw their child from some parts of the programme, excluding the DfE Science curriculum which includes human development, reproduction and healthy bodies. Any parent/carer wishing to exercise that right should initially contact the Principal of the Academy to discuss the matter. How provision will be made for their children will be negotiated on an individual basis, dependent on the needs of each child.

It is possible that the teaching of apparently unrelated topics will occasionally lead to a discussion of aspects of sexual behaviour outside of the 'taught' course. Provided that such discussion is relatively limited and set within the context of the subject concerned, it will not necessarily constitute part of 'sex and relationships education'.

In such a case, particularly where it involves students whose parents/carers have asked for them to be withdrawn, teachers will need to balance the need to give proper attention to relative issues.

11. PARENTS' RIGHT TO WITHDRAW

General Principles

- The Academy aims to keep parents/carers informed about all aspects of the RSHE curriculum and urges them to read this policy.
- Academies will always meet with parents/carers to discuss any request to withdraw, ensuring they are clear on which elements of the curriculum are statutory and cannot be withdrawn from, the potential benefits of participation, and the possible implications of withdrawal.

Reviewed: July 2025

- Any parents/carers wishing to withdraw children in their care from sex education should contact the Principal (Primary School) or Lifeskills Subject Leader (Secondary School), who will discuss their concerns with them. Sex education is a vital part of the Academy's Lifeskills curriculum and of keeping children safe, and we urge parents/carers to carefully consider their decision before withdrawing children in their care from this aspect of their education.
- All requests and outcomes will be documented by the Academy.
- Regardless of withdrawal, students will continue to receive teaching in **Relationships Education, Health Education, and statutory Science**, which are essential for safeguarding and wellbeing.

Right to Withdraw

Primary Schools

- Parents/carers **cannot withdraw** their child from **Relationships Education** or from **Health Education**, as these subjects are statutory for all primary-aged pupils.
- Parents/carers **also cannot withdraw** their child from any elements of the **National Curriculum for Science**, including content on the human body, puberty, or reproduction in plants and animals.
- Where a primary school chooses to teach **Sex Education** (beyond the statutory science curriculum), parents/carers **have the right to request withdrawal** from some or all of those lessons.
- Principals in primary schools must **grant such withdrawal requests automatically**.
- Schools will work in partnership with parents/carers to support them in talking to their children about these topics at home and will ensure that parents/carers are consulted and informed in advance of what is being taught.

Secondary Schools

- Parents/carers **cannot withdraw** their child from **Relationships Education** or from **Health Education**, as these are statutory requirements.
- Parents/carers **also cannot withdraw** their child from statutory content taught in the **National Curriculum for Science**, including human reproduction and puberty.
- Parents/carers **can request withdrawal** from some or all of **Sex Education** delivered as part of statutory RSE.
- In secondary schools, the Principal will normally grant withdrawal requests. However, the July 2025 statutory guidance makes clear that in **exceptional safeguarding circumstances** or where there are specific vulnerabilities, a Principal may **refuse withdrawal** in the best interests of the child.
- Students themselves have the right to **opt back into Sex Education from three terms before their 16th birthday**, even if previously withdrawn by their parents/carers. Schools must ensure students are aware of this right.
- If a student is withdrawn from Sex Education, schools will provide **purposeful, alternative education** during this time.

12. TRAINING

Staff are trained on the delivery of RSHE as part of their induction and it is included in our continuing professional development calendar.

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The Principal will also invite visitors from outside the Academy, such as school nurses or sexual health professionals, to provide support and training to staff teaching RSHE.

13. MONITORING

The delivery of RSHE is monitored by the Principal through a robust series of quality assurance activities, including curriculum deep dives, line management meetings, learning walks and work scrutinises.

Students' development in RSHE is monitored by class teachers as part of our internal assessment systems.

This policy will be reviewed by the Executive Leadership Team every year. At every review, the policy will be approved by the Chief Executive Officer.

14. GUIDANCE DOCUMENTS:

*Understanding Relationships and Health Education in your child's **Primary** school: a guide for parents/carers*

[Understanding Relationships, Sex and Health Education – a guide for primary school parents \(publishing.service.gov.uk\)](https://www.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/672222/understanding-relationships-sex-and-health-education-in-your-childs-primary-school-a-guide-for-parents-carers.pdf)

*Understanding Relationships and Health Education in your child's **Secondary** school: a guide for parents/carers*

[Understanding Relationships, Sex and Health Education - a guide for secondary school parents \(publishing.service.gov.uk\)](https://www.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/672223/understanding-relationships-sex-and-health-education-in-your-childs-secondary-school-a-guide-for-parents-carers.pdf)

PSHE Association *Programme of Study for PSHE Education Key Stages 1-5*
www.pshe-association.org.uk

Equality Act 2010. (To ensure SRE is taught in the context of current relevant legislation)

[SRE for the 21st Century - FINAL.pdf \(pshe-association.org.uk\)](https://www.pshe-association.org.uk/wp-content/uploads/2018/03/SRE-for-the-21st-Century-FINAL.pdf)

'Working in Partnership – Visitors Policy', South Yorkshire Healthy Schools.

[Home | sexeducationforum.org.uk](http://sexeducationforum.org.uk)

APPENDIX 1 – THE TAUGHT CURRICULUM FOR THE SECONDARY PHASE

OVERVIEW OF THE RSHE CURRICULUM

Y7	UNIT TITLE	LESSON	CONTENT
HT1	Transition & friendship	<ol style="list-style-type: none"> 1) What is Life Skills? 2) Getting to know each other 3) Rights and responsibilities 4) Self-esteem 5) Friendship 6) Child-on-child abuse 7) Bullying 8) Making new friends 	<ol style="list-style-type: none"> 1) Understand what is studied in Life Skills and how it has an impact on their lives. 2) Establishing friendships within the class. 3) Understanding rights and responsibilities and how to be an upstanding citizen 4) Recognising personal strengths in order to build self-esteem and self-confidence. 5) Understand the qualities needed to form healthy, positive relationships 6) Understanding of child-on-child abuse and where to get support. 7) Recognise what constitutes bullying and strategies on how to manage it. 8) Understand behaviour towards new students in school.
HT2	Health and wellbeing	<ol style="list-style-type: none"> 1) Managing growing up 2) Puberty 3) Reproduction 4) Personal hygiene 5) Healthy eating 6) Energy drinks 7) Access to health services 	<ol style="list-style-type: none"> 1) Effects of puberty on physical, mental and emotional health. 2) Understand how puberty can affect both boys and girls. 3) Understand human reproduction. 4) The importance of taking increased responsibility for your own personal hygiene. 5) What constitutes a balanced diet and risks of not having one. 6) The dangers of drinking energy drinks. 7) How to access local health services.
HT3	Physical health	<ol style="list-style-type: none"> 1) Bereavement 2) Old age 3) Cancer truths and myths 4) Physical health 5) All about me 6) Mental Health Week 	<ol style="list-style-type: none"> 1) Ideas surrounding death and grief as well as old age. 2) Ideas surrounding death and grief as well as old age. 3) Cancer and cancer prevention, including healthy lifestyles. 4) Recognise and manage influences on decisions that affect physical health) Understand simple strategies to help build resilience. 6) Children's Mental Health Week 2025 – Topic TBC
HT4	Careers & British Values	<ol style="list-style-type: none"> 1) Careers, jobs and choices 2) National Careers Week 3) British Values 4) Stereotypes 1 5) Stereotypes 2 	<ol style="list-style-type: none"> 1) Understanding personal interests and strengths and suitable careers 2) Celebration of careers guidance during National Careers Week. 3) Understand how British Values are demonstrated in school 4) Identify the similarities and differences among different groups of people and understand the impact of stereotyping, bullying and discrimination on individuals. 5) Recognise prejudice attitudes and be aware of the negative consequences of prejudice.
HT5	Safety	<ol style="list-style-type: none"> 1) PREVENT 2) Equality 	<ol style="list-style-type: none"> 1) What is radicalisation and what are the signs to look out for. 2) Why equality is important.

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		3) E-Safety 4) Smoking and solvents 5) Personal safety 6) Road and rail safety	3) How to stay safe online. 4) The dangers of smoking and solvent abuse. 5) Recognising and reducing risk, minimising harm and getting help in emergency and risky situations. 6) Dangers of the road and the railway and how to keep safe.
HT6	Relationships & Citizenship	1) Relationships 2) Divorce 3) LGBTQ+ 4) Budgeting 5) Charity 6) School environment 7) Recycling	1) Consider the strong emotions felt in various relationships. 2) Understanding of why some marriages end in divorce and how to manage feelings. 3) Terminology related to LGBTQ+. 4) The importance of budgeting. 5) Why charities are important and how can they be supported. 6) Recognise, clarify and if necessary, challenge core values and choices regarding littering. 7) Why recycling is an important part of being a responsible citizen.

Y8	UNIT TITLE	LESSON	CONTENT
HT1	Transition & relationships	1) Behaviour 2) Rights and responsibilities 3) Team work 4) Child-on-child abuse 5) Peer pressure 6) Gangs 7) Knife crime 8) Police and their powers.	1) Understand PRIDE learning. 2) How to become more responsible when making decisions. 3) The importance of trust in relationships and developing the skills of teamwork. 4) What child-on-child abuse is and how to get support. 5) The feelings and pressure that the need for peer approval can generate. 6) The difference between friendship groups and gangs and the risks posed by being a member of a gang. 7) What might motivate someone to carry a knife and the laws and consequences related to offensive weapons. 8) What power the police have and the system of reprimands
HT2	Safety	1) E-safety 2) Drugs 3) Drug abuse 4) Alcohol 5) Home and street safety 6) Health and fitness 7) Health action plan	1) Online fraud and how to stay safe. 2) What drugs are and the effects they have. 3) The risks and consequences of substance abuse and addiction 4) The law and risks surrounding alcohol. 5) How to keep safe at home, in the street and on public transport. 6) The importance of keeping fit and healthy. 7) The importance of keeping fit and healthy.
HT3	Mental and physical health	1) First Aid 2) Body image 3) Eating disorders 4) Period management 5) Learning to learn. 6) Mental Health Week	1) How to administer basic first aid. 2) The impact the media has on how people think about their own body image. 3) The causes and triggers for unhealthy coping strategies such as eating disorders. 4) Strategies to manage menstrual wellbeing. 5) Different learning styles. 6) Children's Mental Health Week 2026 topic – TBC
HT4	Careers	1) Challenges and rewards of work	1) Challenges and rewards of working life. 2) Celebration of careers guidance during National Careers Week.

		2) National Careers Week 3) Soft Skills 4) Career action plan 5) Managing money (1)	3) Importance of soft skills in a career. 4) Skills, qualities and achievements and future pathways. 5) How to manage money.
HT5	British Values	1) Managing money (2) 2) Prejudice and discrimination 3) Stereotypes and racism 4) Britishness 5) British Values 6) Political awareness	1) How to manage money. 2) Challenging prejudice and discrimination. 3) The impacts of stereotyping and racism. 4) Understanding of Britishness. 5) Different views on British Values. 6) How politics have an impact on everyday life.
HT6	Relationships & Citizenship	1) Managing reactions 2) Positive relationships 3) Long term relationships 4) Restorative justice 5) Global citizenship 6) Fair Trade 7) Tourism	1) Improve relationships and manage conflicts during challenging times. 2) Features of positive relationships. 3) Qualities found in long term relationships. 4) Develop conflict management skills to reconcile after a disagreement. 5) Understanding of global issues. 6) Understand what Fair Trade is and why it's important. 7) Benefits and cost of tourism on citizens.

Y9	UNIT TITLE	LESSON	CONTENT
HT1	Mental health	1) Self-awareness 2) Self-confidence 3) Body image 4) Eating disorders 5) Managing stress 6) Healthy coping strategies 7) Reactions 8) Gender identity. Restart a Heart CPR training session	1) Demonstrate personal strengths and build self-confidence, self-esteem and good health and wellbeing. 2) Review strengths, interests, skills, qualities and values and set realistic yet ambitious targets and goals. 3) The impact media has on body image. 4) The causes and triggers of eating disorders and how to access help. 5) Characteristics of mental and emotional health and recognising when others need support. 6) Healthy coping strategies to promote good mental health and wellbeing. 7) How to articulate emotions and respond to situations correctly. 8) The difference between biological sex and gender identity.
HT2	Awareness	1) Relationships 2) Positive relationships 3) Abuse in relationships 4) Child exploitation 5) FGM 6) Gambling 7) Cancer awareness	1) Different relationships and the qualities and behaviours needed to maintain and manage them. 2) What makes a healthy and unhealthy relationships 3) How to identify relationship abuse and how to access support. 4) The signs of child exploitation and how to get help and support. 5) The risks and myths associated with FGM. 6) Issues surrounding gambling 7) The importance of cancer awareness.

HT3	Careers	<ul style="list-style-type: none"> 1) Investigating careers 2) My options 3) Stereotyping and careers 4) Interests and pathways 5) Careers action plan 6) Mental Health Week 	<ul style="list-style-type: none"> 1) What skills are needed for different jobs. 2) Consider the options process and how GCSE's will influence the future. 3) Stereotyping in the world of work and how to avoid making decisions based on these. 4) Which pathways link with particular interests and strengths. 5) Consider skills, qualities, achievements and the future. 6) Children's Mental Health Week 2026 theme - TBC
HT4	Careers & Awareness	<ul style="list-style-type: none"> 1) Accounts and money 2) National Careers Week. 3 & 4) Political awareness 5) What to watch 	<ul style="list-style-type: none"> 1) How to make positive financial decisions. 2) Celebration of careers guidance during National Careers Week. 3 & 4) How democracy works in Britain (mock election) 5) How to make informed choices about what digital media and media content is appropriate to watch.
HT5	Sex education	<ul style="list-style-type: none"> 1) Respect yourself 2) Male contraception 3) Female contraception 4) STI's 5) Sex and the media 6) Images 	<ul style="list-style-type: none"> 1) Understand all issues surrounding consent. 2) Male contraceptives and how to talk about sexual questions in different settings. 3) Female contraceptives and how to talk about sexual questions in different settings. 4) How to protect yourself from STI's. 5) The idea that the media can affect people's expectations of sex 6) The legal, emotional and social consequences of sharing sexual images.
HT6	Drugs & relationships	<ul style="list-style-type: none"> 1) Drugs 2) Psychoactive substances 3) Substance misuse 4) Cannabis 5) Commitment and marriage 6 & 7) Parenting 	<ul style="list-style-type: none"> 1) The effects, risks and laws surrounding different drugs 2) What psychoactive substances are, the effects and consequences associated with them and the law surrounding them. 3) The short and long-term consequences of substance use and misuse. 4) The legal position of cannabis. 5) Understand of marriage being a legal, social and emotional commitment that should be entered into freely. 6 & 7) The effects that becoming a parent has on someone's life.

Y10	UNIT TITLE	LESSON	CONTENT
HT1	Relationships & Behaviour	<ul style="list-style-type: none"> 1) Positive role models. 2) Equality Act 3) Gender prejudice 4) Men and women in religion 5) Fertility, pregnancy and miscarriage. 6) Abortion 7) Illegal substances 8) Alcohol 	<ul style="list-style-type: none"> 1) Evaluate ways behaviours may influence peers. 2) The legal rights, responsibilities and protections provided by the Equality Act 2010. 3) Issues surrounding gender prejudice. 4) The roles of men and women in Christianity and Islam. 5) Issues surrounding fertility, pregnancy and miscarriage. 6) The legal position on abortion and a range of beliefs and opinions about it. 7) Consequences of substance use and misuse for the mental and physical health and wellbeing of individuals and their families, and the wider consequences for communities. 8) The law on alcohol.

HT1 Form	Transition & Relationships	<ul style="list-style-type: none"> 1 & 2) Transition 3) Online relationships 4) Online presence 5) Contraception recap 6) STI recap 7) Religion and relationships 8) Changing relationships 	<ul style="list-style-type: none"> 1 & 2) Managing mental health during the transition to Y10. 3) Issues surrounding online relationships. 4) How to manage online presence. 5) The correct use of contraception. 6) The symptoms, complications and treatments of STI's and how to protect yourself from getting them. 7) Attitudes to same sex relationships within Christianity and Islam. 8) Dealing with changes in relationships.
HT2	Awareness	<ul style="list-style-type: none"> 1&2) Exploitation in relationships 3) Organ donation 4) Cancer awareness 5&6) Images 7) County Lines 	<ul style="list-style-type: none"> 1&2) Recognise exploitation and control in relationships. 3) What it means to donate blood, stem cells and organs and why donations are needed. 4) The importance of cancer awareness. 5&6) The issues and consequences surrounding sharing nude images. 7) What county lines is, how people get involved and how to access support.
HT2 Form	Religion	<ul style="list-style-type: none"> 1) Human Rights 2) The sanctity of life 3) Euthanasia 4) Crime and Punishment 5) Death penalty 6&7) Festivals 	<ul style="list-style-type: none"> 1) Understand religious views on Human Rights. 2) Understand religious views on the sanctity of life. 3) Understand religious views on euthanasia. 4) Understand religious views on crime and punishment. 5) Understand religious views on the death penalty. 6&7) Understand how communities celebrate festivals in multi-faith Britain.
HT3	Mental Health	<ul style="list-style-type: none"> 1) Extremism 2) Sleep, diet and exercise 3) Exam stress 4&5) Jesy Nelson- Odd one Out 6) Mental Health Week 	<ul style="list-style-type: none"> 1) The consequences of extremism and the shared responsibility to challenge extreme viewpoints. 2) The importance of sleep and strategies to maintain good sleep habits. 3) Strategies for managing mental and physical health during exams. 4&5) The effects trolling on social media can have on others. 6) Children's Mental Health Week 2026 topic – (not released yet)
HT4	Mental Health and Careers Week	<ul style="list-style-type: none"> 1) Unhealthy coping strategies 2&3) Careers week 4&5) Roman Kemp – Our Silent Emergency 	<ul style="list-style-type: none"> 1) Recognise and manage the triggers for unhealthy coping strategies (self-harm). 2&3) Celebration of careers guidance during National Careers Week. 4&5) Understand the mental health crisis faced by many people in the UK.
HT5	Consent and my body	<ul style="list-style-type: none"> 1&2) Cosmetic procedures and body modifications 3) Unhealthy relationships 4) Harassment and stalking 	<ul style="list-style-type: none"> 1&2) Understand the risks and dangers of body modifications. 3) Understand what a healthy relationship looks like and how to respond safely 4) Understand the legal issues around harassment and stalking. 5&6) Consider ideas surrounding consent and sexual assault.

		5&6) Sex on Trial (rape and consent)	
HT6	Awareness	1&2) Doncaster Lifestyle Survey and CPR refresh 3) Gambling 4) Parenting	1&2) Consider your own health, safety and wellbeing. 3) Understand the risks and dangers of becoming addicted to gambling. 4) The importance of parenting skills and the implication of becoming a young parent.

Y11	UNIT TITLE	CONTENT
HT1	Careers	<ul style="list-style-type: none"> Hopes and aspirations Employer assembly Careers options Careers next steps Employer assembly Careers planning Intro to apprenticeships
HT2	Careers	<ul style="list-style-type: none"> 1:1 interviews Resilience/Heppsy Stereotypes in careers Post 16
HT3	Careers	<ul style="list-style-type: none"> How are you doing? Finance Skills and interests LMI
HT4	Careers	<ul style="list-style-type: none"> Post 16/18 Application and CV writing Mock interviews
HT5	Careers	<ul style="list-style-type: none"> Post 16 choices Heppsy and HE options Destinations

	KS3-4 Life Skills Themed Assemblies
HT1	<ul style="list-style-type: none"> Safeguarding and nursing team Careers World Mental Health Day
HT2	<ul style="list-style-type: none"> Anti-bullying week
HT3	<ul style="list-style-type: none"> SEND
HT4	<ul style="list-style-type: none"> National Careers Week
HT5	<ul style="list-style-type: none"> Knife crime Kooth Earth Day
HT6	<ul style="list-style-type: none"> LGBTQ+ student support Islamic New Year Disability awareness

Y12	UNIT TITLE	LESSONS AND CONTENT
HT1	Everyone is Valued	<ul style="list-style-type: none"> Day in the Life of Y12 Study Techniques Vespa 1 Budgeting and Finances Role models (assembly focus)
HT2	Cultivate your Character	<ul style="list-style-type: none"> Budgeting and Finances Virtual Work Experience Healthy and Toxic Relationships Basic Sign Language Careers (assembly focus)
HT3	Invest to Achieve	<ul style="list-style-type: none"> Life as an Adult Finance, Accounts and Cards Apprenticeships Careers (assembly focus)
HT4	Never Give Up	<ul style="list-style-type: none"> Vespa 2 Planning for Work Experience Basic First Aid Exam stress and sleep (assembly focus)

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HT5	Invest to Achieve	<ul style="list-style-type: none"> • Basic First Aid • Consent and Contraception • Home Economics • Blood and organ donation, mental health (assembly focus)
HT6	The Highest Standards	<ul style="list-style-type: none"> • Introduction to UCAS • Work Experience • Careers (assembly focus)

Y13	UNIT TITLE	LESSONS AND CONTENT
HT1	The Highest Standards	<ul style="list-style-type: none"> • UCAS
HT2	The Highest Standards	<ul style="list-style-type: none"> • UCAS • The Law
HT3	The Highest Standards and Invest to Achieve	<ul style="list-style-type: none"> • UCAS • Student Finance • Sexual Health • Apprenticeships (assembly focus)
HT4	Everyone is Valued	<ul style="list-style-type: none"> • Driver Awareness • First Aid
HT5	Never Give Up	<ul style="list-style-type: none"> • Exam Stress and Pressures