

Relationships and Sex Education Policy

Aims

My Choice School aims to deliver Relationship and Sex Education (RSE) which:

- Provides a framework in which sensitive discussions can take place
- Prepares our students for puberty, and give them an understanding of sexual development and the importance of health and hygiene
- Helps our students to develop feelings of self respect, confidence and empathy
- Creates a positive culture around the issues of sexuality and relationships
- Teaches our students the correct vocabulary to describe themselves and their bodies

My Choice School defines Relationship and Sex Education as an expectation of teaching and learning that enables healthy emotional, social and cultural development of our students and involves learning about:

- Relationships
- Sexual health
- Sexuality
- Healthy lifestyles
- Diversity
- Personal identity

RSE involves sharing information and exploring issues and values.

RSE is not about the promotion of sexual activity.

Statutory Requirements

My Choice School follows the guidance as detailed in **Relationships Education, Relationships and Sex Education (RSE) and Health Education Guidance (DfE September 2026)**.

The guidance should also be read in conjunction with:

- Keeping Children Safe in Education September 2026
- Mental Health and Behaviour in Schools (advice for schools)
- Preventing and Tackling Bullying (advice for schools, including advice on cyberbullying)

- Sexual violence and sexual harassment between children in schools (advice for schools)
- The Equality and Human Rights Commission Advice and Guidance (provides advice on avoiding discrimination in a variety of educational contexts)
- Promoting Fundamental British Values as part of SMSC in schools (guidance for maintained schools on promoting basic important British values as part of pupils' spiritual, moral, social and cultural development)
- SMSC requirements for independent schools (guidance for independent schools on how they should support pupils' spiritual, moral, social and cultural development).

Delivery

RSE is taught through the PSHE Asdan Short Course Scheme of Work:

- Sexual Health
- Respectful Relationships
- Families and Parenting

and through the RSE Scheme of Work:

- Body Knowledge
- Relationships
- Sexual Activity and Behaviour
- Contraception and Sexual Health
- Personal Skills
- Culture and Society

RSE is also delivered through our assembly schedules.

We focus on providing our students with information that they need to develop healthy and nurturing relationships of all kinds including:

- Family relationships
- Respectful relationships and friendships
- Healthy and safe online activity and social media interaction
- Being safe
- Intimate and sexual relationships including sexual health and consent

We recognise and respect that the students at My Choice School have different family units and different home environments; some live with one or two parents, grandparents, siblings, step siblings, foster and residential care, or they may have professional support networks. We aim

to ensure that all family and home circumstances are valued and that no students are stigmatised or treated differently.

Roles and Responsibilities

The **Headteacher** is responsible for ensuring that RSE is taught consistently across the school and for managing requests from parent / carers to withdraw students from components of RSE.

The Headteacher will use learning walks and lesson observations to monitor teaching and will use the IEP reviews to monitor learning.

The teachers are responsible for teaching RSE in a sensitive way, for modelling positive attitudes to RSE and for ensuring that the needs of individual students are responded to. All staff will ensure that opportunity for discussions around RSE are accessible and that students who have been withdrawn by parent / carer request are responded to appropriately.

Teachers will monitor the progress of their students learning through the IEPs and Student Tracking Folders.

Parent / carers right to withdraw

Parent / carers have the right to withdraw their child from the non statutory / non- science parts of sex education up to and until 3 terms before their child turns 16yrs old. After their child turns 16yrs old, if they want to receive sex education then they can request this without parent / carer consent.

Requests for withdrawal should be put in writing using the RSE Withdrawal Form. The Headteacher will discuss the request with the parent / carer, exploring their reasons, discussing implications and identifying alternatives. The Headteacher will take appropriate action and advise the parent / carers that their child will be provided with alternative work. Withdrawal will not be agreed without a discussion with the Headteacher and a written request.

Policy link:

Safeguarding

SMSC

Antibullying

Reviewed May 2026

Review due June 2027