Relationships and Sex Education Policy

Approved by: Samantha Coxon-Smith
Date Approved: June 2026
Review Date: June 2027 (or sooner if statutory guidance changes).

Policy Statement
Our school is committed to providing high-quality, developmentally appropriate Relationships and Sex Education (RSE) that meets the diverse needs of pupils with Special Educational Needs and Disabilities (SEND). RSE supports pupils to develop healthy relationships, understand their bodies, stay safe, and prepare for adulthood.
We deliver RSE in a way that is accessible, inclusive, and sensitive to each pupil's cognitive, emotional, and communication needs.

Aims of RSE
RSE in our school aims to:

- Promote safety and consent by helping pupils recognise safe and unsafe situations, understand personal boundaries, and know how to seek help.
- Develop healthy relationships by supporting pupils to form positive friendships and respectful interactions.
- Teach body awareness to ensure pupils understand private/public body parts, privacy, and bodily autonomy.
- Prepare for adulthood by building independence, self-advocacy, and understanding changes during puberty.
- Promote inclusion and respect by fostering respect for diversity, including families, gender identity, and sexual orientation.

Statutory Requirements
We follow:

- DfE Relationships Education, Relationships and Sex Education (RSE) and Health Education (2019)
- Keeping Children Safe in Education (KCSIE)
- Equality Act 2010
- Children and Families Act 2014 (SEND Code of Practice)

As an independent school, we meet the Independent School Standards, including the requirement to promote pupils' personal development and welfare.

Curriculum Content
RSE is taught through a curriculum, where key concepts will be revisited at increasing levels of depth to include:

1. Relationships Education (Statutory)

- Families and different family structures
- Friendships and positive interactions
- Respect, kindness, and empathy
- Online behaviour and digital safety
- Privacy, personal space, and boundaries
- Recognising and reporting concerns

2. Health Education (Statutory)

- Puberty and physical changes

- Emotional regulation and wellbeing
- Personal hygiene
- Basic first aid
- Healthy lifestyles

3. Sex Education (Non-statutory)
Delivered where appropriate to individual pupils' developmental stage:
- Human reproduction
- Pregnancy and birth
- Safe and appropriate behaviour
- Understanding consent
- Managing feelings and relationships

Parents may request withdrawal from non-statutory sex education.

SEND Adaptations
We recognise that pupils with SEND may require:
- Visual supports, including symbols, social stories and sequencing cards
- Concrete examples and repetition
- Simplified language and explicit teaching
- Personalised learning plans linked to EHCP outcomes
- Small group or 1:1 teaching
- Safeguarding-focused content tailored to vulnerability

We prioritise safeguarding, recognising that pupils with SEND are at increased risk of exploitation.

Teaching Methods
RSE is delivered through:
- PSHE lessons
- One-to-one sessions where needed
- Social stories and role-play
- Visual timetables and communication aids
- Cross-curricular links (e.g. science, computing)
- External specialists where appropriate

NLTE ensures that staff will use consistent language and reinforce key messages across the school day.

Safeguarding and Confidentiality
RSE is a safeguarding tool. Staff are trained to recognise signs of abuse, exploitation, or inappropriate behaviour.
Any safeguarding concerns will be reported to the Designated Safeguarding Lead (Siobhan Stevenitt) or to the Deputy Designated Safeguarding Lead (Jamie Richards) in line with school policy.
Confidentiality is respected unless a pupil is at risk of harm.

Working With Parents and Carers
We work in partnership with families by:
- Sharing curriculum plans
- Offering parent interventions
- Providing resources to support learning at home
- Consulting parents on sensitive content

Parents may request withdrawal from non-statutory sex education; pupils cannot be withdrawn from Relationships or Health Education.

Staff Training
All staff delivering RSE receive training in:
- SEND-appropriate RSE strategies
- Safeguarding and child protection
- Puberty, consent, and healthy relationships

- Communication strategies (e.g., PECS, Makaton)

Monitoring and Evaluation
The Curriculum Lead/s monitors:
- Lesson delivery
- Pupil progress
- Staff feedback
- Parent feedback
- Safeguarding trends

The policy is reviewed annually.

Roles and Responsibilities
- **The Director and/or Headteacher** will ensure statutory compliance.
- **The Curriculum Lead** will oversee the curriculum and staff training.
- **The DSL and the DDSL** will ensure safeguarding integration.
- **All Teachers and Support Staff** will deliver RSE appropriately.
- **Parents/Carers** will receive supportive information.

Links with Other Policies
This policy should be read alongside:
- SEND
- Safeguarding and Child Protection
- Behaviour