



Whitby School

Relationship, Health and Sex Education Policy

Governance Status

This policy was re-issued in **September 2026** and was adopted by the Governing Body. It will be reviewed whenever new guidance or legislation or every two years.

Review dates	By Whom	Approval date

Signed by the Chair:

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1. Aims

The aims of Relationships, Health and Sex Education (RHSE) at the school are to:

- Provide a framework in which sensitive discussions can take place
- Prepare students for puberty, relationships and adult life
- Support students to develop self-respect, confidence and empathy
- Promote physical, mental and sexual health and wellbeing
- Create a positive culture around relationships and sexuality
- Equip students to recognise and respond to risks, including abuse and exploitation, both online and offline.

RHSE is a key part of the school's **safeguarding and personal development curriculum**.

2. Statutory Requirements

This policy complies with:

- The **Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2025**
- Department for Education statutory guidance (updated July 2025)

Relationships and Sex Education (RSE) is **compulsory for all pupils receiving secondary education**, and Health Education is compulsory in all state-funded schools.

The school must have regard to this guidance when delivering RHSE.

This policy also reflects:

- Education Act 1996 and 2002
- Equality Act 2010
- Keeping Children Safe in Education (KCSIE)

3. Policy Development

This policy has been developed in consultation with:

- Staff
- Students
- Parents and carers
- Governors

The school will continue to engage with parents on an ongoing basis and ensure transparency in curriculum delivery.

The policy is published on the school website and is available to parents on request.

4. Definitions

RHSE is about the emotional, social and cultural development of students, and involves learning about:

- Sex Education

Sex Education is learning about biological processes for the fertilisation of a human egg. Teaching is delivered in a factual, age-appropriate and non-judgemental manner.

- Relationship Education

Relationships Education provides pupils with the knowledge, understanding and skills needed to form and maintain positive, respectful and healthy relationships throughout their lives. It teaches pupils about families, friendships, respect, kindness, boundaries, consent, online relationships and how to recognise unsafe or unhealthy relationships. It aims to help young people develop the skills needed to build positive relationships, safeguard their wellbeing and contribute positively to society. Relationship Education supports pupils to understand human sexuality, respect themselves and others, develop healthy attitudes towards relationships and make informed, responsible decisions about sexual health and wellbeing.

- Health Education

Health Education provides pupils with the knowledge and skills needed to make informed decisions about their physical health, mental health and emotional wellbeing. It includes learning about mental wellbeing, healthy lifestyles, physical fitness, nutrition, sleep, substance misuse, personal safety, online safety and how to access appropriate support and healthcare services. The aim is to enable pupils to understand the factors that contribute to lifelong health and wellbeing and to make positive choices that support their safety and personal development. It includes teaching about reproduction, fertility, contraception, sexually transmitted infections (STIs), consent, pregnancy and the law relating to sexual relationships.

Together, Relationships Education, Sex Education and Health Education form the school's Relationships, Health and Sex Education (RHSE) programme. RHSE supports pupils to develop the knowledge, skills,

confidence and resilience needed to lead safe, healthy and fulfilling lives, both now and in the future. The programme is delivered in a way that is age-appropriate, inclusive, evidence-informed and responsive to emerging safeguarding risks.

RHSE:

- Does not promote sexual activity
- Is designed to support informed, responsible decision-making

5. Curriculum

The curriculum is **ambitious, carefully sequenced and inclusive**, ensuring knowledge builds over time.

It covers the following areas:

Families

- Different types of stable, committed relationships
- Roles and responsibilities of parents
- Legal aspects of relationships

Respectful Relationships

- Healthy friendships and communication
- Consent, boundaries and respect
- Challenging stereotypes and prejudice

Online Safety and Awareness

Students learn about:

- Online behaviour and digital responsibility
- Risks of sharing images and information
- Sexting, coercion and exploitation
- Emerging risks such as AI-generated content, deepfakes and sextortion
- Harmful online content, including misogyny and misleading influencers

Being Safe

- Consent and the law
- Abuse, exploitation and safeguarding
- How to seek help

Intimate and Sexual Relationships (including Sexual Health)

- Healthy relationships and choices
- Contraception and STI prevention
- Pregnancy choices and support
- Access to confidential advice

Health and Wellbeing

- Mental health and emotional wellbeing
- Physical health and lifestyle
- Health protections
- Understanding the health care system
- Understanding developing bodies
- Substance use (including vaping and alcohol)

The curriculum is:

- Age-appropriate
- Evidence-based
- Inclusive of all pupils

6. Delivery of RHSE

RHSE is delivered through:

- PSHE education
- Science curriculum
- Other subjects where appropriate (e.g. RE)

Teaching is:

- Inclusive and adapted to meet pupils' needs
- Delivered in a safe, respectful environment
- Interactive and discussion-based

Safeguarding

RHSE is embedded within the school's safeguarding framework.

Staff:

- Follow **KCSIE guidance**
- Know how to identify and report concerns
- Refer safeguarding issues to the **Designated Safeguarding Lead (DSL)**

Pupils are taught:

- How to recognise unsafe situations
- That abuse is never their fault
- How to seek support

External providers:

- Are vetted
- Must follow safeguarding procedures
- Agree protocols for managing disclosures

SEND

RHSE is accessible to all pupils, including those with SEND.

The school:

- Adapts teaching materials and approaches
- Provides additional support where needed
- Works with SEND specialists

7. Roles and Responsibilities

Governing Body

- Approves the policy
- Holds leaders to account
- Monitors compliance

Headteacher

- Ensures consistent delivery
- Manages withdrawal requests

RSE Lead

- Oversees curriculum design and delivery
- Ensures compliance with statutory guidance
- Supports staff

Staff

- Deliver RHSE sensitively and professionally
- Respond to pupils' needs
- Report safeguarding concerns

Students

- Engage respectfully
- Treat others with sensitivity

8. Parents' Right to Withdraw

Parents have the right to request withdrawal from **sex education** (not relationships or health education). These lessons are clearly marked on the plan.

- Requests must be made in writing to the Headteacher
- The school will discuss requests with parents
- Decisions will be recorded

Students may:

- Opt back into sex education **three terms before turning 16**

Parents cannot withdraw from:

- Relationships Education
- Health Education
- Science curriculum

Alternative provision will be made for withdrawn students.

The school maintains the right to refuse withdrawal for students deemed vulnerable or based on a safeguarding issue.

Requests for withdrawal should be completed using Appendix A.

9. Training

Staff receive:

- Regular RHSE training
- Safeguarding training
- Support in delivering sensitive topics including how to answer questions sensitively and without personal or political bias.

External specialists may support delivery where appropriate.

10. Monitoring Arrangements

The delivery of RHSE is monitored through:

- Learning walks and lesson observations
- Student voice
- Parent feedback
- Curriculum review

The **RHSE Lead** oversees implementation.

The Governing Body:

- Receives updates
- Reviews policy effectiveness

This policy is reviewed annually.

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Appendix A – Parent Request Form

Parental Request Form - Withdrawal from Sex Education within RHSE

TO BE COMPLETED BY PARENTS/CARERS			
Name of child		Class	
Name of Parent/Carer		Date	
Reason for withdrawing from Sex Education within Relationships, Health and Sex Education <i>The school will discuss the request with parents/carers to ensure they are fully informed about the curriculum content and safeguarding context.</i>			
Any other information you would like the school to consider			
Parent/Carer signature			
Parent/Carer contact details Phone number:			
Email address:			

TO BE COMPLETED BY THE SCHOOL	
Agreed actions from discussion with parents	
Headteacher signature	
Date	

Appendix B - Curriculum Overview

The following shows the core themes of the curriculum and where these are covered in each year group. More detailed curriculum plans are available on the school website for each module.

Our PSHE curriculum is carefully sequenced from **Year 7 to Year 11**, building progressively towards independence and adult readiness. It focuses on the key themes of: Personal wellbeing & health



Relationships & consent



Health, safety & safeguarding



Careers & future planning



Financial and Digital Literacy & decision-making

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