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Relationships and Sexual Health Education

POLICY

DRAFT

November 2026

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Review Cycle: Annually
Responsible Body: Egglescliffe Local Governance Committee
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Introduction

This policy outlines Spark Education Trust's approach to delivering Relationships, Sex and Health Education (RSHE) across all schools within our Trust. It is informed by the Department for Education's Relationships Education, Relationships and Sex Education (RSE) and Health Education Statutory Guidance (July 2025) and will be followed from September 2025.

Legal Framework

This policy has been developed in accordance with:

- Education Act 2002, Section 80A
- Education Act 1996, Section 403
- Department for Education statutory guidance: Relationships Education, RSE and Health Education (July 2025)
- Keeping Children Safe in Education 2025
- Equality Act 2010
- Other relevant Trust policies (Safeguarding, SEND, Online Safety & Behaviour).

Aims and Objectives

The aims of RSHE at Spark Education Trust are to:

- Provide a comprehensive, age-appropriate curriculum that reflects pupils' needs and experiences.
- Promote the physical, emotional, and social development of pupils.
- Equip pupils with knowledge and skills to make informed decisions about their health and relationships.
- Foster a safe and supportive environment for discussing sensitive issues.
- Ensure teaching is inclusive, respectful, and sensitive to diverse beliefs and backgrounds.

Curriculum Content

Relationships Education (Primary)

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe

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Relationships and Sex Education (RSE) (Secondary)

- Families
- Respectful relationships, including friendships
- Online and media
- Being safe
- Intimate and sexual relationships, including sexual health

Health Education (Primary & Secondary)

- Mental wellbeing
- Internet safety and harms, including AI and deepfakes
- Physical health and fitness
- Healthy eating
- Drugs, alcohol, and tobacco
- Health and prevention
- Basic first aid
- The changing adolescent body
- Suicide prevention and self-harm awareness

Teaching and Learning Strategies

RSHE will be taught using:

- Class discussions and debates
- Group work and role-playing
- Multimedia resources
- Guest speakers and external agencies where appropriate
- Interactive workshops

Teachers will establish ground rules to ensure discussions remain appropriate, respectful, and safe.

Guiding Principles

RSHE delivery is underpinned by:

1. Engagement with pupils to ensure relevance
2. Engagement and transparency with families, providing access to materials
3. Positivity, promoting healthy relationships and lifestyles
4. Careful sequencing of age-appropriate topics
5. Relevance and responsiveness to pupil needs
6. Skilled delivery and staff training
7. Whole school approach embedding RSHE in all aspects of school life

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Inclusion and Equality

- RSHE is inclusive of all pupils, and reflects different family structures, faith backgrounds, cultures, genders and sexual orientations.
- Curriculum adaptations are made for pupils with SEND.
- LGBT+ inclusive content is mandatory and is delivered in an age-appropriate, factual and respectful manner.
- Teaching respects and considers religious and cultural backgrounds while meeting statutory requirements.

Parental Engagement and Right to Withdraw

- Parents/carers will be informed of RSHE curriculum content and may request to view teaching materials
- **Primary:** No right to withdraw from Relationships Education or Health Education**.**
  Sex Education: Headteachers/Heads of School must automatically grant parental requests to withdraw from Sex Education which is not statutory until KS3.
- **Secondary:** Parents/carers may request withdrawal from non-statutory sex education beyond biological reproduction. Requests must be made in writing.
- The Headteacher/Head of School (or Senior Leader) will meet with parents/carers (and the pupil, where appropriate) before making a decision. Notes and decisions will be recorded.

Safeguarding and Pupil Welfare

- RSHE will be delivered safely and in line with safeguarding procedures.
- Staff are trained to manage sensitive discussions appropriately, respond to disclosures and follow safeguarding policy and procedures.
- Pupils are informed of confidentiality limits and staff reinforce confidentiality boundaries.
- Staff teach sensitive topics (e.g. abusive relationships, harmful online behaviours, misogyny, self-harm, illegal acts such as strangulation) in a factual and protective way.

Roles and Responsibilities

- **Trustees/Trust Board:** Ensure statutory compliance, approve policy, allocate resources.
- **Headteacher/Head of School/Governors:** Implement and monitor RSHE, ensure staff training, evaluate effectiveness.
- **RSHE Coordinators:** Curriculum development, resource selection, parental liaison, monitoring.
- **Teaching Staff:** Deliver RSHE safely and effectively, maintain safe environment, respond appropriately to disclosures.
- **Parents/Carers:** Support learning, engage in consultation, communicate concerns.

Parents/carers may contact the following with RSHE queries:

- RSHE Lead: Melanie Weir
- Headteacher/Head of School: David Hodgson
- Designated Safeguarding Lead: Sarah Jatwa

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Printed copies of policies/materials available upon request.

Training and Professional Development

All teachers of RSHE receive regular training on covering statutory guidance, safeguarding, inclusive practice, LGBT+ and inclusion, SEND adaptations and online safety. New staff and supply teachers receive relevant induction training.

External Agencies and Support Contacts

- Local sexual health services

Teesside Together Sexual Health Service
https://www.teessidetogether.co.uk/
Endurance House
Clarence Street
Stockton on Tees
TS18 2EP
T: 01642924117

Sexual Health Teesside (Lawson)
Lawson Street
Stockton on Tees
Cleveland
TS18 1HU
T: 03003301122

Children and Young People's Public Health Directorate
(Growing Healthy 0-19)
Harrogate and District NHS Foundation Trust
https://hdftchildrenshealthservice.co.uk/ourservice/growing-healthy-0-19-stockton-on-tees
T: Single Point of Contact 03333202302
T: 07741186014

Mental Health support
Crisis, call NHS 111 and select the mental health option (2)

Teesside CAMHS
https://www.tewv.nhs.uk/
T: NHS 111 and select the mental health option (2)

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Mind Teesside
https://www.teessidemind.org.uk/
T: 01642 257020

Action for Children
digital@actionforchildren.org.uk
T: 0300 123 2112

NSPCC
https://www.nspcc.org.uk/about-us/our-services/nspcc-helpline/
help@nspcc.org.uk
T: 0808 800 5000

-National Helplines

Samaritans
https://www.samaritans.org/?scrlybrkr=453ab2ff
T: 116 123

Childline:
http://www.childline.org.uk
T: 0800 111

NSPCC Helpline
https://www.nspcc.org.uk/about-us/our-services/nspcc-helpline/
help@nspcc.org.uk
T: 0808 800 5000

- RSHE Lead:
Mel Weir at bader@bader.org.uk
T: 01642 762856

- Safeguarding contacts
Sarah Jatwa at bader@bader.org.uk
T: 01642 762856

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Monitoring, Evaluation, and Review

- Monitoring through lesson observations, learning walks, pupil surveys, assessment of knowledge and attitudes.
- Feedback from pupils, parents, and staff informs curriculum improvement.
- Annual policy review or sooner if legislative updates occur.
- Annual reporting to Trust on RSHE provision and compliance.

Complaints

- Complaints follow the Trust's complaints procedure.
- Alleged breaches of policy are investigated by school leadership and reported to the Trust central team.

Appendix A: RSHE Curriculum Map Template

Key Stage/Year Group	Relationships Education/ Relationships & Sex Education	Health Education	Notes / School Adaptations
Early Years	Good Friends	Clean and Tidy Busy Body	3D PSHE Curriculum
KS1 –Years 1 and 2	Talk Pants	Growing and Changing – Similarities and difference.	NSPCC 3D PSHE Curriculum
KS2 – Year 3		First Aid	3D PSHE Curriculum
KS2 – Year 4	Changes before Puberty Visible changes	Emergency Calls	3D PSHE Curriculum
KS2 – Year 5	Puberty (Linked with Science Curriculum)	Taking Risks Drug Awareness	3D PSHE Curriculum Science Curriculum
KS2 – Year 6	Relationships and sex education: Forming relationships Sexual Relationships Healthy Relationships Unhealthy relationships Gender issues and relationships 3D PSHE Curriculum Science Curriculum	Legal and Illegal Drugs Impact of smoking and drinking.	3D PSHE Curriculum Science Curriculum

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Appendix B: Parental Withdrawal Procedure

1. Parent/carer submits written request to the Headteacher/Head of School.
2. A meeting is arranged with the parent/carer (and pupil where appropriate).
3. The Headteacher/Head of School/Senior Leader explains lesson content and discusses concerns.
4. Decision confirmed in writing and recorded.
5. Alternative supervised provision arranged.
6. Re-entry to lessons may be requested at any time.

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Appendix C: RSHE Resource Vetting Checklist

Resources must:

- Align with DfE statutory guidance.
- Be age-appropriate.
- Be inclusive and respectful of protected characteristics.
- Be factually accurate.
- Be free from stereotypes.
- Be safeguarding appropriate.
- Be shareable with parents when requested.

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