



WESTON FAVELL ACADEMY

# Relationship and Sex Education Policy

**Updated:** May 2025

**Parent Consultation evening:** Thursday 16<sup>th</sup> May 2024

**Stakeholder Consultation period:** Thursday 16<sup>th</sup> May to Friday 31<sup>st</sup> May 2024

**SLT Responsible for RSE** – Mrs R Bowen ([RBowen@westonfavellacademy.org](mailto:RBowen@westonfavellacademy.org))

*If you would like the Greenwood Academy Trust RSE Policy, please  
email Mrs R Bowen on the above email.*

## **1. Policy Statement**

From September 2020, new government guidance made elements of Relationships Education, Relationships and Sex Education (RSE), and Health Education statutory within the curriculum. While this content is a distinct component of the PSHE curriculum across all key stages, it also forms part of a whole academy approach to personal development.

Relationships and Sex Education (RSE) aims to equip children and young people with the knowledge they need to form healthy, nurturing relationships of all kinds, not solely intimate ones. Health Education, meanwhile, empowers pupils to make informed, positive choices about their health and wellbeing. Weston Favell Academy recognises the intrinsic link between physical and mental health and the importance of fostering both to ensure pupils thrive.

In line with the Equality Act 2010, the Academy is committed to providing inclusive education for all pupils, regardless of disability, additional educational needs, race, nationality, ethnic or national origin, sex, gender identity, pregnancy, maternity, religion or sexual orientation. Consequently, RSE must be flexible and responsive to the specific needs of different cohorts and individual pupils.

We are sensitive to the wide range of faith and cultural backgrounds within our school community and will strive to approach all topics with appropriate respect and consideration. However, it remains essential that all pupils have access to the knowledge and skills they need to stay safe, maintain their wellbeing, and understand their rights. The Academy is committed to delivering honest, clear, impartial and scientifically accurate information, free from personal bias or judgement, to support pupils in developing their own values and beliefs.

## **2. Intent**

Through the delivery of high quality, evidence based and age appropriate RSE, Weston Favell Academy aims to:

- Prepare pupils for the physical and emotional changes associated with puberty.
- Support an understanding of sexual development, health and hygiene.
- Promote a positive and inclusive culture around sexuality and relationships.
- Ensure pupils know how and when to seek help and where to access reliable support.

By the end of their education, pupils should be resilient, self-respecting, confident and empathetic, ready to take on the responsibilities and challenges of adult life.

### **3. Statutory requirements**

This policy is in accordance with the following statutory guidance and legislation:

- Relationships Education, Relationships and Sex Education (RSE) and Health Education (2020)
- Keeping Children Safe in Education (2024)
- The Equality Act (2010)
- The SEND Code of Practice (2015)
- Sexual Violence and Sexual Harassment between Children in Schools and Colleges
- Mental Health and Behaviour in Schools

### **4. Definition**

RSE involves learning about physical, emotional, moral and sexual development. It is designed to help pupils build confidence in making responsible decisions when facing risks and challenges. RSE covers friendship, the importance of caring and stable relationships, emotional literacy and understanding human sexuality.

It does *not* encourage early sexual activity. Instead, it aims to foster self respect, emotional maturity and an understanding of the importance of delaying sexual relationships until the appropriate time.

RSE will also explore:

- Different types of committed, stable relationships and their characteristics
- The importance of freely entered marriage and other long term partnerships
- The impact of relationships on wellbeing and family life
- Parenting responsibilities and the characteristics of effective parenting
- How to recognise unsafe relationships and seek help or report concerns

### **5. The personal, social, health and economic (PSHE) curriculum:**

All RSHE sessions are delivered in an open, respectful environment, guided by agreed group norms to ensure safety and mutual support. Approved sexual health resources are used throughout.

Any disclosures or concerns raised during lessons will be handled in line with the Weston Favell Academy Safeguarding and Child Protection Policy.

	Term 3	Term 5	External Provision
	Delivered during PSHE lessons by form tutors		Delivered during drop down sessions by external specialist
<b>Year 7</b>	<b>Diversity</b> Diversity, prejudice and bullying	<b>Building Relationships</b> Self-worth, romance and friendships (including online) and relationship boundaries	Relationships and reproduction, including reproductive organs, sex and the law of consent
<b>Year 8</b>	<b>Discrimination</b> Discrimination in all its forms, including: racism, religious discriminations, disability discrimination, sexism, homophobia, biphobia and transphobia	<b>Identity and Relationships</b> Gender identity, sexual orientation, consent, 'sexting' and an introduction to contraception	Becoming a parent, stages of pregnancy. What makes someone ready or not, including peer pressure and saying no
<b>Year 9</b>	<b>Respectful Relationships</b> Families and parenting, healthy relationships, conflict resolutions and relationship changes.	<b>Intimate Relationships</b> Relationships and sex education including consent, contraception, the risks of STIs and attitudes to pornography	Different types of Contraception. How they work and signposting as to where to get them, pros and cons of the different types of contraception.
<b>Year 10</b>	<b>Healthy Relationships</b> Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography	<b>Addressing Extremism and Radicalisation</b> Communities, belonging and challenging extremism	Sexually transmitted infections including HIV. Identifying signs and symptoms of STIs, treatments and signposting to local sexual health services and prevention
<b>Year 11</b>	<b>Communication in Relationships</b> Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse	<b>Families</b> Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships	Child Sexual Exploitation, including sexual health and social media and associated aspects of the law

## 6. Implementation

RSE is delivered through a cross-curricular approach, including Science, Religious Education, Computing and Personal, Social, Health and Economic Education (PSHE). External providers, including trained health professionals, are used where appropriate to enhance delivery.

Sex education within Science follows the National Curriculum and focuses on biological aspects in a factual, age-appropriate way. The RSE curriculum builds on prior learning from primary school and is designed to support ongoing personal development.

Lessons are delivered in a non-judgmental, fact-based manner that encourages open dialogue and questioning. Teachers tailor content to the needs and maturity of the class, encouraging respectful exploration of different values, beliefs and social norms.

Pupils are taught anatomically correct terms for body parts. Commonly used informal or slang terms may be discussed in context, particularly to support pupils in identifying appropriate versus inappropriate language.

## **7. Inclusion and Safeguarding**

Weston Favell Academy is committed to making RSE and Health Education accessible to all pupils. We recognise that pupils with SEND, especially those with SEMH needs or learning difficulties may be more vulnerable and require targeted support.

Teaching will be:

- Sensitive to individual needs
- Age and developmentally appropriate
- Differentiated and personalised

Staff will plan with the SEND Code of Practice and school SEND Policy in mind, making reasonable adjustments where needed. This includes using a range of teaching strategies, scaffolding activities, modelling, and involving specialist speakers to ensure inclusive access for all pupils.

Where disclosures or safeguarding concerns arise, these will be managed in line with our Safeguarding and Child Protection Policy. Teachers are supported to know how to respond appropriately and refer to the designated safeguarding team.

## **8. Parents' Right to Request Withdrawal**

At secondary level, Relationships Education and Health Education are statutory and parents do not have the right to withdraw their child from these lessons.

However, parents may request to withdraw their child from non-statutory elements of Sex Education (those not included in the Science curriculum). This typically includes learning about conception, birth, and the emotional aspects of sexual relationships.

If you wish to make such a request, a withdrawal proforma must be completed in the first instance. Following this, Mrs Bowen will arrange a meeting to discuss the request and outline the appropriate next steps. Please note that, by law, pupils have the right to opt into Sex Education from the age of 15 (three terms before their 16th birthday), regardless of parental consent.

**Should you wish to request a withdrawal from RSE, please contact [rbowen@westonfavellacademy.org](mailto:rbowen@westonfavellacademy.org) to obtain the necessary form.**