



WESTON FAVELL ACADEMY

Relationship and Sex Education Policy

Updated: September 2026

Parent Consultation evening: Wednesday 30th September 2026

Stakeholder Consultation period: 22nd September to 5th October 2026

SLT Responsible for RSE – Mrs R Bowen (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.
- Develop pupils' understanding of consent, personal boundaries and respectful relationships.
- Enable pupils to recognise, challenge and report sexual harassment, sexual violence and abusive behaviour.
- Support pupils to critically evaluate online content, including deepfakes, misinformation and harmful online narratives.
- Develop understanding of misogyny, sexism and violence against women and girls.
- Equip pupils with the knowledge to manage risks associated with digital technology and social media.
- Develop understanding of fertility, reproductive health and routes to parenthood.

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.

2a. Guiding Principles

The RSHE curriculum at Weston Favell Academy is built upon the following principles:

- RSHE is a vital component of safeguarding and personal development.
- Teaching will be factual, evidence-informed and age-appropriate.
- Pupils will be supported to develop healthy, respectful and equal relationships.
- Teaching will promote respect for protected characteristics and challenge prejudice, discrimination and harmful stereotypes.
- Pupils will develop the knowledge and skills needed to navigate online and offline relationships safely.
- Staff will create an environment where pupils can discuss sensitive issues respectfully and seek support when needed.
- Teaching will remain politically impartial and will not promote any particular ideology or belief system

3. Statutory requirements

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

- Department for Education Relationships Education, Relationships and Sex Education (RSE) and Health Education Statutory Guidance (July 2025, effective September 2026).
- Department for Education Keeping Children Safe in Education (current edition).
- Equality Act 2010.
- SEND Code of Practice 2015.
- Sexual Violence and Sexual Harassment Between Children in Schools and Colleges.
- Mental Health and Behaviour in Schools.
- Working Together to Safeguard Children.
- Guidance on Violence Against Women and Girls (VAWG), misogyny and harmful sexual behaviours.

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.

Year Group	PSHE Curriculum Delivered by Form Tutors	External Specialist Session
Year 7	Healthy and unhealthy friendships; bullying and peer influence; families and changing relationships; puberty and emotional changes; menstrual wellbeing; testicular and vulval health; recognising abuse; introduction to consent; healthy relationships and media influences.	Relationships and Reproduction: male and female reproductive organs; human reproduction; healthy relationships; sex and the law of consent.
Year 8	Healthy and unhealthy relationships; safer online relationships; consent; sexual harassment; harmful sexual behaviour; image sharing; gender-based violence; identity; discrimination; stereotypes; diversity and inclusion.	Becoming a Parent: stages of pregnancy; responsibilities of parenthood; readiness for parenthood; peer pressure; assertiveness and saying no.
Year 9	Relationship values; revisiting consent; contraception; sexual health; healthy intimate relationships; managing relationship endings; deepfakes; online misogyny; challenging harmful narratives and online harms.	Contraception: different contraceptive methods; how contraception works; advantages and disadvantages; accessing contraception; local sexual health services.
Year 10	Consent; coercion and pressure; pornography and its impact; recognising abuse; relationship rights; AI and online safety; deepfakes; misogyny and harmful online influences; diversity and challenging extremism.	Sexually Transmitted Infections and Misogyny: STIs including HIV; signs, symptoms and treatment; prevention; sexual health services; challenging misogyny; respect in relationships.
Year 11	Healthy and unhealthy relationship behaviours; boundaries; power and control; sexual health; contraception; committed relationships; marriage; fertility; pregnancy choices; parenting responsibilities.	Consent: understanding consent; the law relating to consent; communication and boundaries; recognising coercion and pressure; accessing support.

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.

Online Safety

RSHE reflects the increasingly digital lives of young people and includes learning about:

- Social media and online relationships.
- Sharing images online.
- Deepfakes and artificial intelligence.
- Online pornography.
- Grooming, exploitation and coercion.
- Online misogyny and harmful influencers.
- Digital footprints and reputation.
- Seeking support and reporting online concerns.

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. Working in Partnership with Parents and Carers

Weston Favell Academy recognises that parents and carers are the primary educators of their children in matters relating to relationships and health.

The Academy will:

- Consult parents regularly regarding RSHE provision.
- Publish and review this policy on the school website.
- Provide curriculum overviews and information about lesson content.
- Inform parents when external specialists are being used.
- Offer opportunities for parents to view teaching materials where appropriate.
- Hold information evenings and consultation events.
- Respond to parental questions and concerns openly and professionally.
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The Academy believes that effective RSHE is most successful when schools and families work together to support young people's safety, wellbeing and personal development.

9. External Visitors and Specialist Providers

Weston Favell Academy may use carefully selected external agencies and specialist educators to enhance RSHE provision.

External visitors:

- Complement rather than replace teacher delivery.
- Work under the supervision of school staff.
- Deliver content consistent with statutory guidance and school values.
- Are subject to safeguarding and quality assurance procedures.
- Provide expertise in specialist areas including relationships, consent, sexual health and reproductive health.

Current provision includes sessions delivered by Wayne Stevenson of Stevenson Training and Interventions.

10. 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 to obtain the necessary form.