

Windsor Academy Trust

Relationship and Sex Education (RSE) and Health Education Policy

Secondary

Responsible Committee:	Education, Performance and Standards	
Date approved by the Board of Directors:	October 2024	
Implementation date:	October 2024	
Next review date:	October 2025	

All SRE (sex and relationships) has been amended to RSE (relationships and sex) throughout the policy except if referring to external documents where SRE is used

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Introduction

This policy outlines for all stakeholders the key elements of Relationships and Sex Education (RSE) delivery at [INSERT SCHOOL NAME]. All schools must have an up to date RSE policy which is made available for inspection and to parents. The policy must:

Define sex and relationships education

Describe how relationships and sex education is provided and who is responsible for providing it

Explain how relationship and sex education is monitored and evaluated Include information about parents' rights to withdrawal Be reviewed annually.

- 1. Aims and objectives
- 1.1 The aim of RSE is to provide children with age appropriate information, explore attitudes and values and develop skills in order to empower them to make positive decisions about their health related behaviour.
- 1.2 The [INSERT SCHOOL NAME]. RSE policy therefore has the following aims:

To provide the knowledge and information to which all students are entitled To raise students' self-esteem and confidence, especially in their relationship with others

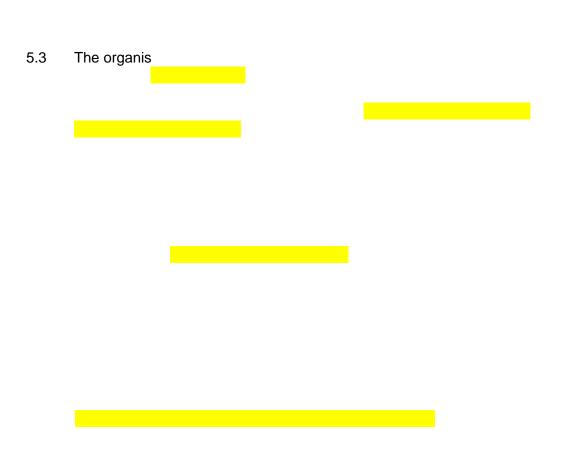
To help students develop skills (language, decision making, choice assertiveness) and make the most of their abilities

To develop students' skills for a healthier and safer lifestyle

To develop students' communication skills and assertiveness skills to cope with the influences of their peers and the media

To ensure students know how to keep themselves safe when using social media To provide a description of how RSE is delivered, monitored and evaluated in school To help students learn to respect and care for their bodies To prepare students for puberty and adulth

- 3.3 All children are entitled to good quality RSE that meets their needs. [INSERT SCHOOL NAME] will involve its students from Years 7-13 in having a say in developing RSE practice. RSE will be audited and reviewed regularly to ensure that it meets the needs of the students across the academy trust and each individual schools.
- 4. Defining Relationships and Sex Education
- 4.1 Relationships and Sex Education (RSE) is learning about our bodies, health and relationships; with a particular focus on puberty and growing up, sexual health, sexuality, sexual intimacy, dealing with emotions and managing personal relationships. RSE is taught gradually, so that learning can be built up a f p



within. A teacher will always be present during the session. Prior to agencies attending the school, key members of staff must ensure that:

Appropriate checks have been made

Their input is integrated within a planned programme

8.	Equal Opportunities						
8.1	All students are entitled to receive relationship and sex education regardless of ability,						

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9.6 RSE lessons will inform students of the contraceptive and sexual health advice they can access local services for this sources of local help and support should be supported the support should be supported by the support support supported by the support s

9.7 There may be occasions when a te contemplating sexual intercourse.

Make sureithe student is awareked advice and knows how to get this advice and knows how to get this appropriate the student to talk to a through underage sex or a suspensive protection issue how to the student to talk to a superport to the student to talk to a superport to the student to talk to a superport to the student is awareked to the st

ide of school. Knowledge of eed for students to seek help from a student under 16 is having or ൂഷ്പ്ര_{സ്}hould: ek contraceptive and sexual 1n ot, in themselve t end16

Appendix 1: INSERT Curriculum overview

Appendix 2: What children should know by the end of secondary school

Relationships and Sex Education