



# Windsor Academy Trust

## Relationship and Sex Education (RSE) and Health Education Policy

### Secondary

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

## Contents

1. Aims
2. Statutory requirements
3. Policy development and Review
4. Defining Relationships and Sex education
5. Delivery of RSE curriculum
6. Roles and responsibilities
7. Parents' right to withdraw
8. Equal opportunities
9. Safeguarding, Confidentiality and Reporting
10. Training
11. Additional information
12. Monitoring arrangements
13. Appendices

## 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 adulthood



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



5.3 The organis

[Redacted]

[Redacted]

[Redacted]

[Redacted]

[Redacted]

[Redacted]

[Redacted]

[Redacted]

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

[Redacted]

[Redacted]

[Redacted]

[Redacted]

[Redacted]

## 8. Equal Opportunities

8.1 All students are entitled to receive relationship and sex education regardless of ability,







**Appendix 1: INSERT Curriculum overview**

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

**Relationships and Sex Education**

o



