ACHIEVE BEYOND SCHOOLS

A B S

"We R.A.I.S.E. each other"

Relationships, Sex & Health Education (RSHE) Policy

Independent School Standards: paragraphs 2, 5 and 34

Latest review and update	September 2026
Next external review and update	September 2027

AIM

We aim are adhere to the statutory RSH education guidance in full. Our RSH education does not promote sexual activity. RSH education is about the emotional, social and cultural development of pupils, and involves learning about relationships, sexual health, sexuality, healthy lifestyles, diversity and personal identity. RSH education involves a combination of sharing information and exploring issues and values. It is crucial that our RSH education programme is sensitively addressed and adapted accordingly for our pupil cohorts. RSH education is also one way in which we ensure the curriculum pays regard to all the protected characteristics, including sex, gender reassignment, sexual orientation, marriage and civil partnership and pregnancy and maternity.

RSH SUBJECT CONTENT, HOW AND WHEN IT IS TAUGHT

RSH education is taught within the schools' PSHE education curriculum. Some biological aspects of RSH education are taught within the science curriculum. We teach PSHE education at least twice a week. As part of this, Relationships education (at Key Stages 1–2) and Relationships **and** Sex Education (at Key Stage 3) are taught throughout the year, every year; each year progressively builds on pupils' prior learning.

At Key Stages 1–3, Relationships education is taught by classroom teachers. We formally teach Relationships education to Key Stage 1–2 pupils and RHS education to our Key Stage 3 pupils and cover national statutory guidance which aims to:

a) help pupils develop an understanding of the different types of relationships, including family relationships
b) help pupils to develop skills in forming, respecting and maintaining relationships with others, including their peers
c) help pupils develop understanding of online relationships, being safe and the media
d) teach pupils about the changes to their body that occur during puberty
e) teach pupils about reproduction, intimate and sexual relationships, including same-sex relationships, sexual health and gender identity (secondary only).

RSH education is delivered through a varied range of teaching activities which promote dialogue and understanding, such as circle time, discussions and role play.

INFORMATION FOR FAMILIES INCLUDING 'THE RIGHT TO WITHDRAW'

Parents and carers' feedback is continually invited to help shape this policy on a continued annual basis, with the latest invite being in October 2026. All families have access to this policy.

We will always inform families, in advance, of when the RSH education programme is being taught and will provide an opportunity for families to view the subject overview, which includes content and lesson resources and this policy. Families can also request the RSH education subject overview from the Head of School at any time.

Families have the right to withdraw their child/ren from some or all of sex education delivered as part of statutory RSH education. This is officially known as the 'right to be excused from sex education'. Requests for withdrawal should be directed to the Executive Head or Head of School. The Executive Head or Head of School will discuss the request with families. Once these discussions have taken place, we will respect the family's request to withdraw their child and alternative learning will be facilitated.

Families have no right to withdraw their children from Relationships education.

HEALTH EDUCATION

The aim of teaching pupils about physical health and mental wellbeing is to give them the information that they need to make positive personal choices. It aims to enable them to recognise concerns, and to know how and where to seek appropriate support as early as possible.

The focus for pupils of primary age is teaching them the characteristics of good physical health and mental wellbeing. As pupils get older, this knowledge is built upon, and enables them to understand how their bodies are changing, how they are feeling and why, to further develop the language that they use to talk about their bodies, health and emotions, and to understand why terms associated with mental and physical health difficulties should not be used pejoratively.

SUBJECT CONTENT, HOW AND WHEN IT IS TAUGHT

Health education in our schools is taught within both our RSH education and PSHE education curriculum. In line with non-statutory health education guidance and the PSHE Association, we cover, every year:

- managing feelings
- healthy lifestyles
- self-awareness
- the world I live in
- self-care, support and safety (including online safety and AI)
- changing and growing.

Each year is sequenced and progressively builds on pupils' prior learning and allows allocated time for topics that pupils find difficult. Some aspects of health education

are also regularly covered in other areas of the curriculum, assemblies and themed days. We also commission an external organisation to deliver basic first-aid training for all pupils, once a year, every year.

HOW THE TEACHING OF RSHE IS MONITORED

Heads of School monitor the overall quality of education across our school. RSH education (as part of PSHE education) is monitored through informal learning walks, lesson observations, workbook audits, workbook moderations and pupil and teacher interviews. RSH education (as part of PSHE education) is externally scrutinised by Directors and the Advisory Panel as part of our quality checks.

TEACHERS' DEVELOPMENT

Teachers are trained to teach RSH education and meet on a regular basis with other teachers and leaders during quality of education CPD meetings and training days. The school is also a member of the PSHE association.

THOSE WHO IDENTIFY AS LESBIAN, GAY, BISEXUAL, TRANSGENDER, QUEER, NON-BINARY (ETCETERA) AND PREJUDICE AND DISCRIMINATION INCLUDING HOMOPHOBIA, BIPHOBIA & TRANSPHOBIA

Adults in schools receive equality training which focuses on all the protected characteristics as defined in the Equality Act 2010. The focus is on tackling discriminatory language and bullying and promoting equality and embracing differences.