

Relationships & Sex Education Policy

This policy covers the Senior and Prep Schools and EYFS

Governors' Committee normally reviewing policy	Curriculum & Welfare
Date policy formally approved by Governors	January 2020
Period of review	1 Year
Last review date	August 2026
Next review date	August 2027

Person responsible for monitoring implementation and effectiveness of the policy	Deputy Head Pastoral
Other relevant policies	Curriculum Policies Pastoral Policies

Kingsley School Bideford is owned and operated by KSI Schools Group Limited, which is the School's Proprietary Body ("the Proprietor").

Any reference in this policy to the Governors or Governing Body means the School's local body of governors, which operates as a local advisory board on behalf of the Proprietor. The local governing body does not constitute the Proprietary Body of the School.

The Proprietor has ultimate responsibility for ensuring that the School meets its statutory and regulatory obligations and for ensuring that this policy is appropriate, effective and implemented in accordance with those requirements.

The Governors provide local oversight and scrutiny on behalf of the Proprietor and undertake appropriate review and monitoring to satisfy themselves that this policy is being implemented effectively. They advise and make recommendations to the Proprietor and the School's leadership as appropriate.

The core principle that guides everything we do is **Putting Students First**.

3. Introduction

Sex and relationships education (RSE) is learning about the emotional, social and physical aspects of growing up, relationships, sex, human sexuality and sexual health. Some aspects are taught in science, and others are taught as part of personal, social, health and economic education (PSHE) and a carefully planned assembly rota. A comprehensive programme of RSE provides accurate information about the body, reproduction, sex, and sexual health. It also gives students essential skills for building positive, enjoyable, respectful and non-exploitative relationships and staying safe both on and offline.

Quality RSE helps Kingsley to create a safe school community in which our students can learn, grow, and develop positive and healthy relationships. This is essential as it ensures:

- Students have good quality education, as set out in the United Nations Convention of the Rights of the Child
- Students are prepared for physical and emotional changes they undergo at puberty, and they are given the opportunity to explore different types of relationships in a timely manner
- The school is meeting its safeguarding obligations – our students learn about safety and risks in relationships and how to report and get advice and support
- We maintain our statutory obligation under the Children Act (2004) to promote students' wellbeing, and under the Education Act (1996) we prepare our students for the challenges, opportunities, and responsibilities of adult life
- We promote the spiritual, moral, cultural and physical development of our students

A carefully sequenced PSHE curriculum, based on the Department for Education's (DfE's) statutory guidance, that specifically includes sexual harassment and sexual violence, including online. This should include time for open discussion of topics that children and young people tell us they find particularly difficult, such as consent and the sending of nudes.

Our comprehensive relationships and sex education programme of study is designed to have a positive impact on our students' health and wellbeing, including their ability to achieve.

4. Legislation (Statutory Regulations and Guidance)

We are required to teach relationships and sex education (RSE) as part of the Department for Education statutory guidance, as of September 2020 (updated July 2025) and this informs our timetabled PSHE Programme of Study at Kingsley School. Current regulations and guidance from the Department for Education state that all secondary schools must deliver relationship and sex education.

The 1993 Education Act requires Governors of maintained secondary schools to provide relationship and sex education for all registered students, to maintain a Policy of relationship and sex education and to make this policy available to parents and Ofsted.

Under the Education Act 2002 / Academies Act 2010 all schools must provide a balanced and broadly-based curriculum which promotes the spiritual, moral, cultural, mental and physical development of students at the school and of society, and prepares students at the school for the opportunities, responsibilities and experiences of later life.

The RSE policy supports and complements the following policies:

- Safeguarding and Child Protection
- Equality, Diversity and Inclusion
- SEND

Documents that inform the school's RSE policy include:

- Education Act (1996)
- Learning and Skills Act (2000)
- Education and Inspections Act (2006)
- Equality Act (2010)
- Supplementary Guidance SRE for the 21st century (2014)
- Keeping children safe in education – Statutory safeguarding guidance (2016)
- Children and Social Work Act (2017)
- Relationships Education, Relationships and Sex Education (RSE) and Health Education (2025)

This policy is produced and updated by the Deputy Head Pastoral together with the Subject Lead for PSHE, approved by the governors and is reviewed by the Governors' Welfare and Curriculum Meeting each November.

5. Aims of the RSE Policy

6. Attitudes and Values

- i. Learning the importance of values and individual conscience and moral considerations.
- ii. Learning the value of stable and loving relationships for the nurture of children.
- iii. Developing critical thinking as part of decision making

7. Personal and Social Skills

- i. Learning and understanding physical development at appropriate stages
- ii. Understanding human sexuality, reproduction, sexual health, emotions and relationships
- iii. Learning the reasons for delaying sexual activity, and the benefits to be gained from such delay
- iv. The avoidance of unplanned pregnancy

8. Knowledge and understanding

- i. Learning and understanding physical development at appropriate stages
- ii. Understanding human sexuality, reproduction, sexual health, emotions and relationships
- iii. Learning about contraception and the range of local and national sexual health advice, contraception and support services
- iv. Learning the reasons for delaying sexual activity and the benefits to be gained from such delay
- v. The avoidance of unplanned pregnancy

9. Roles and Responsibilities

The relationships and sex education programme will be led by the Subject Lead for PSHE and taught by a team of timetabled PSHE teaching staff. It will be supported by the Medical Team, SEND Department and external speakers. Teaching staff are all encouraged to complete relationships and sex education training on the topics they are expected to deliver during the academic year to support students in the effective delivery of relationships and sex education.

The Subject Lead for PSHE works closely with Heads of Department / Class Teachers to ensure relationships education, RSE and health education programmes of study compliment and do not

duplicate the content covered in national curriculum subjects such as Science, Computing, Food Technology and PE.

10. Delivery

Our guiding principles are that all of the compulsory subject content is age appropriate and developmentally appropriate. Lessons are taught sensitively and inclusively, with respect to the backgrounds and beliefs of students and parents while always with the aim of providing students with the knowledge they need of the law.

Relationships and sex education at Kingsley School is delivered as part of the Personal, Social and Health Education (PSHE) programme of study and is also part of National Curriculum Science. Responsibility lies with the Subject Lead for PSHE and is regularly monitored and evaluated by the Deputy Heads (Pastoral and Academic) and Head of Prep School.

A variety of active learning approaches are employed in the delivery of the curriculum. The choice of method is matched to the needs of the group and the suitability for the issue being addressed. In some cases, visitors may be invited into the school and the school nurses may be involved.

Lessons are generally taught in mixed gender groups; however certain parts of the curriculum may be taught in single sex groups.

The names of students who are absent from sex education lessons will be reported to the Subject Lead for PSHE and recorded to ensure that students receive the information missed.

Students are naturally curious about growing up, how their bodies work, change and how humans reproduce. Their questions need to be answered honestly, using language and explanations appropriate for their age and maturity, thus avoiding unnecessary mystery, confusion, embarrassment, and shame. RSE addresses the questions and concerns raised by the biological fact. It provides balance to sometimes distorted messages about sex and gender roles in the media, and helps protect students by explaining boundaries and safety, and developing the language and understanding needed to recognise abusive behaviour and seek help. It also helps students to develop respectful and consensual attitudes and behaviours.

As a school, we have a duty under the Equality Act 2010 to ensure that teaching is accessible to all students, including those who are lesbian, gay, bisexual and transgender/gender-questioning (LGBT). Inclusive SRE fosters good relations between students, tackles all types of prejudice – including homophobia – and promotes understanding and respect, enabling us to meet the requirements, and live the intended spirit, of the Equality Act 2010.

11. Teaching Strategies

It is essential that we help our students to develop confidence in talking, listening, and thinking about relationships and sex. Partnership between school and parents is the key to success.

The following can help this: -

- Establishing ground rules with students
- Using 'distancing' techniques
- Knowing how to deal with unexpected questions or comments from students
- Knowing how to deal with sensitive issues

12. Safe and Effective Practice

At Kingsley School we will ensure a safe learning environment by establishing ground rules at the start of every PSHE lesson and remind students about confidentiality within PSHE lessons. Teachers and students will agree ground rules by discussing as a class and agreeing on a class consensus. Many of the lesson resources we use to deliver RSE at Kingsley School also provide guidance to PSHE teaching staff on creating and establishing a safe and inclusive environment.

Distancing techniques are used to ensure personal experiences and issues, of staff and students, are not discussed within the classroom and sensitive issues will be handled by the teacher ensuring students have access to the curriculum overview for the year in advance. Students are informed and reminded in advance of any topics approaching that might be considered sensitive. Students who are upset in a lesson will be given time out and teachers will be asked to follow up with an email to DSL / Deputy DSL and Tutor / Class Teacher.

Students are encouraged to ask questions; however they are reminded that questions should not cause offence and the teacher will approach Q&A honestly, indicating they are not experts and may have to return to a question with an answer in due course. Students are given the opportunity to raise questions in PSHE lessons anonymously, including RSE lessons. Students have access to post-it notes / post box / Firefly to ask anonymous questions during and outside of the lessons which are visited at an appropriate time later in the lesson / scheme of work.

All staff teaching RSE at Kingsley School are supported by the Subject Lead for PSHE and CPD is offered to all staff to ensure they are confident in delivering quality and inclusive RSE lessons to all students. The Subject Lead for PSHE liaises with the Head of Prep School, SENDCo (Senior) and the Centres' Manager to ensure children with SEND are able to access the RSE curriculum. Whereby a member of staff expresses a concern in delivering particular elements of the RSE curriculum, plans are put in place to ensure a member of staff who is confident can deliver these lessons. This can typically be covered by the school nurses or an external guest (e.g. NHS).

If a member of teaching staff is asked questions about sex education in other lessons they will answer advising the class they will pass the question on to their RSE teacher – PSHE and/or Science and/or a member of the medical team so they can give an accurate answer in a smaller group setting. This will then ensure any children who have been withdrawn from the any non-National Curriculum sex education are not included in any follow up discussion. The teacher will also chat to the child who raised the question at the end of the lesson in case they need support and log this on CPOMS to enable follow up discussions with their trusted adult if needed.

13. Confidentiality

The classroom is never a confidential place to talk, and that remains true in RSE PSHE lessons. Our students are reminded that their PSHE lessons are not a place to discuss their personal experiences and issues – or to ask others to do so – through the establishment of ground rules, which are revisited every lesson.

Any visitor to the classroom is bound by Kingsley School's policy on confidentiality, regardless of whether they have – or their organisation has – a different policy. Students are reminded throughout their PSHE lessons where they can access confidential support after the lesson if they need it.

When necessary, students will be made aware that confidentiality is not guaranteed, although their best interest will be maintained.

Disclosures from students should be referred to the DSL.

14. Engaging Stakeholders

Parents will be informed about the relationship and sex education policy through the school website and an email at the start of the school year. We are committed to working with parents by ensuring they are equipped with up-to-date information relating to RSE changes and statutory guidelines. We ensure parents are fully aware of what is being taught by publishing our PSHE curriculum map on the school portal which is accessible to parents and students. The Subject Lead for PSHE also communicates regularly with parents regarding RSE topics that are coming up and will send additional resources to support / facilitate conversations at home. Letters to parents typically inform them of the content of the forthcoming RSE lessons and any parents booklets and links to websites that they might find helpful, should they wish to follow up these conversations at home with their child. Parents are informed that the school differentiates between relationships and sex education – relationships education focuses on healthy and unhealthy relationships and doesn't involve different types of sexual activity, but can cover sensitive topics such as sexual violence in order to keep children safe.

Governors will be informed of the RSE policy and PSHE curriculum through their termly meetings.

Student voice is used to review and tailor our RSE programme of study to ensure we meet the needs of our student body. Academic Council Meetings provide students an opportunity to discuss the curriculum and RSE focus groups are established to ensure we are meeting the needs of our students. Boarders' Council also provides our students with an opportunity to discuss matters they deem to be important.

15. Monitoring, Reporting and Evaluating

Teachers will critically reflect on their work in delivering RSE through termly meetings with the Subject Lead for PSHE. They can also request CPD to further support and enhance their delivery of these lessons through organisations such as the PSHE Association.

Students will have opportunities to review and reflect on their learning during lessons as baseline assessments and plenary opportunities allow students to reflect on their progress in terms of their knowledge and understanding and identify any changes in their thoughts, views and opinions. Students will also be asked to identify sources of support and suggest where they can get additional help and support on RSE matters.

Student voice will be influential in adapting and amending planned learning activities to ensure lessons are pitched correctly, based on our students' needs. Student focus groups and surveys will enable the Subject Lead for PSHE to collate feedback on the quality of lessons, content, students' views in relation to gaps in current provisions and any additional services that we can offer to fully support the delivery of RSE in PSHE lessons.

Whereby a visitor / external agency has contributed to the delivery of RSE provisions, students will be sent a survey to evaluate the usefulness and effectiveness of the workshop / talk. This feedback will be used to determine future supplementary provisions.

16. Right to be Excused from Sex Education

Kingsley School is required to provide relationships and sex education for all registered students. Parents have the right to withdraw their child from the sex education aspects of the curriculum, which are not included by law with the National Curriculum. Parents wishing to exercise this right should apply to the Head in writing. The school will document this request and ensure a record is kept. Parents wishing to see more details of the relationships and sex education materials and curriculum should contact the Subject Lead for PSHE.

Should a parent wish to withdraw their child from sex education lessons, the school will respect the parents' request to withdraw the child, up to and until three terms before a student turns 16. After that point, if a child wishes to receive sex education rather than be withdrawn, the school will plan to provide them with sex education during one of those terms.

The process is the same for SEND students, however there may be exceptional circumstances whereby the Head may wish to take the student's specific needs arising from their SEND into account when making this decision.

If a student is excused from a sex education lesson, we will ensure the student receives appropriate and purposeful education during the period of withdrawal. There is no right to withdraw a student from relationships or health education.

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Deputy Head Pastoral