

Bedford High School
A Specialist Business and Enterprise College

Work Hard – Be Respectful – Take Responsibility



Relationships & Sex Education Policy

School Address	Manchester Road Leigh WN7 2LU
School Contact Number	01942 486386

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Changes History

Version	Date	Description	Changes
2	June 2023	RSHE Policy	

3	Sept 24	Staff Reviewer	
	July 2025	Page 15	Addition of where citizenship is taught within the curriculum
		Page 16	Update on staff to contact and consultation
		Page 20-21	Rewritten the letter to parents to include content of lessons for each year group

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1. Statement of intent

At Bedford High School, we understand the importance of educating students about sex, relationships and their health, for them to make responsible and well-informed decisions in their lives. The teaching of RSHE and health education can help to prepare students for the opportunities, responsibilities and experiences of adult life. It allows us to promote the spiritual, moral, social, cultural, mental and physical development of students at school and in the wider society. We have an obligation to provide students with high quality, evidence and age -appropriate teaching of these subjects. This policy outlines how the school's RSHE and health education curriculum will be organised and delivered, to ensure it meets the needs of all students.

Our intent is to nurture happy, healthy young people who have the knowledge, academic achievement and strength of character to lead safe and successful lives in modern Britain, preparing them for their next steps in education or employment with a thirst for lifelong learning. We ensure that every member of our school community knows that we are committed to supporting their physical health, safety, and emotional wellbeing throughout their journey with us.

2. Legal framework

This policy has due regard to all relevant legislation and statutory guidance including, but not limited to, the following:

- Equality Act 2010
- DfE 'Keeping children safe in education' 2022
- DfE 'National curriculum in England: science programmes of study' 2015
- The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019
- Children and Social Work Act 2017
- Education Act 1996

3. Policy development

This policy has been developed in consultation with stakeholders. The consultation and policy development process involved the following steps:

1. Review – Assistant Headteacher pulled together all relevant information including relevant national and local guidance.
2. Staff consultation – school staff were given the opportunity to look at the policy and make recommendations.
3. Parent/stakeholder consultation – parents and any interested parties were invited to attend a consultation about the policy.
4. Student consultation – we investigated what exactly students want from their RSHE through consultation through evaluations, questionnaires and group sessions.
5. Ratification – once amendments were made, the policy was shared with governors and ratified.

4. Definition

RSHE is about the emotional, social and cultural development of students, and involves learning about relationships, sexual health, sexuality, healthy lifestyles, diversity and personal identity.

RSHE involves a combination of sharing information, and exploring issues and values and signposting to support. RSHE is not about the promotion of sexual activity.

5. Roles and responsibilities

5.1 The governing board is responsible for:

- Ensuring all students make progress in achieving the expected educational outcomes.

- Ensuring the RSHE and health education curriculum is well-led, effectively managed and well-planned.
- Evaluating the quality of provision through regular and effective self-evaluation.
- Ensuring that teaching is delivered in ways that are accessible to all students with SEND.
- Providing clear information to parents on the subject content and the right to request that their child is withdrawn.
- Ensuring RSHE and health education is resourced, staffed and timetabled in a way that ensures the school can fulfil its legal obligations.

5.2 The headteacher is responsible for, and may delegate through Assistant Headteacher/Assistant Headteacher.

- The overall implementation of this policy.
- Ensuring all staff are suitably trained to deliver the subjects.
- Ensuring parent's are fully informed of this policy.
- Reviewing all requests to withdraw students from non-statutory elements of the RSHE and health education curriculum.
- Discussing withdrawal requests with parents, and the child if appropriate, to ensure their wishes are understood and to clarify the nature and purpose of the curriculum, including the benefits of receiving the education.
- Ensuring withdrawn students receive appropriate, purposeful education during the period of withdrawal.
- Encouraging parents to be involved in consultations regarding the school's RSHE and health education curriculum.
- Reviewing this policy on an annual basis.
- Reporting to the governing board on the effectiveness of this policy and the curriculum.

5.3 The PDE Co-Ordinator is responsible for:

- Planning the delivery of RSHE and health education within the PDE curriculum.
- Working closely with colleagues in related curriculum areas to ensure the RSHE and health education curriculum compliments, and does not duplicate, the content covered in national curriculum subjects.

- Ensuring the curriculum is age-appropriate and of high-quality.
- Reviewing changes to the RSHE and health education curriculum and advising on their implementation.
- Monitoring the learning and teaching of RSHE and health education, providing support to staff where necessary.
- Ensuring the continuity and progression between each year group.
- Helping to develop colleagues' expertise in the subject.
- Ensuring teachers are provided with adequate resources to support teaching of the curriculum.
- Ensuring the school meets its statutory requirements in relation to RSHE and health education.
- Leading staff meetings and ensuring all members of staff involved in the curriculum have received the appropriate training.
- Organising, providing and monitoring CPD opportunities in the subject.
- Ensuring the correct standards are met for recording and assessing pupil performance.
- Monitoring and evaluating the effectiveness of the subjects and providing reports to the headteacher.

5.4 Curriculum and pastoral staff are responsible for:

- Acting in accordance with, and promoting, this policy
- Delivering RSHE and health education in a sensitive way and that is of a high-quality and appropriate for each year group.
- Ensuring they do not express personal views or beliefs when delivering the curriculum.
- Planning lessons effectively, ensuring a range of appropriate teaching methods and resources are used to cover the content.
- Modelling positive attitudes to RSHE and health education.
- Liaising with the SENCO about identifying and responding to the individual needs of students with SEND.
- Liaising with the RSHE and health education Co-Ordinator about key topics, resources and support for individual pupils.
- Monitoring student progress in RSHE and health education.

- Reporting any concerns regarding the teaching of RSHE or health education to the RSHE and health education subject leader or another member of the SLT.
- Reporting any safeguarding concerns or disclosures that students may make as a result of the subject content to the DSL.
- Responding appropriately to students whose parents have requested to withdraw them from the non-statutory components of RSHE, by providing them with alternative education opportunities.

5.5. The SENCO is responsible for:

- Advising teaching staff how best to identify and support pupils' individual needs.
- Advising staff on the use of TAs in order to meet pupils' individual needs.

5.6 Staff do not have the right to opt out of teaching RSHE. Staff who have concerns about teaching RSHE are encouraged to discuss this with their line manager or the Assistant Headteacher.

5.7 Staff Structure

Role	Responsibility
Deputy Headteacher	Pastoral & Wellbeing
Assistant Headteacher	Personal Development
PDE Co-Ordinator	Leadership and Management of PDE Curriculum
PDE Teachers	Teaching of PDE curriculum
Form Tutors	Delivering PSHE focus

6. RSHE Subject Overview

6.1 RSHE will continue to develop students' knowledge on the topics taught at a primary level, in addition to the content outlined in this section.

Families

6.2 By the end of secondary school, students will know:

That there are different types of committed, stable relationships.

How these relationships might contribute to human happiness and their importance for bringing up children.

What marriage is, including their legal status, e.g. that marriage carries legal rights and protections not available to couples who are cohabiting or who have married, for example, in an unregistered religious ceremony.

Why marriage is an important relationship choice for many couples and why it must be freely entered into.

The characteristics and legal status of other types of long-term relationships.

The roles and responsibilities of parents with respect to raising children, including the characteristics of successful parenting.

6.3 Students will also know how to:

Determine whether other children, adults or sources of information are trustworthy.

Judge when a family, friend, intimate or other relationship is unsafe, and recognise this in others' relationships.

How to seek help or advice if needed, including reporting concerns about others.

Being safe

6.4 By the end of secondary school, students will know:

- The concepts of, and laws relating to, sexual consent, sexual exploitation, abuse, grooming, coercion, harassment, rape, domestic abuse, forced marriage, honour-based violence and FGM, and how these can affect current and future relationships.
- How people can actively communicate and recognise consent from others, including sexual consent, and how and when consent can be withdrawn – this includes online.

Intimate and sexual relationships, including sexual health

6.5 By the end of secondary school, students will know:

- How to recognise the characteristics and positive aspects of healthy one-to-one intimate relationships, which include mutual respect, consent, loyalty, trust, shared interests and outlook, sex and friendship.
- That all aspects of health can be affected by choices they make in sex and relationships, positively and negatively, e.g. physical, emotional, mental, sexual and reproductive health and wellbeing.
- The facts about reproductive health, including fertility and the potential impact of lifestyle on fertility for both men and women.
- The range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others.
- That they have a choice to delay sex or enjoy intimacy without sex.
- The facts about the full range of contraceptive choices, their effectiveness and options available.
- The facts around pregnancy including miscarriage.

- That there are choices in relation to pregnancy, with legally and medically accurate, impartial information on all options including keeping the baby, adoption, abortion and where to get further help.
- How the different sexually transmitted infections (STIs) are transmitted, how risk can be reduced through safer sex and the importance of facts about testing.
- About the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment.
- How the use of alcohol and drugs can lead to risky sexual behaviour.
- How to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment.

Respectful relationships, including friendships

6.6 By the end of secondary school, students will know:

- The characteristics of positive and healthy friendships in all contexts (including online), including trust, respect, honesty, kindness, generosity, boundaries, privacy, consent and the management of conflict, reconciliation and ending relationships. This includes different (non-sexual) types of relationships.
- Practical steps they can take in a range of different contexts to improve or support respectful relationships.
- How stereotypes, particularly those based on sex, gender, race, religion, sexual orientation or disability, can cause damage, e.g. how they might normalise non-consensual behaviour.
- That in school and wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including people in positions of authority and due tolerance of other people's beliefs.
- About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to seek help.
- The types of behaviour in relationships that can be criminal, including violent behaviour and coercive control.
- What constitutes sexual harassment and violence and why these are always unacceptable.
- The legal rights and responsibilities regarding equality, with reference to the protected characteristics defined in the Equality Act 2010, and that everyone is unique and equal.

Online and Media

6.7 By the end of secondary school, students will know:

- Their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online
- About online risks, including that any material someone provides to another has the potential to be shared online and the difficulty of removing potentially compromising material placed online
- Not to provide material to others that they would not want shared further and not to share personal material which is sent to them
- What to do and where to get support to report material or manage issues online
- The impact of viewing harmful content
- That specifically sexually explicit material e.g. pornography presents a distorted picture of sexual behaviours, can damage the way people see themselves in relation to others and negatively affect how they behave towards sexual partners

- That sharing and viewing indecent images of children (including those created by children) is a criminal offence which carries severe penalties including jail
- How information and data is generated, collected, shared and used online.

7. Health education subject overview

7.1 The physical health and mental wellbeing curriculum will continue to develop pupils' knowledge on the topics taught at a primary level, in addition to the content outlined in this section.

Mental wellbeing

7.2 By the end of secondary school, students will know:

- How to talk about their emotions accurately and sensitively, using appropriate vocabulary.
- That happiness is linked to being connected to others.
- How to recognise the early signs of mental wellbeing concerns.
- Common types of mental ill health, e.g. anxiety and depression.
- How to critically evaluate when something they do or are involved in has a positive or negative effect on their own or others' mental health.
- The benefits and importance of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness.

Internet safety and harms

7.3 By the end of secondary school, students will know:

- The similarities and differences between the online world and the physical world, including the impact of unhealthy or obsessive comparison with others online, over-reliance on online relationships, the risks related to online gambling, how information is targeted at them and how to be a discerning consumer of information online.
- How to identify harmful behaviours online, including bullying, abuse or harassment, and how to report, or find support, if they have been affected by those behaviours.

Physical health and fitness

7.4 By the end of secondary school, students will know:

- The positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress.
- The characteristics and evidence of what constitutes a healthy lifestyle, maintaining a healthy weight, including the links between an inactive lifestyle and ill health.
- About the science relating to blood, organ and stem cell donation.

Healthy eating

7.5 By the end of secondary school, students will know:

- How to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer.

Drugs, alcohol and tobacco

7.6 By the end of secondary school, students will know:

- The facts about legal and illegal drugs and their associated risks, including the link between drug use and serious mental health conditions.
- The law relating to the supply and possession of illegal substances.
- The physical and psychological risks associated with alcohol consumption and what constitutes low risk alcohol consumption in adulthood.
- The physical and psychological consequences of addiction, including alcohol dependency.
- Awareness of the dangers of drugs which are prescribed but still present serious health risks.
- The facts about the harms from smoking tobacco, the benefits of quitting and how to access the support to do so.

Health and prevention

7.7 By the end of secondary school, students will know:

- About personal hygiene, germs including bacteria, viruses, how they are spread, treatment and prevention of infection, and about antibiotics.
- About dental health and the benefits of good oral hygiene and dental flossing, including healthy eating and regular check-ups at the dentist.
- The benefits of regular self-examination and screening.
- The facts and science relating to immunisation and vaccination.
- The importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn.

Basic first aid

7.8 By the end of secondary school, students will know:

- Basic treatments for common injuries.
- Life-saving skills, including how to administer CPR.
- The purpose of defibrillators and when one might be needed.

Changing adolescent body

7.9 By the end of secondary school, students will know:

- Key facts about puberty, the changing adolescent body and menstrual wellbeing.
- The main changes which take place.

8. RSHE programmes of study

PDE Plan showing both PSHE and Religious Education strands

	HT1	HT2	HT3	HT4	HT5		HT6	
Year 7	7A. Religious Education: <u>Introduction to Communities</u>	7B Religious Education: <u>Who was Jesus?</u>	7C. Health Education (HE) <u>PHYSICAL HEALTH AND FITNESS.</u>	7D. Relationships and Sex Education (RSE): <u>FAMILIES AND RELATIONSHIPS</u>	7E Religious Education: <u>What does it mean to be Hindu?</u>		7F. Relationships and Sex Education (RSE): PUBERTY, HEALTHY RELATIONSHIPS, RISK AND CONSENT <i>Spectrum CIC</i>	7G. Relationships and Sex Education (RSE): <u>DIVERSITY AND DISCRIMINATION</u>
Year 8	8A. Living in a Wider World (WW): <u>FINANCIAL CHOICES</u>	8B. Religious Education: <u>What does it mean to be Muslim?</u> <i>Including Islamophobia</i>	8C. Relationships and Sex Education (RSE): <u>ONLINE AND MEDIA</u>	8D. Religious Education: <u>How do people respond to Ultimate Questions?</u>	8E. Relationships and Sex Education (RSE): <u>IDENTITY STEREOTYPES EQUALITY.</u> <i>Spectrum CIC</i>	8F. Religious Education: <u>What does it mean to be Buddhist?</u>	8G. Religious Education: <u>Spirited Arts</u>	8H. Relationships and Sex Education: <u>ONLINE WELL BEING</u>

Year 9	9A. Relationships and Sex Education (RSE) <u>BEING SAFE</u>	9B. Religious Education: <u>Animals and the Environment</u>	9C Relationships and Sex Education (RSE): <u>RESPECTFUL RELATIONSHIPS, INCLUDING FRIENDSHIPS</u>	9D. Health Education (HE): <u>INTERNET SAFETY AND HARM</u>	9E. Religious Education: <u>What does it mean to be Jewish?</u> <i>Including Anti-Semitism</i>	9F. Relationships and Sex Education (RSE): <u>RELATIONSHIPS AND CONSENT, RISK TAKING BEHAVIOURS, CONTRACEPTION AND SEXUAL HEALTH</u> <i>Spectrum CIC</i>	9G. Religious Education: <u>What does it mean to be Christian?</u>
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Year 10	10A. Religious Education: <u>Religion, Crime and Punishment</u>	10B. Relationships and Sex Education (RSE): <u>INTIMATE SEXUAL RELATIONSHIPS, INCLUDING SEXUAL HEALTH (1).</u>	10C. Religious Education: <u>Religion, Peace and Conflict</u>	10D. Relationships and Sex Education (RSE): <u>CONTRACEPTION AND STIs and NEGOTIATING CONSENT</u> <i>Spectrum CIC</i>	10E. Religious Education: <u>Relationships and Families</u>	10F. Religious Education: <u>The Existence of God and Revelation.</u>
Year 11	11A. Living in a Wider World (WW): <u>WORK AND CAREERS 1</u>	11B. Living in a Wider World (WW): <u>WORK AND CAREERS 2</u>	11C. Religious Education: <u>Religion, Human Rights and Social Justice.</u>	11D. Relationships and Sex Education (RSE): <u>INTIMATE SEXUAL RELATIONSHIPS, INCLUDING SEXUAL HEALTH (2).</u> <i>Spectrum CIC</i>	11E. Religious Education: <u>Religion and Drug Abuse</u>	11F. Living in a Wider World (WW): <u>REVISION AND STUDY SKILLS</u>

9. Delivery of the curriculum

Our Personal Development curriculum is built upon:

- Student Voice
- Safeguarding team feedback
- Pastoral team feedback
- Teacher voice
- Parent voice
- Responsive interaction
- Local community issues
- Research/news/subject updates.

9.1 RSHE and health education curriculum will be delivered through the PDE curriculum and form tutor time.

9.2 Through effective organisation and delivery of the subject, we will ensure that:

- Core knowledge is sectioned into units of a manageable size.
- The required content is communicated to students clearly, in a carefully sequenced way, within a planned scheme of work.
- Teaching includes sufficient and well-chosen opportunities and contexts for students to embed new knowledge so that it can be used confidently in real-life situations.

9.3 RSHE and health education complement several national curriculum subjects. Where appropriate, the school will look for opportunities to make links between the subjects and integrate teaching.

9.4 The RSHE and health education curriculum will be delivered by appropriately trained members of staff.

9.5 The curriculum will proactively address issues in a timely way in line with current evidence on pupil's physical, emotional and sexual development.

9.6 RSHE and health education will be delivered in a non-judgemental, age-appropriate, factual and inclusive way that allows students to ask questions in a safe environment.

9.7 Teaching of the curriculum reflects requirements set out in law, particularly in the Equality Act 2010, so that students understand what the law does and does not allow, and the wider legal implications of the decisions they make.

9.8 The school will integrate LGBTQ+ content into the RSHE curriculum – this content will be taught as part of the overall curriculum, rather than a standalone topic or lesson. LGBTQ+ content will be approached in a sensitive, age-appropriate and factual way that allows students to explore the features of stable and healthy same-sex relationships.

9.9 All teaching and resources are assessed by the RSHE and health education Co-Ordinator to ensure they are appropriate for the age and maturity of pupils, are sensitive to their religious backgrounds and meet the needs of any SEND, if applicable.

- 9.10 Classes may be taught in gender-segregated groups dependent on the nature of the topic being delivered at the time, and the cultural background of students where it is only appropriate to discuss the body in single gender groups.
- 9.11 Throughout every year group, appropriate diagrams, videos, books, games, discussion and practical activities will be used to assist learning.
- 9.12 Inappropriate images, videos, etc. will not be used, and resources will be selected with sensitivity given to the age and cultural background of pupils.
- 9.13. Teachers will establish what is appropriate for one-to-one and whole-class settings, and alter their teaching of the programmes accordingly.
- 9.14 Teachers will ensure that pupils' views are listened to and will encourage them to ask questions and engage in discussion. Teachers will answer questions sensitively and honestly.
- 9.15 The curriculum will be designed to focus on boys as much as girls and activities will be planned to ensure both are actively involved, matching their different learning needs.
- 9.16 Teachers will focus heavily on the importance of marriage and healthy relationships when teaching RSHE, though sensitivity will always be given as to not stigmatise students on the basis of their home circumstances.
- 9.17 Teachers will ensure lesson plans focus on challenging perceived views of students based on protected characteristics, through exploration of, and developing mutual respect for, those different to themselves.
- 9.18 In teaching the curriculum, teachers will be aware that students may raise topics such as self-harm and suicide. When talking about these topics in lessons, teachers will be aware of the risks of encouraging these behaviours and will avoid any resources or material that appear as instructive rather than preventative.
- 9.19 At all points of delivery of the curriculum, parents will be consulted, and their views will be valued. What will be taught and how, will be planned in conjunction with parents.
- 9.20 The procedures for assessing pupil progress are outlined in section 16 of this policy.
- 9.21 RSHE is taught within our Personal development and Ethics Curriculum (PDE). We also teach aspects of RSHE through our form time programme, awareness weeks, Enrichment days, Aspiration week and drop-down days.

10. Curriculum links

10.1. The school seeks opportunities to draw links between RSHE and health education and other curriculum subjects wherever possible to enhance pupils' learning.

10.2. RSHE and health education will be linked to the following subjects:

- **Citizenship** – students are provided with the knowledge, skills and understanding to help prepare them to play a full and active part in society, including an understanding of how laws are made and upheld and how to make sensible decisions. This is mapped within the PDE curriculum, through form time activities and during drop down enrichment days.
- **Science** – students are taught about the main external parts of the body and changes to the human body as it grows, including puberty.
- **ICT and computing** – students are taught about how they can keep themselves safe online and the different risks that they may face online as they get older.

- **PE** – students can develop competence to excel in a broad range of physical activities, are physically active for sustained periods of time, engage in competitive sport and lead healthy, active lives.
- **PDE** – students learn about respect and difference, values and characteristics of individuals.

11. Working with parents

11.1 The school understands that parents' role in the development of their children's understanding about relationships and health is vital.

11.2 The school will work closely with parents when planning and delivering the content of the school's RSHE and health education curriculum.

11.3 When in consultation with parents, the school will provide:

- The curriculum content, including what will be taught and when.
- Examples of the resources the school intends to use to deliver the curriculum.
- Information about parents' right to withdraw their child from non-statutory elements of RSHE and health education.

11.4. Parents will be provided with frequent opportunities to understand and ask questions about the school's approach to RSHE and health education.

11.5. The school understands that the teaching of some aspects of the curriculum may be of concern to parents.

11.6. If parents have concerns regarding RSHE and health education, they may submit these via email to a.duffy@bedford.wigan.sch.uk, or contact Reception to arrange a meeting with Mrs Duffy on 01942 909009.

11.7 Parents will be regularly consulted on the curriculum content, through opportunities to meeting and letters, and the curriculum will be planned in conjunction with parents' views.

Parents consulted in July 2025 and scheduled again in June 2026.

12. Working with External Agencies

12.1 Working with external agencies can enhance our delivery of RSHE and health education, and brings in specialist knowledge and different ways of engaging pupils.

12.2 External experts may be invited to assist from time-to-time with the delivery of the RSHE and health education curriculum but will be expected to comply with the provisions of this policy.

12.3 The school will check the visitor/visiting organisation's credentials of all external agencies.

12.4 The school will ensure the teaching delivered by the external experts fits with the planned curriculum and provisions of this policy.

12.5 The school will discuss with the visitor the details of how they intend to deliver their sessions and ensure the content is age-appropriate and accessible for all pupils.

12.6 The school will request copies of the materials and lesson plans the visitor will use, to ensure it meets the full range of pupils' needs.

12.7 The school and the visitor will agree on how confidentiality will work in any lesson and that the visitor understands how safeguarding reports must be dealt with in line with the school's Child Protection and Safeguarding Policy.

12.8 The school will use visitors to enhance teaching by an appropriate member of teaching staff, not to replace teaching by those staff.

13. Withdrawal from lessons

13.1 Parents have the right to request that their child is withdrawn from some or all of sex education delivered as part of statutory RSHE.

13.2. Parents **do not** have a right to withdraw their child from the relationships or health elements of the programmes.

13.3. Requests to withdraw a child from sex education will be made in writing to the Assistant Headteacher.

13.4 Before granting a withdrawal request, the Assistant Headteacher will discuss the request with the parents and, as appropriate, the child, to ensure their wishes are understood and to clarify the nature and purpose of the curriculum.

13.5. The Assistant Headteacher will inform parents of the benefits of their child receiving RSHE and any detrimental effects that withdrawal might have.

13.6. All discussions with parents will be documented. These records will be kept securely in the subject Co-Ordinator's file in line with the school's Records Management Policy.

13.7 Following discussions with parents, the school will respect the parents' request to withdraw their child up to and until three term's before the child turns 16. After this point, arrangements will be to provide the child with RSHE.

13.8 Students who are withdrawn from RSHE will receive appropriate, purposeful education during the full period of withdrawal.

13.9 For requests withdrawn from RSHE of a student with SEND, the Assistant Headteacher may take students' specific needs into account when making their decision.

14. Safeguarding and confidentiality

14.1 All students will be taught about keeping themselves safe, including online, as part of a broad and balanced curriculum.

14.2 Confidentiality within the classroom is an important component of RSHE and health education, and teachers are expected to respect the confidentiality of their students as far as is possible, in compliance with the school's Confidentiality Policy.

14.3 Teachers will, however, understand that some aspects of RSHE may lead to a pupil raising a safeguarding concern, e.g. disclosing that they are being abused, and that if a disclosure is made, the DSL will be alerted immediately.

14.4 Students will be made aware of how to raise their concerns or make a report, and how their report will be handled – this includes the process for when they have a concern about a peer.

15. Equality and accessibility

15.1 The school will comply with the relevant requirements of the Equality Act 2010 and will ensure the curriculum does not discriminate against students because of their:

- Age
- Sex
- Race
- Disability

- Religion or belief
- Gender reassignment
- Pregnancy or maternity
- Marriage or civil partnership
- Sexual orientation

15.2. The school will consider the backgrounds, gender, age range and needs of its students and determine whether it is necessary to put in place additional support for students with the above protected characteristics.

15.3 The school understands that students with SEND are entitled to learn about RSHE and health education, and the curriculum will be designed to be inclusive of all pupils.

15.4 The school is aware that some students are more vulnerable to exploitation, bullying and other issues due to the nature of their SEND – teachers will understand that they may need to liaise with the SENCO and be more explicit and adapt their planning or work to appropriately deliver the curriculum to students with SEND.

15.5 Where there is a need to tailor content and teaching to meet the needs of students at different developmental stages, the school will ensure the teaching remains sensitive, age-appropriate, developmentally appropriate and is delivered with reference to the law.

15.6 The school will take steps to foster healthy and respectful peer-to-peer communication and behaviour between boys and girls, and provide an environment which challenges perceived limits on students based on their gender or any other characteristic.

15.7 The school will be actively aware of everyday issues such as sexism, misogyny, homophobia and gender stereotypes and take positive action to build a culture within which these are not tolerated. Any occurrences of such issues will be identified and tackled promptly.

15.8 The school will make clear that sexual violence and sexual harassment are not acceptable and will not be tolerated. Any reports of sexual violence or sexual harassment will be handled in accordance within the school's Behaviour Policy.

16. Assessment

16.1 The school has the same high expectations of the quality of students' work in RSHE and health education as for other curriculum areas.

16.2 Lessons are planned to provide suitable challenge to students of all abilities.

16.3 Assessments are used to identify where pupils need extra support or intervention.

16.4 There are no formal examinations for RSHE and health education; however, to assess student outcomes, the school will capture progress in the following ways:

- Written assignments
- Self-evaluations

17. Staff training

17.1 Training will be provided by the RSHE and health education Co-Ordinator to the relevant members of staff on a termly basis to ensure they are up-to-date with the RSHE and health education curriculum.

17.2 Training will also be scheduled around any updated guidance on the curriculum and any new developments, such as “sexting”, which may need to be addressed in relation to the curriculum.

17.3 The school will ensure teachers receive training on the Social Exclusion Report on Teenage Pregnancy, and the role of an effective RSHE curriculum in reducing the number of teenage conceptions.

17.4. Appropriately trained staff will be able to give students information on where and how to obtain confidential advice, counselling and treatment, as well as guidance on emergency contraception and their effectiveness.

17.5 The Assistant Headteacher will ensure appropriate training is given to all staff teaching aspects of RSHE where necessary, and as appropriate to their needs. This may include external staff to deliver CPD.

18. Monitoring and Evaluation

18.1 The PDE Co-Ordinator is responsible for monitoring the quality of teaching and learning for the subject.

18.2 The PDE Co-Ordinator will conduct subject assessments on a termly basis, which will include a mixture of the following:

- Self-evaluations
- Lesson observations
- Topic feedback forms
- Learning walks
- Work scrutiny
- Lesson planning scrutiny
- Student focus groups
- Parental questionnaire
- Analysing assessment data
- Department Reviews
- Vetting of material to be used by school staff and visiting speakers

18.3 The PDE Co-Ordinator will create annual subject reports for the headteacher and governing board to report on the quality of the subjects.

18.4. The PDE Co-Ordinator will work regularly and consistently with the Assistant Headteacher e.g. through regular review meetings, to evaluate the effectiveness of the subjects and implement any changes.

19 Monitoring and review

19.1 This policy will be reviewed by the Assistant Headteacher in conjunction with the PDE Co-Ordinator on an annual basis.

19.2 Any changes needed to the policy, including changes to the programmes, will be implemented by the Assistant Headteacher.

19.3 Any changes to the policy will be clearly communicated to all members of staff and, where necessary, parents and students, involved in the RSHE and health education curriculum.

19.4 The next scheduled review date for this policy is June 2026.

Letter to Parents

RE: RSHE and health education at Bedford High School

Dear Parent/Guardian,

As part of our PDE curriculum during the year we will be covering a range of Relationships and Sex Education topics which will be delivered by our PDE teachers and Spectrum Community Health CIC (where appropriate/available).

In PDE lessons Year 7 will be focusing on 'Puberty' including what physical and emotional changes are, why these changes occur and the importance of increased personal hygiene. They will also cover 'Positive Choices and Influences' which includes; gaining understanding of what a healthy self-concept is and the benefits of having a positive self-image, and identifying the people who are important and influence their life. They will explore the meaning of peer pressure and look at ways to make their own positive choices, and at risk taking behaviours and the dangers involved with them.

In PDE lessons Year 8 will be focusing on 'Relationships and Consent'. This explores what a healthy relationship is, when a relationship is unhealthy and what consent is and when it should be given. They will also cover 'Respecting Individuality' in which they will learn to recognise how stereotypes, in particular stereotypes based on sex, gender, race, religion, sexual orientation or disability, can cause damage (for example, how they might normalise non-consensual behaviour or encourage prejudice). It will also allow them to recognise that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including people in positions of authority and due tolerance of other people's beliefs.

In PDE lessons Year 9 will focus on how to develop and maintain healthy relationships as well as recognise the signs of an unhealthy or abusive relationship. They will learn ways of recognising and reducing risk. They will cover specifically sexually explicit material e.g. pornography presents a distorted picture of sexual behaviours, can damage the way people see themselves in relation to others and negatively affect how they behave towards sexual partners. There will be a focus on consent, to aid understanding that consent is freely given and that being pressurised, persuaded or coerced to agree to something is not consent. They will be provided with factual information about different forms of contraception including natural methods and abstinence. Throughout the lessons, information will be shared regarding where and how to obtain sexual health information, advice and support.

In PDE lessons Year 10 will learn about sexually transmitted infections, including HIV/AIDS and how to protect themselves from infection, including abstinence. They will also focus on methods of managing conception for the purposes of achieving or avoiding pregnancy and the difference between natural and artificial methods of contraception. They will also cover 'Sexual Harassment, Violence and Law' which will allow exploration of what constitutes sexual harassment and sexual violence and why these are unacceptable. Throughout the lessons, information will be shared regarding where and how to obtain sexual health information, advice and support.

In PDE lessons Year 11 will cover 'Parenting' which allows discussions of the roles and responsibilities of parents including the characteristics of successful parenting. The session also provides understanding of the consequences of unintended pregnancy and of teenage parenthood. They will also cover 'Sexual Harassment, Violence and the Law' which will allow exploration of what constitutes sexual harassment and sexual violence and why these are unacceptable.

With regard to Relationships and Sex Education (RSE) parents are able to withdraw their child (following discussion with the school) from any or all aspects of Sex Education, other than those which are part of the Science curriculum, up to and until three terms before the age of 16. After that point, the guidance states that 'if the child wishes to receive Sex Education rather than be withdrawn, the school should make arrangements to provide the child with Sex Education during one of those terms.' Where pupils are withdrawn from Sex Education, we will 'ensure that the pupil receives appropriate, purposeful education during the period of withdrawal.' Requests for withdrawal should be submitted in writing to myself, Mrs A Duffy, who will discuss this with you and your child's teacher, to determine the appropriate course of action. If you would like to view our RSE policy and RSE mapping documents these can be found under the policies section of our school website.

If you have any concerns or would like any more information about the sessions your child will be participating in please do not hesitate to contact me at school. Also, Spectrum Health have a parents' section on their website that you can visit (www.spectrumhealth.org.uk).

Yours sincerely,

Mrs Duffy
Assistant Headteacher