



**Cloughwood**  
Academy

## Relationships, Sex Education and Health Policy (RSHE)

Version and Date		Author	Committee Responsible	Review frequency	Approval	Next Review Due
1.0	01.04.2021	Mr. R Newton	LGB	Yearly	Approved by LGB 05.05.2021	05.05.2022
1.1	11/03/2022	Mr. R Newton	LGB	Yearly	Approved by Trust Board 30.03.2022	30.03.2023
1.2	13/03/2023	Mr R Newton	LGB	Yearly	Approved by Trust Board 29.03.2023	29/03/2024
1.3	20/03/2024	Mr R Newton	LGB	Yearly	Approved by Trust Board 27.03.2024 and moved to Cloughwood Academy Policy with RSHE Policy Principles remaining as Trust document	27/03/2025
1.4	29/03/2025	Mr R Newton	LGB	Yearly	Approved by LGB 30.04.2025	30.04.2026
1.5	30/04/2026	Mr R Newton	LGB	Yearly	Approved by LGB 06.05.2026	06.05.2027

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## 1. School information

**Name of School: Cloughwood Academy**

**Member of Staff Responsible: Mr R Newton**

**Member of Governing Body with Designated Responsibility: Mr G Shaw**

**This policy should be read in conjunction with the PSHE policy.**

## 2. The purpose of the policy

**The purpose of a whole school Relationships, Sex Education and Health policy is to:**

- Explain the definition, aims and objectives of RSHE.
- Describe what we teach and the approaches we use.

This policy helps ensure that the whole school community (pupils, parents/carers, staff, and governors) have a shared understanding of this important area of the curriculum. It is accessible to all stakeholders on the school website or by request.

As a school which values personal development in our children and young people we ensure our RSHE is up to date and regularly evaluated.

This is a working document which provides guidance and information on all aspects of RSHE and aims to provide a secure framework within which staff can work.

The term Relationships, Sex Education and Health, is used in this policy rather than Sex Education. This is to stress that our approach goes beyond the provision of biological information to also focus on clarifying attitudes and values towards RSHE and to support our pupils to develop self-esteem, the skills to manage healthy relationships and the ability to keep themselves healthy.

### **Definition:**

Relationships, sex and health education is learning about the emotional, social and physical aspects of growing up, relationships, sex, human sexuality, sexual health and general health. Some aspects are taught in science, others are taught as part of personal, social, health and education (PSHE) and some aspects are covered through PE and the wider curriculum.

A comprehensive program of RSHE provides accurate information about the body, reproduction, sex, and sexual health. It also gives children and young people essential skills for building positive, enjoyable, respectful and non-exploitative relationships and staying safe both on and offline.

### **Legal Requirements:**

As a special academy, we must provide RSHE to all pupils under section 34 of the [Children and Social Work Act 2017](#).

In teaching RSHE, we're required by our funding agreements to have regard to [guidance](#) issued by the secretary of state, as outlined in section 403 of the [Education Act 1996](#).

We also have regard to legal duties set out in:

- Sections 406 and 407 of the Education Act 1996
- Part 6, chapter 1 of the [Equality Act 2010](#)
- The Public Sector Equality Duty (as set out in section 149 of the Equality Act 2010). This duty requires public bodies to have due regard to the need to eliminate discrimination, advance equality of opportunity and foster good relations between different people when carrying out their activities

**Every state-funded school must offer a curriculum which is balanced and broadly based and which:**

- Prepares pupils at the school for the opportunities, responsibilities and experiences of later life.
- Promotes the spiritual, moral, cultural, mental and physical development of pupils.

This is stated in section 2.1 of the National Curriculum framework (DfE, 2013a) and relates to duties set out in the 2002 Education Act and the 2010 Academies Act.

At Cloughwood Academy, we teach RSHE as set out in this policy.

### 3. Aims and objectives

The aim of RSHE is to equip children and young people with the information, skills and values to have safe, fulfilling and enjoyable relationships and to take responsibility for their sexual health and wellbeing.

Effective RSHE can make a significant contribution to the development of the personal skills needed by pupils if they are to establish and maintain relationships. It also enables young people to make responsible and informed decisions about their health and wellbeing.

Effective RSHE is essential if young people are to make responsible and well informed decisions about their lives. It helps support young people through their physical, emotional and moral development. It helps young people learn to respect themselves and others and move with confidence from childhood through adolescence into adulthood.

**Addressing Relationships, Sex and Health Education has the following elements, enabling pupils to:**

- Explore their own and other peoples' attitudes and values.
- Develop and practice personal and social skills.
- Increase their knowledge and skills.
- Help pupils develop feelings of self-respect, confidence and empathy.
- Create a positive culture around issues of sexuality and relationships.
- Teach pupils the correct vocabulary to describe themselves and their bodies.

The Relationships, Sex and Health Education (RSHE) policy is underpinned by the ethos and values of our academy and we uphold it as an entitlement for all our pupils. We recognise the need to work as a whole school community to ensure a shared understanding of RSHE and the under-pinning values and to deliver an effective program that meets the needs of our pupils.

**Cloughwood Academy explores/teaches RSHE within the following moral and values framework based on the following principles:**

- Respect and tolerance towards others who may have different backgrounds, cultures, feelings, views and sexuality.
- The right of people to hold their views within the boundaries of respect for the rights of others.
- The acceptance of the responsibility for and the consequences of personal actions.
- The right not to be abused by or taken advantage of by other people.
- The right to accurate information about relationships.

- An awareness of the way another person feels.
- The value of stable loving relationship.
- Mutual support and co-operation.
- Honesty and openness.
- Self-respect.

#### **4. Ethos and Environmental**

**a. Global statement:**

Specify guidance documents on which the policy has drawn – key reference documents:

- Sex and relationship Guidance (SRE) for the 21<sup>st</sup> Century: Supplementary advice to the Sex and Relationship Education Guidance DfEE (2021).
- Multi-agency practice guidelines: Female Genital Mutilation (2020).
- The Equality Act 2010 and schools (Updated 2018).
- Keeping Children Safe in Education, 2025).

Cloughwood Academy will follow best practice by ensuring that the personal beliefs and attitudes of teachers will not influence their teaching of RSHE lessons.

**b. How and to whom will the policy be shared and consulted amongst in the Whole School:**

Dissemination and consultation/review of policy includes:

- Consultation with wider school community e.g. school nurse
- Review of RSHE curriculum content with staff and pupils.
- Pupil focus groups or school council.
- Consultation with school governors.
- Questionnaires to parents/carers.

The policy will be available to parents through direct request and available on the school website.

**c. Working with parents and carers and the wider community:**

- How they are informed and consulted.
- Confidentiality for parents/carers.
- Role of parents/carers.
- Access to resources.
- Right to withdraw.

Parents and carers have an especially important role to play in supporting RSHE education.

Cloughwood Academy is confident that the school's program complements RSHE across the school. Before any pupil starts their education at Cloughwood Academy their parents/carers complete the admissions paperwork, within this document they are given a choice to withdraw consent for their child to take part in RSHE lessons, this is reviewed annually. Parents/carers are also reminded that they can have a copy of the academy's RSHE Policy on request and that they can view any teaching resources being used in the delivery of RSHE.

**d. CPD for Staff:**

Cloughwood Academy ensures RSHE/PSHE CPD for staff through:

- Opportunities for the Subject Leader to undertake any training required to fulfil the position effectively.
- CPD by trained practitioners to take place for staff involved in teaching the subject.
- Surveys of all staff with regard to RSHE content and support required.

**e. Statement of Cloughwood Academy's commitment to equal opportunities and inclusion, with reference to the Inclusion and Equal Opportunities Policies:**

Cloughwood Academy considers the needs of different groups within the school. (varying home

backgrounds, Sexuality, SEN, CLA, PLCA, Faith, Ethnicity and Culture etc). The program is differentiated at point of delivery by trained staff, so that it is appropriate to pupils age, ability, gender and maturity.

We aim to ensure all pupils are treated fairly, with no discrimination or bullying on grounds of gender, race, religion, colour, language, culture, social circumstances, appearance, sexuality, ability or disability etc.

The Equality Act 2010 covers the way the curriculum is delivered, as schools and other education providers must ensure that issues are taught in a way that does not subject pupils to discrimination. Schools have a duty under the Equality Act to ensure that teaching is accessible to all children and young people, including those who are lesbian, gay, bisexual and transgender (LGBT) and any other groups, however they choose to identify. Inclusive RSHE will foster good relations between pupils, tackle all types of prejudice – including homophobia – and promote understanding and respect. The Department for Education have produced advice on The Equality Act 2010 and schools (DfE 2014b).

## 5. Specific Issues including Vulnerable groups

### a. What kind of language will be considered acceptable and appropriate for use in RSHE lessons?

All staff will:

- Openly teach pupils what 'slang' words mean (where appropriate) and that some are offensive.
- Use inclusive language (such as partner instead of boyfriend/girlfriend).
- Use correct terminology as this is deemed good practice.

It is good practice to use medically correct terms for genitalia and sexual parts of the body, for example vulva, vagina, penis and testicles. The use of respectful language which challenges sexism, homophobia and other forms of prejudice can be established in RSHE and will have benefits for the whole school community – both in and out of lessons.

### b. Safeguarding:

Some issues may result in children and young people making disclosures which will be addressed in line with school safeguarding policy and procedures.

RSHE plays a very important part in fulfilling the statutory duties all schools have to meet. RSHE helps children understand the difference between safe and abusive relationships and equips them with the skills to get help if they need it. State-funded schools have responsibilities for safeguarding and a legal duty to promote pupil well-being. Updated government safeguarding guidance is available (Keeping Children Safe in Education, 2025).

### c. Confidentiality:

Staff will follow school's policy with regard to confidentiality. Pupils should also be made aware of the boundaries of confidentiality should they choose to make a disclosure to a member of staff.

A member of staff cannot promise confidentiality if concerns exist.

## 6. Outline

### Cloughwood Academy delivers the RSHE program through:

- Specialist PSHE and Science teaching.
- Form tutors (with appropriate training).
- All teachers (with appropriate training).
- External agencies used where appropriate to enhance program.

### Cloughwood Academy teaches RSHE through:

- Delivery across the curriculum e.g. biological aspects through the Science curriculum and other aspects through English, Geography and as appropriate.
- Including and compromising but not limited to; quizzes, case studies, research, role play, video and small group discussion.
- A wide range of teaching methods can be used to enable students to actively participate in their own learning.
- Embedding within the PSHE Curriculum at a whole school level.
- Opportunities for each year group in form tutor time.
- Specific groups or individuals identified.
- Enhanced collapsed timetable days.

A pupil(s) may require a Relationships, Sex and Health Education intervention; this may be on an individual basis or as part of a selected group. Interventions are available to all pupils and are tailored to meet their specific needs. Parents/carers will be informed if their child has been selected to receive an RSHE intervention and have the right to opt out by contacting the school directly.

The young person must always be offered the opportunity to discuss their sexual health in a private, confidential environment. All personal information and records are stored securely onsite in accordance with the Data Protection Act 2018.

## 7. Content

The PSHE Association's Program of Study document covers the key concepts, skills and topics at different key stages which should be covered as part of a comprehensive program. Cloughwood Academy's Programs of Study and Schemes of Work provide further detail of the content delivered to the children and young people. These are available on request.

**Appendix 1 details a curriculum map for RSHE.**

## 8. Assessment

Teaching and learning of RSHE will be assessed by:

- Self-assessment
- Teacher assessment
- Peer assessment

## 9. Monitoring

The RSHE program is monitored by:

- Lesson planning and observations
- Teacher monitoring
- Pupil feedback

## 10. Working with outside agencies

**Cloughwood Academy may use the expertise of outside agencies.**

Appropriate and suitably experienced and/or knowledgeable visitors from outside school may be invited to contribute to the delivery of RSHE.

## 11. Other Related School Policies

**The policies links to:**

- Teaching and Learning Policy

- Safeguarding and Child Protection Policy
- Equalities Policy
- E-Safety Policy
- PSHE Policy

## Appendix 1: Curriculum Map

	<b>Year 4+5</b>	<b>Year 6</b>	<b>Year 7</b>	<b>Year 8</b>	<b>Year 9</b>	<b>Year 10</b>
<b>W1</b>	Body differences	Puberty and reproduction	Human Reproduction	Human Reproduction	Human Reproduction	Human Reproduction
<b>W2</b>	Changes	Communication in relationships	Changes in Boys	Changes in Boys	Changes in Boys	Changes in Boys
<b>W3</b>	Healthy Relationships	Families, conception and pregnancy	Changes in Girls	Changes in Girls	Changes in Girls	Changes in Girls
<b>W4</b>	Talking about puberty	Online relationships	Changing Emotions	Changing Emotions	Changing Emotions	Changing Emotions
<b>W5</b>	The reproductive system		Family Relationships	Family Relationships	Family Relationships	Family Relationships
<b>W6</b>	Help and Support		Where Do I Come From	Where Do I Come From	Where Do I Come From	Where Do I Come From
<b>W7</b>				Love and Sex	Love and Sex	Love and Sex
<b>W8</b>				Media Portrayal	Media Portrayal	Media Portrayal
<b>W9</b>					Pornography and Unrealistic Images	Pornography and Unrealistic Images
<b>W10</b>					STIs	STIs