Ravenswood School

Relationships and Sex Education (RSE) and Guidance Policy

Relationships and Sex Education Policy

Definition of RSE

Relationships and sex education is about developing an understanding of the importance of family life, stable and loving relationships (including marriage), respect, love and kindness. It teaches about families, respectful relationships, relationships online and in the media, being safe, intimate and sexual relationships, including sexual health.
It does not promote sexual orientation or sexual activity.

Purpose and Aims.

We believe that relationships and sex education is a lifelong process of acquiring information and forming attitudes, beliefs and values, and therefore is revisited in each key stage.

Effective relationship and sex education promotes the moral, cultural and personal development of our pupils, and prepares pupils for the opportunities, responsibilities and experiences of adult life. Sex education is a **statutory requirement** set within the broader context of Personal, Social, Health and Citizenship Education and the Science National Curriculum. The RE curriculum also offers opportunities for exploring related issues such as family life and relationships.

Our relationships and sex education programme helps pupils develop and maintain friendships and learn to make responsible decisions about the relationships that they form with others and develop their personal and community safety.

We take into account moral considerations, and the value of family life and acknowledge pupils' rights to information about themselves and their bodies. Pupils should be aware of their right to develop responsible, loving, sexual relationships whatever their physical or learning disability. The expressed needs and concerns of the pupils may influence aspects of sex education. All pupils have a right to be valued and to be treated with dignity and respect. We also educate our pupils about aspects of abuse and exploitation, physical and emotional intimacy and being in control of their own bodies (bodily autonomy).

Parental Partnership

Fundamental to our school's values and practice is the principle of sharing responsibility for the education of children with parents and we aim for effective communication and co-operation with all families. Parents/ carers and the school community have been consulted on this policy in Summer 2026. The results of the consultation have been included into this policy.

Parents will be provided with an overview of what will be covered ahead of RSE week. If parents wish to find out the specific content delivered to their child during the week they can request this from the class teacher who will provide more details. This will enable parents to support their child effectively at home and further support their understanding. If parents require any specific support around RSE, at any time during the school year, they should

contact the school and we will provide advice, support or guidance for the parent/carer and the pupil as appropriate.

Content and Delivery

At Ravenswood School we recognise that all pupils deserve effective relationships and sex education which complements information provided by their parents/carers and prepares them for adulthood. Parents are notified by letter when pupils are about to start a PSHCE or Science module which incorporates sex education. The parents are invited to discuss the contents and resources to be used with the appropriate teacher. Where appropriate the school nursing team support the school in the delivery of sex education. Each term 6 includes a dedicated week when we teach all pupils the relevant aspects of their RSE (relationships and sex education) curriculum.

Content is delivered by class teachers with the guidance and support of health care professionals and appropriate outside agencies.

For Early Years pupils' relationships and sex education is delivered within the framework of Foundation programmes. At this stage pupils learn the differences between boys and girls; learn the names of their body parts and develop self-awareness. This is taught through everyday classroom activities, group work and individual interactions with pupils. Stories, role play and doll play are used to explore differences in people.

Being mindful of the risks of Child Sexual Exploitation, each term 3 includes a dedicated week when we teach all pupils the relevant aspects of their Safer Internet curriculum including saying “No”.

In Key Stage 1 pupils are taught (in PSHCE and Science lessons) awareness that humans can produce babies and that those babies grow into children and then adults. This is taught through group work, practical activities, role play, doll play and stories.

At Key Stage 2 there is a statutory requirement to teach the main stages of the human life cycle. This works builds upon the knowledge pupils have gained in Key Stage 1. Specific, structured lessons are planned for effective coverage of these facts. The PSHCE curriculum continues to develop pupils’ personal and social skills. Pupils are given opportunities to explore values and attitudes. Role play, doll play, stories and videos are used to support this work. Pupils are taught in class groups or small groups. There is also the opportunity to address individual needs should this be necessary.

The updated Relationships Education, Relationships and Sex Education (RSE) and Health Education (for introduction 1 September 2026) guidance states that “Primary schools are strongly encouraged to teach about same-sex parents and inclusive family arrangements. The use of correct anatomical terminology is mandated, and sex education is recommended for Years 5 and 6, though parents retain the right to withdraw their children from non-statutory sex education.”

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In secondary classes the biological aspects of sex education (from the National Science Curriculum) include the physical and emotional changes that take place during adolescence and some medical uses of hormones including the control and promotion of fertility. Relationships and sex education also includes the laws around marriage, equality, consent and online behaviour.

At Key Stages 3 and 4, all pupils have structured Science and PSHCE lessons each week. Post 16 learn about Sex and Relationships through their Personal Social Development/PSHCE lessons. Biological aspects of sex are taught in Science lessons and family relationships are discussed within the PSHCE curriculum. Pupils have opportunities to explore values and attitudes. Aspects of relationships, love and family life are considered. Pupils develop social and communication skills, decision-making skills and interpersonal skills for managing relationships. A variety of teaching resources are used to support teaching, along with role play, circle time, discussion and opportunities from outside speakers to share information and experiences. Pupils are taught in class groups, ability groups and on an individual basis as necessary. Pupils may be placed in single gender groups if deemed appropriate.

The updated Relationships Education, Relationships and Sex Education (RSE) and Health Education (for introduction 1 September 2026) guidance brings a greater emphasis on the teaching of “tackling misogyny, recognizing the harmful nature of pornography, and identifying issues like sexual imagery, deepfakes, and financial extortion. Secondary education will also focus on knife crime, conflict resolution, and gynaecological health.”

At the upper end of the secondary department pupils are taught about HIV and AIDS and other sexually transmitted diseases. Students also learn about ‘Safe Sex’, the responsible use of contraceptives, how the various contraceptives work and choices that can be made in relation to pregnancy.

Relationships and Sex education & Guidance for Primary pupils

We aim through our contacts with pupils and incidentally throughout the curriculum:

- To lay the foundations for personal and social development.
- To learn how to separate from their main caregivers.
- To develop the key skills to begin to develop friendships with others.
- To prepare pupils for puberty.
- To develop skills and self-esteem to help pupils enter adolescence.
- To address concerns and correct misunderstandings pupils may have gained from the media and their peers.
- To provide pupils with appropriate information about the nature of their sexuality and the processes of reproduction in a balanced and sensitive manner.
- To learn about sex within the context of loving relationships and family life.
- To develop an understanding of ‘consent’ and how to report feelings of being unsafe.
- To develop an understanding of the different types of families (e.g. nuclear, single parent, same sex parents, adoptive/ foster, extended, blended etc).

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Relationships and Sex Education & Guidance for Secondary and Post 16 pupils

We aim through direct sessions, which are part of our personal, health and social education, and the science curriculum:

- To learn to maintain and restore friendships with others.
- To provide pupils with appropriate information about the nature of their sexuality and the processes of reproduction in a balanced and sensitive manner.
- To learn about sex within the context of loving relationships and family life.
- To foster self-awareness and interpersonal skills, social and decision-making skills and assertiveness.
- To encourage pupils' empowerment and the development of self-advocacy (including consent and the law).
- To prepare pupils for the opportunities, responsibilities and experiences of adult life
- To provide pupils with personal contacts which will help them to develop responsible, loving relationships.
- To teach skills to avoid and resist unwanted sexual advances (including consent being required every time).
- To learn about different sexual orientations and gender identities whilst addressing any prejudices/ stereotypes linked to these.
- To ensure that teaching on biological sex is legally accurate, clarifying that gender reassignment is a protected characteristic under the Equality Act.
- To teach facts and avoid oversimplification of contested topics (such as everyone has a gender identity) and discuss gender identity as a means of promoting respect and tolerance without encouraging young people to question their own gender.
- To teach the dangers of deepfakes, AI, sextortion, and current and upcoming age restrictions on digital content and social media.
- To encourage openness and discussions to develop a better understanding of sexual matters.
- To have sufficient information and skills to protect themselves and others from infection or unwanted pregnancy including accessing advice and support services.
- To have confidence and self-esteem to value themselves and others.

Safer internet
Safer internet and how to keep safe online is covered as part of safer internet week and as the main computing focus in term 4 every year. Classes will also address online safety worries and concerns as they arise throughout the year and is embedded into every computing lesson.

Assessment

Assessment of pupils' knowledge and understanding of relationships and sex education takes place within the context of the Science and PSHCE curriculum.

Organisation

The overall planning and delivery of the SRE curriculum will be co-ordinated by the Assistant Head in consultation with the lead teachers for PSHCE and Science.

Multi-agency Support

- Delivery of the RSE is not the sole responsibility of the school.
- The school will work effectively in partnership with parents and health professionals.
- Visiting experts have a role in advising teachers on how to deliver the programme, offering training and support as needed.
- Families seeking advice and guidance on contraception will be referred to the Complex Health Nursing Team or their GP.

Unity Sexual Health Clinics

Clinics are available to pupils in their local communities. Pupils who ask for advice and support will be signposted as appropriate.

Dealing with sexualised behaviours

We are always mindful that children and young people have enquiring minds and will at times be particularly focussed on their own bodies and the bodies of other people. We need to ensure that all pupils are in a safe environment and whilst we recognise that some pupils may be at a developmental stage where they are exploring their body parts and functions, we cannot allow sexualised behaviours on the school site. This is particularly important as we have very vulnerable pupils at Ravenswood.

Pupils who show sexualised behaviours to other children, will be dealt with according to their abilities and understanding of their behaviours. Parents will be informed when we have concerns about their child.

We recognise that some pupils, with significant developmental delays need to learn where and when they are allowed to masturbate. We give a consistent message aligning with the guidance provided by CAMHS LD team and the School Nursing team to such pupils that they can only masturbate at home in their bedroom.

We distract pupils who are masturbating into another activity, usually washing hands. This behaviour has a sensory reward, removes the pupil's hands from genital areas and provides a hygienic alternative. We do not encourage them to masturbate in any room at school, including the toilet. We do not want to inadvertently teach them that masturbating in a toilet area is acceptable, as we believe this could place them in a vulnerable position later in life, when they learn to use public toilets. If needed, we provide clear guidance on safe masturbation through social stories.

Child Protection

We are committed to following the laws and guidance that seeks to protect children and the school's child protection policy will be followed at all times during RSE curriculum.

Statutory Requirements

Elements of relationships and sex education which form part of the Science curriculum are **statutory** and as such **must** be covered by all pupils in that key stage. Parents have the right to withdraw their child from **other** aspects of the Relationships and Sex Education curriculum. Parents who wish to exercise this right are asked to speak with a member of the Senior Leadership team at Ravenswood to discuss the issues (although they are under no obligation to do so). This can also be done in writing.

The updated Relationships Education, Relationships and Sex Education (RSE) and Health Education (for introduction 1 September 2026) guidance states that "from three terms before the pupil turns 16, a pupil can choose to opt back into sex education even if their parent has requested withdrawal. For example, if a pupil turns 16 during the autumn term, the pupil can opt back into sex education at any time after the start of the previous autumn term. Schools should ensure that pupils know they have this option."

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Monitoring and Evaluation

The school will monitor and evaluate this policy every year including the views of teachers, pupils, parents and carers. This might include the use of questionnaires and interviews.

History of Document

Previous versions now deleted from systems.

New Issue No.	Author/Owner	Date Reviewed	Approved by Governors on	Comments
1.	School	May 2013	09/05/13	References to other policies added.
2.	School	March 2014	20/03/14	Minor amendments to wording requested by Governors
3.	School	April 2015	Pupil Committee 6/5/15	
4.	School	May 2016	Pupil Committee 11/5/16	
5.	School	April 2017	Pupil Committee 10/05/17	
6.	School	April 2018	Pupil Committee 9/5/18	
7.	School	May 2019	15.05.2019	SRE policy changed to RSE policy, updated in line with Sept 2020 statutory advice and guidance. RSE now statutory in school. Replacement of no worries clinic with Unity sexual health
8.	School	May 2020	06.05.2020	No changes
9.	School	May 2021	Pupil Committee 12.05.2021	Consultation with parents/ carers feedback added.
10.	School	May 2023	10.05.2023	No changes
11.	School	May 2025	07.05.2025	No changes- please note, awaiting for the next review and update from the DfE to be published later this year and that further changes could be made. Parents

				consultation will also take place term 6 2025, so further updates may be needed as a result of these.
12.	School	July 2026	01.07.2026	Minor changes including definition of bodily autonomy and change of responsibility from DHT to AHT. Addition of updated Gov guidance.

References/ Linked policies:

- Guidance on Safer Working Practices for Adults working with Children and Young Adults. DFE 2022
- Relationships Education, Relationships and Sex Education (RSE) and Health Education (for introduction 1 September 2026)

- Curriculum policy
- Safeguarding and Child Protection policy