

Relationships, Sex and Health Education Policy

Aurora Summerfields School

Policy Reference:	A133-SMF
Version Number:	6
Applies to:	Schools
Associated documents:	Curriculum policy PSHE policy Child protection policy
Approved by:	Quality
Implementation date:	September 2026
Next review due by:	September 2027
<i>This policy has been reviewed to ensure it promotes safeguarding and does not present barriers to participation or disadvantage any protected groups</i>	

1. Aims

This policy aims to:

Provide a framework in which sensitive discussions can take place. Through the curriculum we will help prepare children and young people for puberty, and to understand the importance of health and hygiene and sexual development. We will teach the correct vocabulary to describe themselves and their bodies. At Aurora Summerfields we help our children and young people to develop feelings of self-respect, confidence and empathy and create a positive culture around issues of sexuality and relationships.

2. Legislation and statutory requirements

This Policy fulfils the requirements of:

- › The Department for Education's statutory guidance Relationships Education, Relationships and Sex Education (RSE) and Health Education (updated July 2025, effective September 2026).
- › Section 34 of the [Children and Social work act 2017](#).

3. Scope

This policy applies to all staff, children and young people at Aurora Summerfields School.

4. Roles and responsibilities

4.1 The Site Lead will:

4.1.1 Be responsible for ensuring that RSHE is taught consistently across the school, and for managing requests to withdraw pupils from non-statutory/non-science components of RSHE.

4.2 Staff will:

4.2.1 Deliver RSHE in a sensitive way

4.2.2 Model positive attitudes to RSHE

4.2.3 Monitor progress

4.2.4 Respond to the needs of individual pupils

4.2.5 Respond appropriately to young people whose parents wish them to be withdrawn from the non-statutory/non-science components of RSHE

Staff do not have the right to opt out of teaching RSHE. Staff who have concerns should discuss them with the Site Lead.

Name:	Role:	Responsible for:
Rebecca Schooler	Class teacher	Teaching RSHE
Justine Alston	Class teacher	Teaching RSHE
Amanda White	Class teacher	Teaching RSHE
Sharon Day	Class teacher	Teaching RSHE

Jill Henderson	Class teacher	Teaching RSHE
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4.3 The governing board will:

4.3.1 The governing board will hold the head of school to account for the implementation of this policy.

4.3 Children/young people will:

4.3.1 Engage fully in RSHE and, treat others with respect and sensitivity, when discussing related issues.

5. Definitions

At Aurora Summerfield's School we define Relationships and Sex Education as learning about the emotional, social and physical aspects of growing up, relationships, sex, human sexuality and sexual health. The purpose of Relationships, Sex and Health Education (RSHE) at Aurora Summerfields is to assist our pupils to prepare for adult life through physical, emotional and moral support. Significantly this policy places RSHE firmly in the context of relationships as a whole and seeks to develop it as such. We will emphasise the understanding of the importance for families of stable, caring, responsible and loving relations between adults.

We are committed to ensuring all pupils have access to an enriched and stimulating curriculum to give them every opportunity to reach their full potential regardless of their gender, race, religion, learning disability or physical disability. We ensure that RSHE fosters gender and LGBT equality. We are committed to ensuring all pupils are treated with dignity and respect and that teaching complies with the Equality Act 2010. Pupils will learn about protected characteristics and the importance of respectful relationships. Where issues relating to sex and gender are discussed, teaching will be factual, balanced, age-appropriate and in accordance with statutory guidance.

RSHE involves a combination of sharing information, and exploring issues and values.

RSHE is not about the promotion of sexual activity.

6. Policy development

This policy has been developed in consultation with staff, pupils and parents. The consultation and policy development process involved the following steps:

- Review
- Staff consultation
- Parent consultation
- Pupil consultation
- Ratification

Parents are directed to the policy on our website when their children join our school and are informed of their right to withdraw or give feedback.

7. Curriculum

Our RSHE programme is an integral part of our whole school PSHE education provision, following the PSHE Association schemes of work, and will cover a wide range of topics that affect pupils. Pupils will be taught on a 'stage not age' programme to ensure specific needs are met, at the right time. Whilst curriculum pathways are tailored according to developmental stage and individual need, the school takes account of pupils' chronological age, safeguarding needs and statutory expectations when planning RSHE provision.

Teachers and pupils will agree ground rules at the start of the year which will be adhered to in all sessions, ensuring that pupils have an understanding that what is said in RSHE lessons can be quite sensitive. Pupils will be encouraged not to talk about sensitive personal experiences in the groups. This ensures other pupils do not find out sensitive information about a child or situations they may have been through in the past, although staff will always be available to support any responses to difficult topics and will ensure support is offered where needed.

Teachers are aware that effective RSHE, which brings an understanding of what is and what is not appropriate in a relationship, can lead to a disclosure of a child protection or safeguarding issue. Pupils will be aware that if staff think that there might be a safeguarding issue, a safeguarding officer within the school will be informed.

Pupils will be able to raise questions by using the 'ask it basket'. The teacher can either address the issues raised by a pupil in private if they wish or address the question as part of a lesson. Pupils' questions will **always** be answered. We believe that providing accurate information is the most effective way to ensure pupils have a sound understanding.

Aurora Summerfields School recognises that parents and carers are the primary educators of their children and values the important role they play in supporting Relationships, Sex and Health Education (RSHE). We are committed to working in partnership with families to ensure that pupils receive accurate, age-appropriate and developmentally appropriate learning that supports their wellbeing, safety and preparation for adult life.

The school will provide parents and carers with clear information about the RSHE curriculum, in the class half-termly newsletters. This policy is available through the school website and can be provided in alternative formats where required. Parents may request a copy of the RSHE curriculum by contacting the Head of School.

Parents and carers are encouraged to engage with the school regarding RSHE and are welcome to discuss any aspect of the curriculum with staff. The school will seek to maintain open and respectful communication and will respond to questions or concerns in a timely and supportive manner.

Where appropriate, parents and carers will be informed in advance of the teaching of more sensitive topics. This enables families to support learning at home and continue discussions in a way that reflects their own values and beliefs while recognising the school's responsibility to deliver a broad and balanced curriculum.

As a specialist SEND setting, Aurora Summerfields School recognises that pupils require learning to be adapted to their individual developmental needs. The school will explain how content is differentiated and delivered to ensure that all pupils can access learning in a meaningful, appropriate and safe way.

Parents and carers will be consulted during policy reviews and curriculum development to ensure that their views are considered. Feedback from parents, pupils and staff will be used to continually improve the quality and effectiveness of RSHE provision.

Due to the vulnerabilities and needs of our cohort, we teach consent and appropriate / inappropriate touch / reporting in every year throughout school.

8. Delivery of RSHE

Relationships and Sex Education is an excellent forum to provide pupils with life-skills that will enable them to make informed decisions and protect themselves against harmful and exploitative situations. Relationships and Sex Education is therefore a tool to safeguard children. We recognise that our pupils are more vulnerable to exploitation, bullying and other issues due to the nature of their SEND.

Relationships and Sex Education contributes to the foundation of PSHE and Citizenship and offers a valuable vehicle for promoting equality between individuals and groups. It involves an exploration of human and social diversity, and a fostering of self-worth whilst recognising, accepting and respecting differences.

Due to the nature of our pupils RSHE is taught in a considerate and delicate way, ensuring that pupils feel comfortable and confident to ask questions. We believe that relationship and sex education is particularly important for our pupils because some do not have access to wider friends and networks and therefore rely on the internet to gain information. This can impact on a pupil's views, outlook and expectations around relations and sex.

Pupils will be taught to recognise, challenge and report sexual harassment, sexual abuse, harmful sexual behaviour and sexual violence, both offline and online.

We ensure that RSHE is inclusive and meets the needs of all our pupils, including those with specific educational needs and different religious views. Pupils follow different pathways through the RSHE curriculum. Many pupils have been out of education for some time before joining us. Others may be less mature or more vulnerable and therefore content and coverage is adapted to meet their needs and address gaps appropriately.

RSHE is not delivered in isolation. It is taught in subjects including Personal, Social, Health Education (PSHE), Computing and Science. This includes lessons on how to keep themselves safe both in the physical world and in the online world, how to keep their bodies' safe and what to do if they are worried about any changes to their body.

RSHE will support pupils to recognise and respond safely to online risks, including grooming, exploitation, coercive behaviour, image sharing, exposure to pornography, online harassment, misogyny and harmful social media influences.

The purpose of RSHE is to provide knowledge about the processes of growth and development and human reproduction, different gender identities including challenging stereotypes, as well as the importance of relationships. At the same time it should lead to the acquisition of skills and attitudes which prepare children to manage their relationships in a responsible and healthy manner. It provides an important forum for pupils to discuss their own issues and ideas, clarifying issues, gaining correct information and reaching balanced views.

These areas of learning are taught within the context of family life taking care to ensure that there is no stigmatisation of children based on their home circumstances (families can include

single parent families, LGBT parents, families headed by grandparents, adoptive parents, foster parents/carers amongst other structures) along with reflecting sensitively that some children may have a different structure of support around them (for example: looked after children or young carers).

9. Safeguarding and child protection

At Aurora Summerfields we are aware that discussion with children and young people during RSHE lessons, may lead to a disclosure. If this happens we will follow the procedures described in our Child Protection Policy. Ensuring that the needs of the child/young person are met sensitively and in a timely manner are paramount to everything that we believe in.

10. Parents right to withdraw

Parents of primary age pupils do **not** have the right to withdraw their children from relationships education. Parents of secondary age pupils do have the right to withdraw their children from the non-statutory components of sex education within RSHE up to and until 3 terms before the child turns 16. After this point, if the child wishes to receive sex education rather than being withdrawn, the school will arrange this.

To opt a young person out of RSHE lessons, parents request a meeting with Tracy Whitehurst (Principal) to discuss the request. They are invited into school to talk through their request and discuss any issues and concerns (see form Appendix 1).

10. Training

Staff are trained on the delivery of RSHE as part of their induction and it is included in our continuing professional development calendar.

The head of school may also invite visitors from outside the school, such as school nurses or sexual health professionals, to provide support and training to staff teaching RSHE.

11. Monitoring arrangements

This policy will be reviewed annually by the Head of School. RSHE provision will also be monitored through lesson observation, curriculum scrutiny, planning monitoring, parent feedback and regular safeguarding review.

Appendix 1:

Parent form: withdrawal from sex education within RSHE

TO BE COMPLETED BY PARENTS			
Name of child		Class	
Name of parent		Date	
Reason for withdrawing from sex education within relationships and sex education			
Any other information you would like the school to consider			
Parent signature			