



Everly East Academy

RSHE Policy 2026/2027

At Everly East the named personnel with designated responsibility for Child Protection and Safeguarding are:

Person responsible for the Policy:	J Vujcic
Date Written:	February 2026

Signed:	
Date Reviewed:	August 2026
Next Review:	August 2027
Key Changes Made:	Designated persons updated.

Additional Responsibilities:

Designated Teacher for Cared for Children
Jack Beech
Mental Health Lead
Josie Vujcic
Single Point of Contact for Prevent (SPOC) (usually the DSL)
Jack Beech

1. Aims

The aims of Relationships, Sex and Health Education (RSHE) at Everly East Academy are to:

- Provide a safe framework in which sensitive and appropriate discussions can take place.
- Support pupils to understand physical development, puberty and personal hygiene in an age-appropriate way.
- Help pupils develop feelings of self-respect, confidence, resilience and empathy.

- Support pupils to build safe, respectful and healthy relationships.
- Promote understanding of mental health, wellbeing and healthy lifestyles.
- Develop pupils' knowledge of personal safety, boundaries and consent.
- Create a positive and respectful culture around issues relating to relationships, identity and wellbeing.
- Teach pupils the correct vocabulary to describe their bodies, emotions and relationships.
- Prepare pupils for adulthood by developing the knowledge and life skills needed to make informed and responsible decisions.
- At Everly East Academy, RSHE is delivered in a relational, trauma-informed and needs-led way, reflecting the Social, Emotional and Mental Health needs of our students.

2. Statutory Requirements

RSHE at Everly East Academy is delivered in accordance with statutory guidance issued by the Department for Education.

Under the Children and Social Work Act 2017, schools must provide:

- Relationships Education in primary schools
- Relationships and Sex Education (RSE) in secondary schools
- Health Education in both primary and secondary settings

In teaching RSHE, the school will have regard to guidance issued by the Secretary of State under Section 403 of the Education Act 1996.

RSHE is delivered in a way that reflects the developmental stage, cognitive ability and individual needs of pupils attending Everly East Academy.

Where appropriate, elements of sex education contained within the science curriculum will also be taught.

3. Policy Development

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

1. Review

A member of staff or working group reviewed existing practice and gathered relevant national and local guidance relating to RSHE.

2. Ratification

Following amendments, the policy was shared with the Governing Body/Proprietor and formally ratified.

3. Parent and Stakeholder Consultation

Parents and carers were provided with opportunities to understand the school's approach to RSHE and contribute feedback where appropriate.

4. Pupil Consultation

Pupil voice was considered to ensure the RSHE curriculum reflects the needs and experiences of students.

4. Definition

Relationships, Sex and Health Education (RSHE) is about the emotional, social and cultural development of pupils.

It involves learning about:

- Relationships
- Sexual health
- Physical and mental wellbeing
- Healthy lifestyles
- Diversity and equality
- Personal identity
- Safety and safeguarding

RSHE involves a combination of sharing information, exploring issues, developing life skills and reflecting on values.

RSHE is not about the promotion of sexual activity, but about ensuring young people have the knowledge and understanding required to make safe and informed choices.

5. Curriculum

The RSHE curriculum at Everly East Academy has been developed taking into account the age, needs, abilities and emotional development of pupils.

Where pupils ask questions outside the scope of the planned curriculum, teachers will respond appropriately, ensuring pupils receive clear and safe information rather than seeking answers from unreliable sources.

RSHE covers a range of topics including:

Relationships Education

Pupils will learn about:

- Families and people who care for them
- Friendships and respectful relationships
- Managing conflict and repairing relationships
- Online relationships and online safety
- Being safe and recognising risks

Students also learn about different types of family life and how to recognise when relationships make them feel unhappy, unsafe or uncomfortable.

Sex Education

Sex education builds on relationships education and includes:

- Puberty and physical development
- Consent and healthy relationships
- Sexual health and wellbeing
- Sexual exploitation and abuse awareness
- Grooming and coercion
- Laws relating to sexual consent
- Bullying and cyberbullying

Teaching will be delivered sensitively and in line with safeguarding guidance.

Health Education

Health education focuses on developing knowledge and skills relating to:

- Mental health and emotional wellbeing
- Healthy lifestyles
- Physical health
- Substance awareness
- Body confidence and self-esteem
- Personal safety
- Help-seeking and support

6. Delivery of RSHE

RSHE is primarily taught through the PSHRE curriculum, but it is also embedded throughout the wider curriculum and school life.

Students may also receive additional sessions delivered by trained professionals where appropriate.

RSHE focuses on giving young people the knowledge and skills they need to develop healthy, respectful relationships including:

- Families
- Respectful relationships
- Online relationships
- Personal safety
- Sexual relationships and sexual health
- Mental health and wellbeing

Teaching may be adapted to reflect the cognitive ability and emotional needs of pupils within the setting.

7. Roles and Responsibilities

7.1 The Governing Board / Proprietor

The governing board/proprietor will:

- Approve the RSHE policy.
- Hold the Headteacher to account for its implementation.

7.2 The Headteacher

The Headteacher is responsible for:

- Ensuring RSHE is delivered appropriately across the school.
- Ensuring staff receive appropriate support and training.
- Managing requests to withdraw pupils from sex education where applicable.

7.3 Staff

Staff are responsible for:

- Delivering RSHE in a sensitive and developmentally appropriate way.
- Modelling positive attitudes and respectful relationships.
- Responding to the needs of individual pupils.
- Responding appropriately to pupils whose parents wish them to be withdrawn from elements of sex education.

Staff do not have the right to opt out of teaching RSHE. Staff with concerns are encouraged to discuss these with the Headteacher.

7.4 Pupils

Pupils are expected to:

- Engage respectfully during RSHE lessons.
- Listen to the views of others.
- Treat discussions about relationships and wellbeing with sensitivity.

8. Parents' Right to Withdraw

Parents have the right to request that their child be withdrawn from sex education elements of RSHE that fall outside of the statutory science curriculum.

Requests for withdrawal should be made in writing to the Headteacher, The Everly East RSHE Parent Withdrawal form can be found at the foot of this document.

A meeting may be arranged with parents to discuss the request and ensure they understand the nature of the curriculum.

It must be made clear that the right to withdrawal applies to sex education. Parents do not have the right to withdraw from relationships or health education. To discuss this specifically, again contact the Headteacher directly

9. Training

Staff delivering RSHE will receive appropriate training to ensure they feel confident and prepared to teach the subject effectively.

Where appropriate, the school may invite external professionals such as:

- School nurses

- Health professionals
- Specialist educators

to support RSHE delivery or staff training.

10. Monitoring Arrangements

The effectiveness of RSHE provision will be monitored through:

- Curriculum reviews
- Staff feedback
- Pupil voice
- Leadership monitoring

Pupils' development in RSHE will be monitored by teachers through the school's internal assessment processes.

This policy will be reviewed annually by the Senior Leadership Team.

Everly East Academy delivers Relationships Education, Relationships and Sex Education (RSE), and Health Education in full accordance with the **Department for Education's statutory guidance, *Relationships Education, Relationships and Sex Education (RSE) and Health Education*** (DfE, 2019; updated 2025). This guidance is issued under **Section 80A of the Education Act 2002** and **Section 403 of the Education Act 1996**, and all schools **must have regard to it** when developing and delivering RSHE. [\[gov.uk\]](https://www.gov.uk), [\[assets.pub...ice.gov.uk\]](https://assets.publishing.service.gov.uk)

The school remains fully compliant with the statutory requirements that make:

- **Relationships Education compulsory** in all primary schools
- **Relationships and Sex Education (RSE) compulsory** in all secondary schools
- **Health Education compulsory** in all state-funded schools [\[gov.uk\]](https://www.gov.uk)

This policy is reviewed regularly to ensure continued alignment with the latest DfE statutory guidance.

11. Parent Consultation

The school is committed to working in genuine partnership with parents and will **consult parents on the development and review of the RSHE Policy**, as required by the Department for Education's statutory guidance for *Relationships Education, Relationships and Sex Education (RSE) and Health Education* (DfE, 2019; updated 2025). Consultation will take

place through a combination of approaches, which may include parent surveys, information evenings, opportunities to review proposed curriculum materials, and invitation for written feedback.

The school will ensure that parents have accessible information, appropriate time to respond, and clear opportunities to contribute their views before the RSHE Policy is finalised or amended. Their feedback will be carefully considered and reflected in the final version of the policy wherever appropriate.

Appendix: 1

Parent Form: Withdrawal from Sex Education within RSHE

Parents have the right to request that their child be withdrawn from some or all of the sex education delivered as part of Relationships, Sex and Health Education (RSHE), except for those parts included within the statutory National Curriculum for Science.

Requests for withdrawal should be made using the form below and submitted to the Headteacher. A meeting may be arranged to discuss the request and ensure that parents fully understand the curriculum and the reasons for its delivery.

To be Completed by parents			
Name of Child		Class	
Parent		Date	
Reason for withdrawing from Sex education within relationships, Sex and Health Education			
Any other information you would like the school to consider			



Parent Signature	
------------------	--

To be Completed by parents		
Agreed Actions from discussion with parents		
Signed		