

Belfairs Academy



Relationships, Sex & Health Education Policy

September 2025

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Applicable to	Staff, Students and Parents
Author	RAJ
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Objective

The objective of Relationships and Sex Education and Health Education (RSHE) policy is to help and support young people through their physical, emotional and moral development. A successful programme, firmly embedded in our Values curriculum will help young people learn to respect themselves and others and move with confidence from childhood through adolescence into adulthood.

Introduction

RSHE within the academy is seen as an integral part of the curriculum. Our overall aim is to provide relationship, sex and health education appropriate to the knowledge, understanding and needs of the student. Facts are presented in an objective and sensitive manner and are set within a clear framework of values and an awareness of the law on sexual behaviour. Throughout, our students are encouraged to appreciate the value of stable family life, marriage and the responsibilities of parenthood. Due cognisance is also paid to the changing nature of family units and gender roles both within the family and society.

Every effort is made to provide a trusting and enabling environment in which sensitive issues can be explored without embarrassment.

Delivery

The RSHE curriculum framework will help students develop the skills and understanding they need to live confident, healthy and independent lives. It will play an important role, alongside other aspects of the curriculum and academy life, in helping students to deal with difficult moral and social questions. The National Healthy Academys Standard will provide a useful and supportive framework for delivering relationship and sex education. Effective delivery of sex education is embedded in the success criteria of the Standard. Outside agencies (recommended by Southend Healthy Schools) support the delivery of the RSHE curriculum through workshops/drama productions etc.

Our curriculum delivery has been developed in line with the DfE statutory guidance for RSHE from September 2020.

RSHE at the academy follows the national guidance and will contribute to the foundation of Values curriculum by ensuring that the programme for students embraces the following in a culturally sensitive way:

- Understanding and respecting their physical, social, intellectual and moral development and that of others so that students are able to make informed judgments about their lifestyles
- Relationships, love, care and the responsibilities of parenthood as well as sex

- Teaching the adoption of responsibility and the consequences of one's actions to sexual activity and parenthood
- Development of a caring and responsible attitude towards themselves and others
- Focuses on all genders
- Builds self esteem
- Gives young people a clear understanding of the arguments for delaying sexual activity and resisting pressure, including the importance of consent
- Links relationship and sex education with issues of peer pressure and other risk taking behaviour such as drugs, smoking and alcohol
- Provides young people with skills that will enable them to cope with the problems of growing maturity and to resist pressure from peer groups or the media
- Awareness of current concerns and where appropriate, provide them with information about support agencies
- Provides young people with information about different types of contraception, safe sex and how they can access local sources for further advice and treatment
- Informs young people of our Safeguarding Policy and the procedure for raising any concerns
- Ensures young people understand how the law applies to sexual relationships

Due regard is paid to the 1993 Education Act, particularly the parental right to withdraw their child from any or all of the academy's sex education programme, other than those elements which are required by the National Curriculum Science Order. Parents do not have the right to withdraw their child from Relationships or Health Education.

The academy will ensure that students will not be withdrawn from any RSHE lessons for learning support. Opportunities will be given, for any student, who may be absent from any aspect of the RSHE modules to be given the relevant information.

All learning schemes, lesson plans and resources are available within both the RSHE and Science departments and on our website.

Monitoring and Evaluation

The Subject Leader for Humanities will monitor and evaluate the RSHE programme ensuring that:

- National guidance is followed
- Parents and carers are involved
- Staff are given appropriate training and support
- Students' views are listened to

Organisation of Sex Education Programme

Who will teach it:

RSHE will be taught by staff from the Humanities Department.

Training provision:

Training is provided when required by:

- The academy nurse (by appointment)
- Essex & Southend Healthy Academys Partnership
- Local Authority

Methodology and approach including explicitness and handling of controversial topics:

- Ground rules are established at the start of any sensitive module
- Controversial issues are dealt with sensitively in line with other academy policies

Specific classroom arrangements: (e.g. single sex, mixed)

Classroom arrangements are flexible. Generally classes are taught in mixed ability and mixed gender groups; however, on occasions it may be appropriate to deliver a unit in a single sex environment.

Curriculum entitlement

All students have an entitlement to relationships and sex education; students will not be withdrawn from these lessons to participate in any other activity.

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

Procedures for reviewing effectiveness of programme

Student and staff feedback is monitored by the Subject Leader for Values.

Resources used and criteria for selection

A variety of resources are available within the department, appropriate to the age being taught. All resources are carefully vetted for their suitability, in line with the QCA guidelines, before being used in the classroom. All resources that are used comply fully with our e-safety and safeguarding policies.

Contraceptive advice, information and referrals of under 16s to health services (individually and in the classroom)

Students are made aware of where they may obtain contraceptive advice. Appointments can be made for students at the academy with a nurse by request through our wellbeing team.

Confidentiality (individually and in the classroom)

All staff adhere to the confidentiality policies of the academy.

Working with Parents/Carers

Belfairs recognises the importance of strong, constructive and open conversation with parents in the education of their children. This policy has been written in consultation with parents/carers.

All parents are informed, through the curriculum, of their child's experience at the academy, of the content of the RSHE curriculum across each year group.

All parents are invited to discuss any issues of concern or to view any resources used. The fundamentals for our Values curriculum can be found on our website.