



**Loughborough**  
**High School**

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Policy Title: 02f Relationships and Sex Education Policy (RSE)

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Point of Contact (Reviewer): Miss V Standring – Assistant Head (Pastoral)

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## **Relationships and Sex Education Policy (RSE)**

This policy was informed by:

[Relationships and sex education \(RSE\) and health education - GOV.UK \(2025\)](#), [Mental Health and Behaviour in Schools \(DfE 2018\)](#), [Promoting Fundamental British Values as part of SMSC in schools \(DfE 2014\)](#), [SMSC requirements for independent schools \(DfE 2019\)](#) and [Keeping children safe in education - GOV.UK \(www.gov.uk\) \(2025\)](#)

### **What is Relationships and Sex Education? (RSE)**

Relationships and sex education (RSE) is learning about the emotional, social and physical aspects of growing up, relationships, sex, human sexuality and sexual health. It should equip young people with the information, skills and values to have safe, fulfilling and enjoyable relationships and to take responsibility for their sexual health and well-being.

Our RSE programme aims to prepare pupils for an adult life in which they can:

- Develop positive values and attitudes and a moral framework that will guide their decisions, judgements and behaviour; have confidence and self-esteem to value themselves and others and have respect for individual conscience and the skills to judge what kind of relationship they want.
- Avoid being exploited or exploiting others or being pressured into unwanted or unprotected sex.
- Communicate effectively by developing appropriate terminology for sex and relationship issues.
- Develop awareness of their sexuality and understand human sexuality; challenge sexism and prejudice and promote equality and diversity.
- Understand the reasons for having protected sex and be able to access local sexual health services with confidence as appropriate.
- Know how the law applies to sexual relationships.
- Know about their rights and sources of legal protection if their parents/carers are not immediately available.

### **Principles and Values**

Loughborough High School is committed to RSE which:

- 1) is an identifiable part of our PSHCE (Personal, Social, Health, Citizenship, Economic) curriculum, which has planned, timetabled lessons in every year group and is set within the wider school context and its aims and values.
- 2) makes full use of the experienced nursing staff on site and works in partnership with health and other professionals locally.
- 3) works in partnership with parents/carers, informing them at the start of every academic year about what their daughters will be learning and consulting over policy.
- 4) delivers lessons where pupils feel safe and encourages participation by using a variety of teaching approaches with opportunities to develop critical thinking and relationship skills.
- 5) is based on reliable sources of information, including about the law and legal rights, and distinguishes between fact and opinion.
- 6) promotes safe, equal, caring and enjoyable relationships and discusses real-life issues appropriate to the age and stage of pupils, including families, consent, relationship abuse, sexual exploitation and safe relationships online.
- 7) gives a positive view of human sexuality, with honest and medically accurate information, so that pupils can learn about their bodies and sexual and reproductive health in ways that

are appropriate to their age and maturity.

- 8) gives pupils opportunities to reflect on values and influences (such as from peers, media, faith and culture) that may shape their attitudes to relationships and sex, and nurtures respect for different views.
- 9) includes learning about how to get help and treatment from sources such as the school nurses and other health and advice services, including reliable information online.
- 10) fosters gender equality and challenges all forms of discrimination in RSE lessons and in everyday school life.
- 11) meets the needs of our pupils with their diverse experiences, including those with SEN and disabilities, recognising the importance of pupil voice both within each class and as part of the annual pupil survey.
- 12) Includes us being mindful of the challenges
- 13) boarders might experience when away from home.

## **Organisation and Content of Relationships and Sex Education**

Loughborough High School delivers Relationships and Sex Education through its PSHCE, RE and Science lessons from years 7-13 as well as covering elements within form time, year group and whole school assemblies.

Much of the Relationships and Sex Education takes place within PSHCE lessons. Each pupil receives one 30-minute PSHCE lesson per week as part of their timetable (topics are sent to parents at the start of every academic year). It is taught by a team of experienced teachers which includes the Head, Deputy Head (Pastoral and Wellbeing) and the Assistant Head (Pastoral).

Within PSHCE the sexual health programme is delivered in conjunction with our school nurses. RSE is deeply integrated within the wider context of the PSHCE curriculum, especially within the Relationships and Health and Wellbeing strands in each year group and uses resources recommended by the PSHE Association.

The scientific aspects of reproduction and puberty are delivered by staff in the science department.

These lessons are more concerned with the physical aspects of development and reproduction, although the importance of relationships is included as part of the scheme of work.

Wherever possible, sex education takes place in small groups so that questions and discussion are encouraged and account is taken of the different levels of maturity even within these groups.

Any RSE lesson may consider questions or issues that some pupils will find sensitive. Before embarking on these lessons there is a reminder and agreement of the ground rules, which are established at the beginning of the course, that prohibit inappropriate personal information being requested or disclosed by those taking part in the lesson. When pupils ask questions, we aim to answer them honestly, within the ground rules established. The opportunity to ask questions anonymously is frequently used and actively encouraged. If it is felt that answering a specific question would involve information at a level inappropriate to the development of the rest of the pupils, the question may be dealt with individually at another time.

Students may wish to step out of part or all of a lesson if they feel the content will be challenging for them. This is handled in a discreet way and students are reminded of this option frequently throughout the course of the year.

## **Safeguarding**

Our experienced staff are aware that effective RSE, which brings an understanding of what is and what is not appropriate in a relationship, can lead to a disclosure of a safeguarding nature and these will be addressed in line with the procedures set out in the LSF Safeguarding and Child Protection policy. The school's DSL and Deputy DSL are amongst the PSHCE teaching team and regularly lead safeguarding training and updates for all staff, which include how to deal with a disclosure.

We intend our policy to be sensitive to the needs of different ethnic groups and this sensitivity is reflected in the working agreement established at the beginning of each PSHCE session.

## **Right of Withdrawal of Pupils from Sex Education**

There is no right to withdraw from Relationships Education or Health Education.

Parents have the right to request that their daughter be withdrawn from some or all of the sex education delivered as part of RSE (other than those which are part of the science curriculum) up to and until three terms before their daughter turns 16. All parents are sent the schemes of work for PSHCE at the beginning of the academic year which clearly state the timings of RSE and how this fits into the scheme for the year. Before granting the request, the Assistant Head (Pastoral) will discuss the request with parents and, as appropriate, with their daughter, to ensure that their wishes are understood and to clarify the nature and purpose of the curriculum as well as review any RSE resources the school uses. Once these discussions have taken place, except in exceptional circumstances, Loughborough High School will respect the parents' request to withdraw their daughter up to and until three terms before their daughter turns 16. After that point, if the pupil wishes to receive sex education rather than be withdrawn, we will make arrangements to provide them with sex education during one of those terms.

The process above is the same for pupils with SEND, however there may be exceptional circumstances where the school may want to take a pupil's specific needs arising from their SEND into account when making this decision.

If a pupil is withdrawn from sex education, we will ensure that the pupil receives appropriate, purposeful education during the period of withdrawal.

## **Confidentiality, Controversial and Sensitive Issues**

Teachers, including the School Matron and School Counsellor, cannot offer unconditional confidentiality and pupils are made aware of this prior to any possible sensitive disclosure. However, teachers are not legally bound to inform parents of any disclosure unless the Head has specifically requested them to do so. Matrons in school are subject to their own professional code of confidentiality which specifies that health and personal issues are kept confidential except where disclosure is required on matters regarding safeguarding.

## **Monitoring and Evaluation of Sex and Relationship Education**

The Head, Assistant Head Pastoral (who is also the PSHCE Coordinator) and all staff are accountable to the Governors in ensuring that the Policy operates in practice as per paragraph 38 in *Relationship Education, Relationships and Sex Education (RSE) and Health Education*. The Assistant Head (Pastoral) monitors the PSHCE programme at regular intervals to evaluate and adjust the programme where necessary. This is achieved by quality assurance that includes lesson observations, an annual review of the scheme of work and an annual review of the RSE policy. Copies

of the scheme of work and this policy are sent to all parents and pupils and comments and suggestions are welcomed.

A pupil survey of the PSHCE provision is undertaken annually towards the end of the course for every year group and informs of any curriculum changes for the following year. For monitoring and evaluation of RSE, we will particularly scrutinize the responses of boarders to ensure their needs and concerns are being addressed.

This policy has been drawn up in conjunction with the RSE teaching staff and following consultation with parents. It will be subject to annual review.