



RSE Policy

Reviewed by:	Charlotte Alton, Principal
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Approved by:	Tracey Storey, CEO

Rationale

The school recognise the entitlement of all learners to receive Relationships and Sex Education and Health Education (RSHE), which is current, meaningful, and relevant. Coombswood School embeds a respect for diversity and encourages a sense of compassion and understanding of others. We recognise and respect that members of the school community are diverse in culture, religious values, and sexual orientation. We also recognise that modern technology brings with it issues of safeguarding and we are committed to addressing online safety in its various forms.

We will ensure that Relationships and Sex Education is accessible for all learners. Delivery and resources will be adapted and personalised to meet the needs of all young people with SEND, in preparation for adulthood and in line with the SEND Code of Practice (2014).

This policy has due regard to the Relationships Education, Relationships and Sex Education (RSE) and Health Education statutory guidance 2025, which schools must implement by September 2026, and reflects best practice from the PSHE Association SEND Programme of Study.

Aims of RSE

The aims of RSE at Coombswood School are to:

- Provide accurate, age-appropriate and inclusive knowledge about relationships, health and sexuality
- Develop learners' understanding of healthy, respectful and safe relationships
- Support learners to recognise and manage risk, including online risks
- Promote emotional wellbeing, self-respect and respect for others
- Enable learners to understand consent, boundaries and personal safety
- Prepare learners for adulthood, including independence, relationships and community participation

Statutory Requirements

RSE is statutory in all secondary schools, and Relationships Education and Health Education are statutory in all schools .

The school ensures that:

- The curriculum is age-appropriate, developmentally appropriate and responsive to learners' needs
- Content is carefully sequenced and builds over time
- Parents are consulted and informed about curriculum content
- Learners are supported to develop knowledge before encountering real-life situations

The curriculum reflects key principles of the updated guidance, including:

- Engagement with learners and parents
- Positive, preventative education
- Safeguarding-focused teaching
- Responsiveness to emerging risks (e.g. online harms, misogyny)

Curriculum Content

RSE is delivered through a structured and progressive curriculum covering:

Relationships Education (All Phases)

- Families and caring relationships
- Friendships and peer influence
- Respect, kindness and equality
- Bullying and discrimination
- Online relationships and digital communication

Sex Education (Secondary Phase)

- Puberty and physical development
- Reproduction and sexual health

- Consent and boundaries
- Contraception and sexually transmitted infections
- Healthy and unhealthy intimate relationships

Health Education (All Phases)

- Mental health and emotional wellbeing
- Physical health and lifestyle
- Personal safety and risk
- Online safety, including scams, exploitation and harmful content

The curriculum reflects updates within the 2025 guidance, including:

- Increased focus on online safety and digital harms
- Teaching about misogyny, harmful influences and pornography (age-appropriate)
- Inclusion of same-sex relationships and diverse families
- Teaching correct terminology to support safeguarding and communication

A PSHE/RSE overview can be seen on our school website.

SEND Adaptation

All learners at Coombswood School have special educational needs and/or disabilities. RSE is delivered in line with the PSHE Association SEND framework, ensuring accessibility and inclusivity.

Adaptations include:

- Visual supports, symbols and structured resources
- Repetition and overlearning of key concepts
- Concrete, real-life examples
- Sensory and practical learning approaches
- Small-step sequencing of knowledge
- Personalised learning linked to EHCP outcomes

Learners are explicitly supported to understand:

- Personal boundaries
- Consent and communication
- Safe and unsafe relationships
- Managing emotions and behaviours

Safe and Effective Practice

RSE is delivered within a safe, supportive learning environment.

Teachers:

- Establish clear ground rules
- Use distancing techniques to avoid personal disclosure
- Deliver content sensitively and inclusively
- Avoid shock tactics and inappropriate materials
- Respond appropriately to questions and safeguarding concerns

Staff are trained to manage sensitive discussions and follow safeguarding procedures at all times.

Equality and Inclusion

The school complies with the Equality Act 2010 and ensures that RSE:

- Is inclusive of all learners
- Reflects diverse relationships and families
- Promotes respect for protected characteristics
- Does not discriminate against any individual or group

Learners are taught about equality, diversity and respect in an age-appropriate way.

Parents and Carers

The school works in partnership with parents/carers by:

- Consulting on the RSE policy and curriculum
- Providing information about what will be taught
- Offering opportunities to view materials

Parents/carers have the right to request withdrawal from non-statutory sex education, but not from Relationships or Health Education.

Roles and Responsibilities

Principal

- Ensures compliance with statutory guidance
- Oversees curriculum implementation
- Manages withdrawal requests

Staff

- Deliver RSE sensitively and appropriately
- Adapt teaching for SEND needs
- Monitor progress and wellbeing
- Follow safeguarding procedures

Learners

- Engage respectfully in lessons
- Follow ground rules
- Participate in discussions appropriately

Monitoring and Reviewing

RSE provision is monitored through:

- Curriculum review and planning scrutiny
- Lesson observations and quality assurance
- Learner voice and feedback
- Staff training and development

This policy is reviewed annually and updated in line with statutory guidance and best practice.

Linked Policies

This policy should be read alongside:

- Safeguarding and Child Protection Policy
- PSHE Policy
- Behaviour Policy
- Anti-Bullying Policy
- Online Safety Policy
- KCSIE (Keeping Children Safe in Education) 2026