

Hillside High School



RSE Policy (Relationship & Sex Education) March 2026

*Excellence in the Heart
of the Community*

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School:	Hillside High School
School Link:	Lindsey Collins
Date of Governing Body Review:	March 2026
Next Review Due:	March 2027
Signed:	
Chair:	Mr Mike Cunliffe
Principal:	Amanda Ryan

AIMS AND OBJECTIVES

The aims of Relationships and Sex Education (RSE) at our school are to ensure pupils learn about:

- Different types of relationships, including friendships, family relationships, intimate relationships.
- Dealing with strangers.
- How to recognise, understand and build healthy relationships, including self-respect and respect for others, commitment, tolerance, boundaries and consent, and how to manage conflict, and also how to recognise unhealthy relationships.
- How relationships may affect health and wellbeing, including mental health.
- Healthy relationships and safety online.
- Factual knowledge around sex, sexual health and sexuality, set firmly within the context of relationships.

At Hillside High School, we want to enable our young people to be responsible, reflective and active citizens with a strong awareness of British Values. It is our vision to provide 'Excellence in the Heart of the Community' and we believe RSE, PSHE and SMSC education provides pupils with the knowledge, understanding and skills needed to prepare them to play an active role in Modern Britain.

For the purpose of this policy, the term 'parent' includes adults who are in a parenting role, for example, step-parents, foster-parents, adoptive parents, guardians and carers. Also, the terms 'child/pupil' and 'children/pupils' are interchangeable.

STATUTORY REQUIREMENTS

This policy has due regard to all relevant legislation and statutory guidance including, but not limited to, the following:

- Equality Act 2010.
- DfE (2018) 'Keeping Children Safe in Education'.
- DfE (2019) 'Relationships Education, Relationships and Sex Education (RSE) and Health Education'.
- DfE (2015) 'National curriculum in England: Science programmes of study'.
- The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019
- Children and Social Work Act 2017

Under 'Policy statement: relationships education, relationships and sex education, and personal, social, health and economic education', RSE became statutory in all schools from September 2019. Secondary schools must have regard to guidance issued by the Secretary of State as outlined in section 403 of the Education Act 1996.

At Hillside High School we have implemented the teaching of RSE as set out in this policy since September 2021.

DEFINITION

RSE is about the emotional, social and cultural development of pupils, and involves learning about relationships, sexual health, sexuality, healthy lifestyles, diversity and personal identity.

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

RSE is not about the promotion of sexual activity.

ORGANISATION AND DELIVERY OF THE RSE AND HEALTH EDUCATION CURRICULUM

- All schools providing secondary education are required to deliver statutory RSE and all state-funded schools are required to deliver health education.
- For the purpose of this policy, “relationships and sex education” is defined as teaching pupils about developing healthy, nurturing relationships of all kinds, and helping them to understand human sexuality and to respect themselves and others.
- For specific content that the school defines as “Sex Education”, please see RSE and health education statutory content below.
- For the purpose of this policy, “health education” is defined as teaching pupils about how they can make good decisions about their own health and wellbeing, and how physical health and mental wellbeing are interlinked.
- The RSE and health education curriculum will be developed in consultation with teachers and support staff (including trained RSE leads) and also through working with specialist organisations. In accordance with DfE recommendations, pupils, parents and staff will be consulted to gather views about the RSE and health education curriculum.
- The majority of the RSE and health education curriculum will be delivered through Personal Development, with statutory elements taught via the science curriculum.
- The RSE and health education curriculum has been developed in line with the DfE’s ‘Relationships Education, Relationships and Sex Education (RSE) and Health Education’ guidance. The school will consider the context and views of the wider local community when developing the curriculum to ensure it is reflective of issues in the local area.
- The RSE and health education curriculum is informed by topical issues in the school and wider community, to ensure it is tailored to pupils’ needs. For example, if there was a local prevalence of specific social issues, our curriculum would be tailored to address this issue.
- 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 (we are mindful that families can include single parent families, LGBT parents, families headed by grandparents, adoptive parents, foster parents/guardians 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).

Across both Key Stages, pupils will be supported with developing the following skills:

- Communication, including how to manage changing relationships and emotions.
- Recognising and assessing potential risks.
- Assertiveness.
- Seeking help and support when required.
- Informed decision-making.
- Self-respect and empathy for others.
- Recognising and maximising a healthy lifestyle.
- Managing conflict.
- Discussion and group work.
- Relevant laws and legislation.

RSE AND HEALTH EDUCATION STATUTORY CONTENT

Relationships Education

RSE will continue to develop pupils' knowledge on the topics taught at a primary level, in addition to the content outlined in this section.

Families

By the end of secondary school, pupils will know:

- That there are different types of committed, stable relationships.
- How these relationships might contribute to our happiness as humans and their importance for bringing up children.
- What marriage is, including their legal status, e.g. that marriage carries legal rights and protections not available to couples who are cohabiting or who have married, for example, in an unregistered religious ceremony.
- Why marriage is an important relationship choice for many couples and why it must be freely entered into.
- The characteristics and legal status of other types of long-term relationships.
- The roles and responsibilities of parents with respect to raising children, including the characteristics of successful parenting.

Pupils will also know how to:

- Determine whether other children, adults or sources of information are trustworthy. Judge when a family, friend, intimate or other relationship is unsafe, and recognise this in others' relationships.
- How to seek help or advice if needed, including reporting concerns about others.

RESPECTFUL RELATIONSHIPS, INCLUDING FRIENDSHIPS

By the end of secondary school, pupils will know:

- The characteristics of positive and healthy friendships in all contexts (including online), including trust, respect, honesty, kindness, generosity, boundaries, privacy, consent and the management of conflict, reconciliation and ending relationships. This includes different (non-sexual) types of relationships.
- Practical steps they can take in a range of different contexts to improve or support respectful relationships.
- How stereotypes, particularly those based on sex, gender, race, religion, sexual orientation or disability, can cause damage, e.g. how they might normalise non-consensual behaviour.
- That in school and wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including people in positions of authority and due tolerance of other people's beliefs.
- About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to seek help.
- The types of behaviour in relationships that can be criminal, including violent behaviour and coercive control.
- What constitutes sexual harassment and violence and why these are always unacceptable.
- The legal rights and responsibilities regarding equality, with reference to the protected characteristics defined in the Equality Act 2010, and that everyone is unique and equal.

ONLINE AND MEDIA

By the end of secondary school, pupils will know:

- The concepts of, and laws relating to, sexual consent, sexual exploitation, abuse, grooming, coercion, harassment, rape, domestic abuse, forced marriage, honour based violence and female genital mutilation (FGM), and how these can affect current and future relationships.
- How people can actively communicate and recognise consent from others, including sexual consent, and how and when consent can be withdrawn – this includes online.
- Intimate and sexual relationships, including sexual health.

INTIMATE AND SEXUAL RELATIONSHIPS, INCLUDING SEXUAL HEALTH

The underlined content is defined as “sex education”

By the end of secondary school, pupils will know:

- How to recognise the characteristics and positive aspects of healthy one-to-one intimate relationships, which include mutual respect, consent, loyalty, trust, shared interests and outlook, sex and friendship. (Delivered through Science).
- That all aspects of health can be affected by choices they make in sex and relationships, positively and negatively, e.g. physical, emotional, mental, sexual and reproductive health and wellbeing.
- The facts about reproductive health, including fertility and the potential impact of lifestyle on fertility for both men and women.
- The range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others.
- That they have a choice to delay sex or enjoy intimacy without sex.
- The facts about the full range of contraceptive choices, their effectiveness and options available.
- The facts around pregnancy, including miscarriage.
- That there are choices in relation to pregnancy, with legally and medically accurate, impartial information on all options, including keeping the baby, adoption, abortion and where to get further help.
- How the different sexually transmitted infections (STIs) are transmitted, how risk can be reduced through safer sex and the importance of facts about testing.
- About the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment.
- How the use of alcohol and drugs can lead to risky sexual behaviour.
- How to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment.

HEALTH EDUCATION SUBJECT OVERVIEW

The physical health and mental wellbeing curriculum will continue to develop pupils’ knowledge on the topics taught at a primary level, in addition to the content outlined in this section.

MENTAL WELLBEING

By the end of secondary school, pupils will know:

- How to talk about their emotions accurately and sensitively, using appropriate vocabulary.
- That happiness is linked to being connected to others.
- How to recognise the early signs of mental wellbeing concerns.
- Common types of mental ill health, e.g. anxiety and depression.
- How to critically evaluate when something they do or are involved in has a positive or negative effect on their own or others' mental health.
- The benefits and importance of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness.

INTERNET SAFETY AND HARMS

By the end of secondary school, pupils will know:

- The similarities and differences between the online world and the physical world, including the impact of unhealthy or obsessive comparison with others online, over-reliance on online relationships, and the risks related to online gambling, how information is targeted at them and how to be a discerning consumer of information online.
- How to identify harmful behaviours online, including bullying, abuse or harassment, and how to report, or find support, if they have been affected by those behaviours.

PHYSICAL HEALTH AND FITNESS

By the end of secondary school, pupils will know:

- The positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress.
- The characteristics and evidence of what constitutes a healthy lifestyle, maintaining a healthy weight, including the links between an inactive lifestyle and ill health.
- About the science relating to blood, organ and stem cell donation.

HEALTHY EATING

By the end of secondary school, pupils will know:

- How to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer.

DRUGS, ALCOHOL AND TOBACCO

By the end of secondary school, pupils will know:

- The facts about legal and illegal drugs and their associated risks, including the link between drug use and serious mental health conditions.
- The law relating to the supply and possession of illegal substances.
- The physical and psychological risks associated with alcohol consumption and what constitutes low risk alcohol consumption in adulthood.
- The physical and psychological consequences of addiction, including alcohol dependency.
- Awareness of the dangers of drugs which are prescribed but still present serious health risks.
- The facts about the harms from smoking tobacco, the benefits of quitting and how to access the support to do so.

HEALTH AND PREVENTION

By the end of secondary school, pupils will know:

- About personal hygiene, germs including bacteria, viruses, how they are spread, treatment and prevention of infection, and about antibiotics.
- About dental health and the benefits of good oral hygiene and dental flossing, including healthy eating and regular check-ups at the dentist.
- The benefits of regular self-examination and screening.
- The facts and science relating to immunisation and vaccination.
- The importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn.

BASIC FIRST AID

By the end of secondary school, pupils will know:

- Basic treatments for common injuries.
- Life-saving skills, including how to administer CPR.
- The purpose of defibrillators and when one might be needed.

CHANGING ADOLESCENT BODY

By the end of secondary school, pupils will know:

- Key facts about puberty, the changing adolescent body and menstrual wellbeing.
- The main changes which take place in males and females, and the implications for emotional and physical health.

For more information about how and when the content will be covered, please see Personal Development Curriculum Overview [Hillside High School - Personal Development](#)

ROLES AND RESPONSIBILITIES

The Local Governing Body (LGB)

- The LGB will approve the RSE policy, and hold the Principal to account for its implementation.

The Principal

- The overall implementation of this policy.
- Ensuring all staff are suitably trained to deliver the subjects.
- Ensuring parents/guardians are fully informed of this policy.
- Reviewing all requests to withdraw pupils from non-statutory elements of the RSE and health education curriculum.
- Discussing withdrawal requests with parents/guardians, and the pupil if appropriate, to ensure their wishes are understood and to clarify the nature and purpose of the curriculum, including the benefits of receiving the education.
- Ensuring withdrawn pupils receive appropriate, purposeful education during the period of withdrawal.

RSE Lead

- Overseeing the delivery of RSE and health education.
- Working closely with colleagues in related curriculum areas to ensure the RSE and health education curriculum compliments, and does not duplicate, the content covered in national curriculum subjects.
- Ensuring the curriculum is age-appropriate and of high-quality.
- Reviewing changes to the RSE and health education curriculum and advising on their implementation.
- Monitoring the learning and teaching of RSE and health education, providing support to staff where necessary.
- Ensuring the continuity and progression between each year group.
- Helping to develop colleagues' expertise in the subject.
- Ensuring teachers are provided with adequate resources to support teaching of the curriculum.
- Ensuring the school meets its statutory requirements in relation to RSE and health education.

- Leading staff meetings and training and ensuring all members of staff involved in the curriculum have received the appropriate training.
- Organising, providing and monitoring CPD opportunities in the subject.
- Ensuring the correct standards are met for recording and assessing pupil performance.
- Reviewing this policy on an annual basis.
- Reporting to the LGB on the effectiveness of this policy and the curriculum annually.

Teaching Staff

- Acting in accordance with, and promoting, this policy.
- Ensuring they do not express personal views or beliefs when delivering the curriculum.
- Planning lessons effectively, ensuring a range of appropriate teaching methods and resources are used to cover the content.
- Modelling positive attitudes to RSE and health education.
- Liaising with the SENCO about identifying and responding to the individual needs of pupils with SEND.
- Monitoring pupil progress in RSE and health education.
- Reporting any concerns regarding the teaching of RSE or health education to the RSE and health education lead, Miss Collins, or a member of SLT
- Reporting any safeguarding concerns or disclosures that pupils may make as a result of the subject content to the Miss Jones, Designated Safeguarding Lead (DSL), or one of the Deputy DSLs.

Staff do not have the right to opt out of teaching RSE. Staff who have concerns about teaching RSE are encouraged to discuss this with the Principal.

Pupils

Pupils are expected to engage fully in RSE and, when discussing issues related to RSE, treat others with respect and sensitivity. This response is in line with our core values of maintaining a positive attitude, respect for others at all times and displaying high levels of commitment.

Parents' (including Guardians) right to withdraw

- Parents have the right to request that their child is withdrawn from some or all of sex education delivered as part of statutory RSE. Please refer to the 'Intimate and sexual relationships, including sexual health' section of this policy where specific "sex education" content has been identified.
- Parents do not have a right to withdraw their child from the relationships or health elements of the programmes.
- Parents do not have the right to withdraw their child from sex education delivered as part of the Science curriculum.
- Following discussions with parents, the school will respect the parents' request to withdraw their child up to and until three terms before the child turns 16. After this point, if the child wishes to receive RSE rather than be withdrawn, the school will make arrangements to provide the child with RSE.

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- Requests to withdraw a child from sex education will be made in writing to the Principal.
- Before granting a withdrawal request, the Principal will discuss the request with the parents and, as appropriate, the child, to ensure their wishes are understood and to clarify the nature and purpose of the curriculum.
- The Principal will inform parents of the benefits of their child receiving RSE and any detrimental effects that withdrawal might have.
- All discussions with parents will be documented.
- Appropriate alternative work will be given to pupils who are withdrawn from RSE.

CPD

- Staff receive RSE CPD through INSET days and during CPD sessions.
- Visitors from outside the school, such as school nurses or sexual health professionals, may also provide support and training to staff teaching RSE.

ASSESSMENT

The school has the same high expectations of the quality of pupils' work in RSE and health education as for other curriculum areas.

Lessons are planned to provide suitable challenge to pupils of all abilities.

Assessments are used to identify where pupils need extra support or intervention.

There are no formal examinations for RSE and health education; however, to assess pupil outcomes, the school will capture progress through the use of pre and post unit self-evaluations / online assessments.

MONITORING ARRANGEMENTS

The RSE and health education lead is responsible for monitoring the quality of teaching and learning for the subject.

The RSE and health education lead will monitor the delivery of RSE through

- Learning walks
- Book reviews
- Pupil Voice

This policy will be reviewed every year. At every review, the policy will be approved by the Local Governing Body.