

# Relationships, Sex, and Health Education (RSHE)

## Policy for Path4

**UNDER REVIEW**



### Relationships, Sex, and Health Education (RSHE) Policy for Path4

**Purpose of the Policy** This policy outlines the approach to Relationships, Sex, and Health Education (RSHE) at Path4, ensuring compliance with statutory guidance and promoting the wellbeing, safety, and personal development of all pupils. The policy reflects our commitment to fostering an inclusive, respectful, and safe learning environment where students can develop the knowledge, skills, and values needed to navigate relationships and health responsibly.

**Legislative Context** This policy has been developed in line with the following legislation and guidance:

- The Children and Social Work Act 2017
- The Equality Act 2010
- The Education Act 1996
- Department for Education (DfE) statutory guidance: *Relationships Education, Relationships and Sex Education (RSE), and Health Education (2019)*

**Aims of RSHE at Path4** Our RSHE curriculum aims to:

1. Equip pupils with the knowledge to make informed decisions about their physical and emotional health.
2. Develop respectful and healthy relationships, both online and offline.
3. Promote understanding of diversity, equality, and inclusivity.
4. Build resilience and self-esteem to support personal and social development.
5. Provide clear, age-appropriate education on sex, reproduction, and health issues, including consent, online safety, and mental health.

**Curriculum Content and Delivery** RSHE is delivered in a planned, age-appropriate manner, in line with DfE guidelines. The curriculum is split into three core areas:

1. **Relationships Education**
  - Families and people who care for us
  - Respectful relationships, including friendships
  - Online relationships and safety
  - Being safe and recognising boundaries

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### 2. **Sex Education** (for secondary-age pupils, as per parental discretion for primary-age pupils)

- Reproductive health, contraception, and pregnancy
- Consent and healthy relationships
- Recognising and addressing sexual harassment and abuse

### 3. **Health Education**

- Physical and mental wellbeing
- Healthy lifestyles, including diet and exercise
- Puberty and menstrual health
- Substance misuse and its consequences
- Online safety and digital resilience

**Inclusivity and Sensitivity** Path4 is committed to ensuring that RSHE is inclusive and reflects the diverse backgrounds, beliefs, and needs of our pupils. Lessons will be respectful of religious and cultural differences and tailored to meet the needs of SEND (Special Educational Needs and Disabilities) students, with appropriate adaptations made to ensure accessibility.

**Parental Involvement** We recognise the vital role parents and carers play in the RSHE education of their children. Path4 encourages open communication and provides opportunities for parents to:

- Review the RSHE curriculum and resources
- Provide feedback on the policy and curriculum
- Discuss specific concerns or requests for withdrawal from non-statutory elements of sex education

**Right to Withdraw** Parents have the right to withdraw their child from the non-statutory elements of sex education. Requests must be made in writing to the headteacher. The school will provide a meeting to discuss the request, ensuring the parent understands the benefits of participation. Pupils cannot be withdrawn from Relationships or Health Education.

**Assessment and Evaluation** The effectiveness of RSHE at Path4 will be monitored through:

- Pupil feedback and engagement
- Teacher assessments of learning outcomes
- Regular curriculum reviews
- Parental and staff surveys

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**Safeguarding and Confidentiality** RSHE lessons may raise sensitive or personal issues. Staff are trained to handle such matters with professionalism and to adhere to the school's safeguarding policy. Any disclosures made during RSHE sessions will be dealt with following safeguarding procedures, ensuring the safety and welfare of pupils.

### **Roles and Responsibilities**

- **Governors:** Oversee and approve the RSHE policy.
- **Headteacher:** Ensure the policy is implemented and statutory requirements are met.
- **RSHE Lead:** Develop and coordinate the RSHE curriculum.
- **Teachers:** Deliver RSHE lessons in line with this policy and provide a safe, respectful learning environment.

**Review and Updates** This policy will be reviewed annually to ensure it remains current and effective. Stakeholder feedback, including from pupils, parents, and staff, will inform any updates.

**Review by 31<sup>st</sup> December 2024**