

Rhyddings RSE Policy

Reviewed by Assistant Headteacher – Abigail Woodcock and PSHE Leads Melissa Fletcher and David Charlesworth October 2025

1. Aims

The aims of RSE at Rhyddings are to:

- Provide a framework in which sensitive discussions can take place.
- Prepare pupils for puberty and give them an understanding of sexual development and the importance of health and hygiene.
- Help pupils develop feelings of self-respect, confidence and empathy.
- Create a positive culture around sexuality and relationships.
- Teach pupils the correct vocabulary to describe themselves and their bodies.
- Help pupils understand that healthy relationships are an important part of wellbeing.
- Prevent pupils from becoming involved in child-on-child abuse, and/or experiencing harm in school or in the community.

2. Statutory Requirements

RSE is compulsory for all pupils receiving secondary education. At Rhyddings, we deliver RSE through our weekly PSHE curriculum, following the PSHE Association guidelines and the DfE statutory guidance (July 2025).

3. Curriculum Content

RSE is taught through weekly PSHE lessons across all year groups. The curriculum includes:

- Healthy relationships, including friendships and family dynamics.
- Consent and boundaries.
- Online safety and awareness.
- Contraception, STIs, and sexual health.
- Emotional wellbeing and resilience.
- Gender identity and respect.

- Legal content including age of consent, sexual harassment, and protected characteristics.

Curriculum content is age-appropriate, inclusive, and responsive to pupil needs.

4. Delivery

RSE is delivered by PSHE teachers, led by PSHE Leads Melissa Fletcher and David Charlesworth, and line managed by Assistant Headteacher Abigail Woodcock. Lessons are taught once a week as part of the timetabled curriculum. External agencies may be used with appropriate vetting. Sensitive topics are handled using distancing techniques and anonymous question boxes. Pupils are signposted to support services when needed.

5. Roles and Responsibilities

The PSHE Leads are responsible for curriculum planning and quality assuring delivery. The Assistant Headteacher oversees this quality assurance. All staff involved in RSE delivery receive appropriate training and support.

6. SEND Accessibility

RSE is adapted to meet the needs of pupils with SEND. Lessons are differentiated and inclusive, ensuring all pupils are prepared for adulthood and understand how to keep themselves safe.

7. Right to Withdraw

Parents have the right to withdraw their child from sex education that is not part of the science or statutory curriculum. Requests must be made in writing to the Headteacher. Pupils may opt back in from three terms before they turn 16. Alternative provision will be made for withdrawn pupils.

8. Parental Engagement

Parents are consulted on the RSE policy and curriculum. Materials are available on request. The school maintains transparency and encourages parental involvement in supporting pupil learning.

9. Safeguarding

RSE is part of the school's safeguarding strategy. Staff follow safeguarding protocols and pupils are supported. Disclosures are handled according to the school's safeguarding policy.

10. Monitoring and Evaluation

RSE is monitored through lesson observations, pupil voice, and curriculum reviews. The policy is reviewed annually with input from staff, pupils, and parents.