



Stony Dean School
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Stony Dean School

Relationships and Sex Education (RSE) Policy

Date: May 2026

Review Date: May 2027

Policy Owner: Acting Deputy Headteacher – Claire Howsley

Approved by: Interim Headteacher – Rebecca Scott

Ratified by: Governing body

1. Policy Statement and Legal Framework

This policy outlines the provision of Relationships and Sex Education (RSE) at Stony Dean School. RSE is statutory for all secondary schools in England and is delivered in line with DfE statutory guidance.

The policy complies with the Relationships Education, RSE and Health Education Regulations 2025, the Children and Social Work Act 2017, the Equality Act 2010 and the Children and Families Act 2014.

2. The delivery of RSE at Stony Dean School aims to:

- Support pupils to develop safe, respectful and healthy relationships
- Equip pupils with the knowledge to understand emotional, social and physical development
- Promote safeguarding, personal safety and wellbeing
- Prepare our pupils for adulthood and independence
- Complement and support the role of parents/guardians
- Provide for all children, including those with physical, learning and emotional difficulties
- Acknowledge and work within the context of different faiths, culture, gender, sexuality, age and social constraints
- Conform to current legislation
- Take into account the schools attitude towards faith, and the faiths of our students, which complies with the Equality Act of 2010
- Facilitate exploration of attitudes and values to develop communication and decision making skills
- Foster self-esteem, self-awareness and a sense of moral responsibility
- Support all students to Achieve, Belong and Thrive (2025 Ofsted framework core principles)

3. Whole-School Approach

RSE is delivered through a whole-school approach and embedded within lessons, safeguarding, pastoral support and daily interactions. In KS3, RSE is taught in Learning for Life (L4L) in years 7, 8 and 9 as well as in Science in year 9. In KS4 and Post 16, it is taught within L4L and Science in Year 11. Teaching is adapted to meet the needs of pupils with SEND through personalised, developmentally appropriate approaches. Additional tutor or pastoral time is also used to discuss moral, cultural and ethical issues.



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Pupils will be encouraged to:

- To embrace the challenges of creating a happy and successful adult life. Pupils need knowledge that will enable them to make informed decisions about their wellbeing, health and relationships, and to build their self-efficacy.
- Have respect for themselves and others
- Take responsibility for their own actions
- Have respect for different cultural and religious points of view
- Be aware of social changes and the changes in family life
- Know that decision-making is part of adult life and that unwise choices can affect their lives and the lives of others.

4. Curriculum Content

The RSE programme we offer at Stony Dean is in line with the statutory guidance and it has been carefully planned to take account of our pupils' age, maturity and physical development. Whenever RSE is taught, our pupils' level of understanding and comprehension is taken into account, and teaching groups are arranged accordingly. Additional work may be completed with individual pupils, according to need.

The curriculum covers:

- Relationships and respect
- Consent and personal boundaries
- Sexual health and development
- Online safety and exploitation
- Mental health, wellbeing and being safe

5. Teaching and Learning

RSE forms part of our Personal Social and Health Education (PSHE) programme and the planning and delivery of RSE is co-ordinated by the teacher responsible for this.

RSE is taught through structured lessons using clear, accessible language, visual supports, repetition and overlearning where needed. Teaching is sensitive, inclusive and age-appropriate. All pupils from year 7-13 receive one 45-minute lesson each week. It is recognised that aspects of sex education will also take place in other subject areas, especially Science. It is expected that the co-ordinator will keep up to date with current legislation and thinking, and update the schemes of work as necessary. Courses and further training will be made available to the co-ordinator and other relevant staff as required.

The RSE programme will provide for progression as well as revisiting topics to allow for 'age appropriate' information. A wide variety of teaching approaches are used to give pupils relevant information, to allow for discussion and to acquire appropriate knowledge. Ground rules are set by each group, so that controversial topics can be handled appropriately. We teach to the DfE outcomes for RSE. Please see Appendix A (Primary outcomes) and Appendix B (Secondary outcomes) for further details.

All aspects of PSHE, including RSE are underpinned by shared and understood ground rules (please see Appendix C for further details) with lessons being delivered in a safe and well managed environment. Students are encouraged to ask questions and raise issues in a respectful and appropriate manner. Some questions or issues raised may not be appropriately answered in whole class lessons and these will be followed up separately on an individual or group basis. A question box is available for students who do not feel confident to ask questions or wish to have a separate conversation with a member of staff. We also respect that some questions are better addressed at home with parents/carers and the school will share information with parents/carers on an individual basis should the need arise. If students' questions go



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unanswered, they may turn to inappropriate sources of information including the internet. As part of RSE provision we signpost students to trusted websites and relevant support agencies to encourage them to access safe sources for support and further information outside of lessons.

Whilst it is vital to have trust and openness, we cannot offer total confidentiality to pupils. Any disclosures or areas of concern will be followed up in accordance with our safeguarding procedures.

6. Safeguarding

RSE supports safeguarding by helping pupils recognise abuse, understand consent and seek help. All safeguarding concerns are managed in line with school procedures and KCSIE.

7. Parental Engagement

The school recognises the importance of working in partnership with parents, and sharing the responsibility for their child's relationships and sex education. A curriculum overview is sent home prior to all RSE modules, giving parents and carers the opportunity to consult with school over any issues they feel may arise. Parents may request to withdraw their child from sex education where appropriate. Parents wishing to exercise their right to withdraw their child from sex education lessons, even after consultation with the school, may be offered leaflets or details of organisations that can support them in talking to their child about sex and relationships. Please note, parents only have the right to withdraw their child from sex education lessons. Please note the topics of Puberty and Developing Bodies are covered as part of statutory Health Education. There are organised opportunities for Parents to view curriculum materials. Dates for these are published on the school calendar. Should you wish to view curriculum materials at any other time please email the school office for the attention of the Curriculum Leader for PSHE.

Pupils who have been withdrawn from sex education may still ask questions about reproduction and sex. The school will explain to the pupil that this is something their parents may wish to answer, and the school will inform the parents that child-initiated questions have been raised.

8. Equality and Inclusion

RSE is inclusive and complies with the Equality Act 2010. Teaching reflects diversity and is adapted for all learners, with a particular focus on our pupils SEND needs and their associated vulnerabilities.

9. Roles and Responsibilities

SLT: Implementation and monitoring

RSE Lead: Curriculum planning

Staff: Delivery of RSE

Governing Body: Oversight and compliance

10. Monitoring and Review

The policy will be reviewed annually and monitored through lesson observations, learning walks, pupil voice and safeguarding data.

11. Linked Policies

- Child protection



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- Relational
- SEND
- Online safety
- PSHE

Stony Dean School reserves the right to adjust the content and time of delivery to reflect the needs of our students. For more information, please do look at the curriculum maps on the school webpage or feel free to contact the school.

APPENDICES:

A. Primary outcomes

<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education/relationships-education-primary>

B. Secondary outcomes

<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education/relationships-and-sex-education-rse-secondary>

C. Ground rules for classrooms

Ground Rules for RSE and Sensitive Discussions

1. Respect Everyone

- We listen when others are speaking
- We do not interrupt, laugh at, or make fun of others
- Everyone's thoughts and feelings are valid

2. No personal questions or sharing

- Do not ask anyone personal questions about their body, relationships or experiences
- You do not have to share anything about your own life
- Speak in general terms, not about individuals

3. Use appropriate language

- We use correct terminology and respectful words
- No slang, offensive or inappropriate terms
- If you are unsure, ask an adult

4. It's OK to pass

- You can choose not to answer a question
- You can say "pass" or "I don't want to share"
- Everyone has the right to feel comfortable

5. Confidentiality (with limits)

- What is shared in the room stays in the room
- HOWEVER: adults must report anything that suggests someone may be unsafe or at risk

6. No judgement or assumptions

- We do not judge others' views or experiences
- People may have different beliefs, cultures and opinions



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- We respect differences

7. Ask questions safely

- Questions can be asked anonymously via the question box if needed
- Questions should be appropriate and respectful
- Staff may choose to answer at a different time if needed

8. Stay focused and appropriate

- We keep discussion relevant to learning
- No joking or making light of serious topics
- We support a calm, safe learning environment

9. Look after yourself

- You can ask for a break if you feel uncomfortable
- Speak to an adult after the lesson if you need to
- Support is always available

10. Follow adult guidance

- Staff may pause or redirect discussion if needed
- Some questions may not be answered in full
- All discussions follow school rules and safeguarding guidance



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Ground Rules for RSE and Sensitive Discussions – Child Friendly version

Our classroom rules for relationships and sex education

Be kind and respectful

- 👍 Listen when someone else is talking
- 👍 You can say "I don't agree, but that's okay"
- 👎 You may not laugh at someone or make jokes about what they say

No personal stories or questions

- 👍 You can ask "What would someone do if...?"
- 👍 You can talk about people in general
- 👎 It is not OK to ask "Have you ever...?" or "Did that happen to you...?"

Use appropriate words

- 👍 Use the correct names for body parts
- 👍 Speaking calmly and politely
- 👎 It is not OK to use rude words, slang words, or trying to be funny

You can say "pass"

- 👍 You can say "pass" if you do not wish to answer
- 👍 You can put your hand down if you change your mind
- 👍 You never have to share anything personal

Keep things private (unless someone is unsafe)

- 👍 Tell an adult if you are worried about someone
- 👎 Do not talk about the lesson outside of class (unless at home with parents/carers)
- 👎 It is not OK to share what someone else has said with friends

Everyone is different – that's okay

- 👍 People have different types of family, or different beliefs
- 👍 You can say "That's different from me, and that's okay"
- 👎 It is not OK to say something is "weird" or "wrong"

Extra reassurance

- 👍 Ask an adult after the lesson if you are unsure of anything discussed
- 👍 Take a break if you feel uncomfortable