

RELATIONSHIPS & SEX EDUCATION (RSE) POLICY

BRAMHALL HIGH SCHOOL

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CONTENTS

Introduction.....3

Definition and Context.....4

Aims.....5

Inclusion.....7

Curriculum Content.....8

Evaluation and Monitoring.....9

Working with Parents/Carers.....10

1. INTRODUCTION AND OVERVIEW

Bramhall High School provides Relationships and Sex Education (RSE) to all pupils as per section 34 of the Children and Social Work Act 2017. In teaching RSE, we are required to have regard to guidance issued by the secretary of state as outlined in section 403 of the Education Act 1996, and other regulations and guidance, listed below. This policy covers Bramhall High School's approach to relationships and sex education (RSE) as set out in the Department for Education Statutory Guidance for RSE in Secondary Schools 2019 and 2025.

The policy has been developed in consultation with parents/carers, pupils, school staff and governors. It aims to define RSE, describe how it is provided at Bramhall High School, and detail who is responsible for providing it. It includes information about parents' right to withdraw their child from aspects of RSE. This policy will be reviewed regularly in line with the published schedule and will continue to develop with the input of all stakeholders.

- Keeping Children Safe in Education
- Equality Act
- Learning and Skills Act

RSE is not about the promotion of any sexual activity. It involves learning about healthy relationships, healthy lifestyles, diversity, personal identity and sex education. It involves teaching around the law, biological changes to young peoples' bodies, social attitudes to issues and personal values.

RSE is aligned with Bramhall's ethos of respect for self and others. In teaching RSE, we believe that our pupils will learn to make positive life choices and decisions that will be beneficial to their overall wellbeing and safety now and in the future. RSE plays a vital part in our wider safeguarding of pupils and in preparing them for experiences and responsibilities in later life.

At Bramhall High School, RSE falls within the PSHE curriculum which, in turn, falls under the wider umbrella of Personal Development. Details information about all aspects of Personal Development can be found on our website under the main safeguarding tab. Aspects of RSE are also taught within other curriculum areas.

2. DEFINITION AND CONTEXT

RSE is *"lifelong learning about physical, moral and emotional development. It is about the understanding of the importance of marriage for family life, stable and loving relationships, respect, love and care. It is also about teaching of sex, sexuality, and sexual health."* (Sex and relationships Education Guidance, DfE 0116/2000).

Relationships and Sex Education has three main elements:

KNOWLEDGE AND UNDERSTANDING

- Learning and understanding physical development at appropriate stages.
- Understanding human sexuality, sexual health, emotions and relationships.
- Learning about contraception and a range of local and national sexual health advice, contraception and support services.
- Learning the reasons for delaying sexual activity until an appropriate age and the benefits to be gained from doing so.
- The avoidance of unplanned pregnancy.

ATTITUDES AND VALUES

- Learning the importance of values and individual conscience and moral considerations.
- Learning the value of family life, marriage and stable and loving relationships for the nurture of children.
- Learning the value of respect, love and care.
- Learning about the harmful impact of pornography.
- Exploring, considering and understanding moral dilemmas.
- Developing critical thinking as part of decision-making.

PERSONAL AND SOCIAL SKILLS

- Learning to manage emotions and relationships confidentially and sensitively.
- Developing self-respect and respect and empathy for others.
- Learning to make choices based on an understanding of difference and with an absence of prejudice.
- Developing an appreciation of consequences for choices made.
- Managing conflict.
- Learning how to recognise and avoid exploitation and abuse.

3. AIMS

Bramhall aims to ensure that RSE is an integral part of the lifelong learning process, beginning in early childhood and continuing through education years and into adult life.
RSE provides balanced factual information about relationships and sex, together with consideration of the broader emotional, ethical, religious, and moral dimensions of sexual health.

RSE helps pupils develop positive self-esteem, confidence in decision-making and respect for self and others. We believe the development of self-esteem is central to pupils leading safe, happy and productive lives; children who feel positive about themselves are more likely to develop positive and caring relationships.

RSE provision at Bramhall High School aims to support pupils by:

- Providing accurate and up-to-date information about RSE topics relevant to both the national agenda and our local agenda.
- Developing confidence in children so they may ask questions without embarrassment, contribute towards discussion, and reflect upon their feelings about RSE topics.

- Developing positive values and a moral framework that will guide their decisions, judgements and behaviour; have the confidence and self-esteem to value themselves and others and respect for individual conscience and the skills to judge what kind of relationship they want.
- Aiding understanding of consequences of actions and behaving responsibly within sexual and non-sexual relationships.
- Understanding how to avoid being exploited or exploiting others or being pressured into unwanted or unprotected sex.
- Developing appropriate terminology for sex and relationship issues.
- Developing awareness of their sexuality and understand human sexuality; challenge sexism and prejudice, and promote equality and diversity, in line with The Equality Act 2010.
- Understanding the reasons for delaying sexual activity.
- Understanding the reasons for having protected sex.
- Having sufficient information and skills to protect themselves from sexually transmitted infections.
- Being aware of sources of help and support and how to access them.
- Developing knowledge and understanding about puberty, reproduction and sexuality.
- Understanding the law on sexual behaviour, consent and abuse.
- Developing an understanding of the importance of respect, trust and love in relationships.
- Providing information about different types of contraception and about safe sex and how to access further advice and treatment.
- Providing a clear understanding of the arguments for delaying sexual activity and resisting pressure.
- Challenging discrimination based on gender identity, expression, orientation and biological sex.

- Equipping them to address sexist, LGBTQI+ phobic bullying.
- Correcting misunderstandings and counteracting myths drawn from the media and/or peers.
- Linking RSE with issues of peer pressure and risk-taking behaviours such as smoking, drug and alcohol usage.

4. INCLUSION

Bramhall High School is a rich and diverse community that embraces its duties under the Equality Act 2010. Our RSE programme is delivered in an age-appropriate way and builds on prior learning. It is inclusive and designed to meet the needs of all pupils.

SPECIAL EDUCATIONAL NEEDS AND DISABILITY (SEND)

Some pupils have learning, emotional or behavioural difficulties or physical disabilities that may result in particular RSE needs. Delivery of RSE will be differentiated where necessary to address the needs of these pupils, enable them to access the content of RSE and ensure inclusivity.

GENDER AND SEXUALITY

Some pupils identify as LGBTQI+ - lesbian, gay, bisexual or transgender, genderqueer, questioning, intersex, and asexual (not an exhaustive list) or may have LGBTQI+ family members or friends. Our approach to RSE will include sensitive, honest and balanced consideration to gender identity, gender expression and sexual orientation.

CULTURAL BACKGROUND

The school has excellent relations with local faith communities and works to ensure religious backgrounds of pupils is considered within the teaching of RSE so content is delivered in a culturally appropriate and sensitive way.

5. CURRICULUM CONTENT

Bramhall High School delivers Relationships and Sex Education as a standalone curriculum area. It is supplemented by a whole school approach through different subject areas as well as Personal Development Focus Days, assemblies and other events.

Our programme is embedded into Science, PE and Computing specifically at both KS3 and KS4. Sex education* is taught within the biology schemes of work and questions of moral and ethical codes are covered in the Beliefs and Values schemes of work. It is expected that, in other areas of the curriculum, particularly English and the Humanities, there will be further opportunities to discuss and reflect on RSE themes.

*** SEX ED. IN BIOLOGY AT KS3:**

- Male /female reproductive systems
- Structure and function of male and female reproductive systems (including structure and function of sperm and egg cells)
- Changes in adolescence (in the uterus and ovaries; hormones)
- Roles of oestrogen and testosterone in the development of secondary characteristics.
- Fertilisation, pregnancy and birth
- Protection of developing embryo by amniotic fluid
- Role of the placenta in the nutrition of the developing embryo
- Contraception (condoms and the pill) and IVF (in vitro fertilisation)

*** SEX ED. IN BIOLOGY AT KS4:**

- Specialised cells (including sperm and egg cells)
- Sexually transmitted infections
- Roles of oestrogen, progesterone, FSH and LH in the control of menstrual cycle (follicle stimulating hormone - FSH and luteinising hormone - LH higher tier)

- Contraception (condoms and the pill)
- Assisted reproductive technology, Clomifene therapy and IVF (higher tier)

Biology is part of the core curriculum at Bramhall High School up to GCSE so every pupil will be taught these topics.

RSE is taught by teachers, School Nurses and external experts. Each teacher's directed time is protected for planning the delivery of PD and dedicated time is provided for the delivery of the programme. All teachers delivering RSE are supported in doing so by the Head of Personal Development and the school's Designated Safeguarding Lead who oversees Personal Development. High quality training is provided to teachers and the teaching and learning is subject to the same robust quality assurance process as all other curriculum areas.

Pupil voice is captured regularly and used to inform and shape the learning. Resources are kept up-to-date and new resources are purchased regularly in response to the changing safeguarding agenda. The Personal Development programme (and, within it, RSE, PSHE, SMSC and Citizenship) is reviewed and updated regularly and delivered in such a way as to build on the skills, knowledge and understanding of pupils as they progress through school. The teaching and learning is informed by statutory obligations as well as the national and local safeguarding agendas.

6. EVALUATION AND MONITORING

Although there is no formal assessment in RSE, pupils' understanding is monitored through thorough self-evaluation, form tutor monitoring of pupils' workbooks, end of topic quizzes and student voice activities. Workbooks are routinely shared with parents/carers so further discussion can be had at home. RSE is also monitored and evaluated as part of the Teaching and Learning QA cycle established at Bramhall High School.

7. WORKING WITH PARENTS/CARERS

Bramhall High School works in collaboration with parents/carers and conducts input and feedback and regular intervals.

Parents/carers have the right to withdraw their children from non-statutory components of RSE. Requests for withdrawal should be put in writing to the Headteacher. A copy of withdrawal requests will be placed in the child's educational record. The Headteacher will discuss the request with parents/carers and take appropriate action.

A summary of our Personal Development content, including the RSE elements, can be found on our website along with PD Learning Journeys for each year group and the PSHE Policy.

The development of the Personal Development curriculum - which encompasses RSE, PSHE, SMSC and Citizenship – is overseen by subject leader, Mrs Andrea Woods. Mrs Nicola Joynson is the Deputy Headteacher responsible for overseeing whole school curriculum.