

Relationships, Sex and Health Education (RSHE)

February 2026
Review February 2027

Reviewed on:	February 2026
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Date of next review:	February 2027

Relationships, Sex and Health Education (RSHE)

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Relationships, Sex and Health Education (RSHE)

1. Statutory requirements

Under UK law, all schools must teach Relationships Education and Health Education, and secondary schools must teach Relationships and Sex Health Education (RSHE), with due regard to guidance issued by the secretary of state as outlined in section 403 of the Education Act 1996. Our scheme of work has been extracted from this guidance to ensure that we are covering all required aspects to provide a broad-ranging and informative curriculum. Compulsory subjects are delivered in a variety of ways to ensure that the content is accessible and understood by all our students, with consideration being given to age, year group and special educational needs.

2. Aims

For the purposes of this policy, references to “parent” include any individual with parental responsibility, including carers and legal guardians.

At Exceptional Ideas Ltd, Relationships, Sex and Health Education (RSHE) supports students to develop:

- confidence and self-respect
- understanding of healthy relationships
- knowledge of physical and mental wellbeing
- awareness of personal safety and boundaries

RSHE contributes to safeguarding and prepares students for adult life.

Students learn about:

- families and friendships
- mental wellbeing
- online safety

- physical health
 - puberty and development
 - consent and personal boundaries
 - sexual health
-

3. Legal framework

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

- Equality Act 2010
- The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019
- Children and Social Work Act 2017
- DfE (2022) 'Keeping children safe in education 2024'
- DfE (2021) 'Teaching about relationships, sex and health'
- DfE (2025) 'Relationships Education, Relationships and Sex Education (RSE) and Health Education' (statutory from September 2026)
- DfE (2015) 'National curriculum in England: science programmes of study'

This policy operates in conjunction with the following school policies:

- Behaviour Policy
- Special Educational Needs and Disabilities (SEND) Policy
- Online Safety Policy
- Student Equality, Equity, Diversity and Inclusion Policy
- Equality and Diversity in the Workplace policy
- Anti-bullying Policy
- Child Protection and Safeguarding Policy

4. Definition

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

RSHE involves a combination of sharing information and exploring issues and values.

RSHE is not about the promotion of sexual activity.

5. Future Guidance

Updated RSHE statutory guidance was published by the Department for Education in 2025 and will come into force in September 2026.

Exceptional Ideas Ltd intends to begin implementing elements of the updated RSHE statutory guidance from Half Term 4, 2026, while continuing to meet current legal requirements.

6. Compulsory Subjects

The following are statutory and **all students must take part**:

- Relationships Education
- Health Education
- Biological aspects of sex education taught through the Science curriculum

Parents **cannot withdraw** their child from these elements.

7. Additional Sex Education

Exceptional Ideas Ltd may also teach broader sex education outside of science, such as:

- sexual relationships
- contraception
- pregnancy
- sexual decision-making

This is not part of statutory science. The full scheme of work for the delivery of RSHE can be found in **Appendix 4**.

8. Parents' Right to Request Withdrawal

Parents **have the legal right to request withdrawal** from some or all sex education taught **outside of the statutory science curriculum**

This right applies **up to three terms before the child turns 16**.

In practice, this usually means:

- Parents may request withdrawal **up to the end of Year 10**

Important Clarification

Parents **cannot withdraw** their child from:

- Relationships Education

- Health Education
- Sex education taught in Science

For parents wishing to withdraw their child from some or all sex education taught **outside of the statutory science curriculum**, the withdrawal documentation can be found in **Appendix 1** of this policy.

9. Recording of information

A copy of the withdrawal request will be placed in the student's educational record. The operational senior will discuss the request with parents and take appropriate action depending on the outcome of the discussion.

10. SEND Considerations

RSHE is adapted to meet the needs of students with SEND in line with the SEND Code of Practice. In practice, this means that RSHE is adapted so it can be understood by students with Special Educational Needs and Disabilities (SEND) and linked to identified needs within the Educational Health and Care Plan (EHCP). It means RSHE is taught in a way that matches a child's:

- Understanding;
- communication needs;
- emotional readiness;
- sensory profile;
- safeguarding needs;

not just their age.

This may include small group or individual teaching, visual supports, slower pacing and a stronger focus on personal safety.

Teaching may use:

- visual supports
- simplified language
- social stories
- practical examples

to support understanding.

11. Safeguarding

Students are supported to learn in a safe environment.

They are also made aware that:

- Staff cannot guarantee confidentiality where safeguarding concerns arise.

12. What Happens in Year 11

The parental right to request withdrawal from some or all sex education taught outside of the statutory science curriculum applies until three terms before the child turns 16.

After this point, where a parent has previously requested withdrawal, the school will discuss the decision directly with the student. The student has the right to choose whether to continue to be withdrawn from, or to receive, sex education taught outside of the statutory science curriculum as part of their RSHE programme.

Information related to student consent to access or withdraw from non-statutory RSHE curriculum can be found in **Appendix 2** and **Appendix 3** of this policy.

13. Curriculum

Our curriculum is set out in **Appendix 4**; however, we reserve the right to adapt it where necessary. Any changes to the policy or its associated plans will be communicated to parents.

We have designed the curriculum with careful consideration of students' age, educational and health needs. If students raise questions beyond the scope of this policy, Student Mentors will respond thoughtfully, ensuring students receive accurate information and feel confident without needing to seek answers online.

14. Delivery of RSHE

RSHE is taught as a series of drop-down sessions. This means that the normal curriculum will be suspended for a period of four sessions per half term, which can be delivered separately or during the course of a single day, depending on the needs of the individual students. Where appropriate, RSHE will be delivered in small groups of students within the same year group to encourage debate and discussion. However, if the student prefers, these sessions can be delivered 1:1 as per our usual teaching model. Biological aspects of RSHE are taught within the science curriculum, and other aspects are included in religious studies (RS). Students can also receive separate sex education sessions as part of ongoing reflection lesson work based on therapeutic need and risk assessment.

RSHE focuses on giving young people the information they need to help them develop healthy, nurturing relationships of all kinds, including:

- Families.
- Respectful relationships, including friendships.
- Mental wellbeing
- Online and media.

- Being safe.
- Intimate and sexual relationships, including sexual health.

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 (families can include single parent families, LGBTQ+ parents, families headed by grandparents, adoptive parents, foster parents/carers 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).

15. Director and Headteacher

The Director and Headteacher will approve the RSHE policy and any changes within it.

16. The Headteacher

The Headteacher is responsible for ensuring that RSHE is delivered consistently across the school and for overseeing requests to withdraw students from the sex education components of RSHE in line with statutory responsibilities (see Section 8).

Any parent considering requesting withdrawal from some or all sex education taught outside of the statutory science curriculum is encouraged to contact the Operational Senior at their child's school to discuss any concerns in the first instance.

Parents who wish to request withdrawal should complete the withdrawal request form attached to this policy (**Appendix 1**). Requests will be reviewed by the Headteacher in accordance with this policy and the relevant legal age-related conditions.

These will be entered into the RSHE Parental Withdrawal Log held securely within the school, and the Headteacher will be notified of any necessary actions. Personal data will be recorded and managed in accordance with the school's data protection policies.

The Headteacher is responsible for formally acknowledging any parental request for withdrawal from sex education taught outside of the statutory science curriculum and ensuring that appropriate arrangements are put in place in line with this policy and statutory guidance.

17. Staff

Staff are responsible for:

- Delivering RSHE in a sensitive and appropriate way
- Modelling positive and respectful attitudes
- Monitoring student engagement and understanding
- Responding to the needs of individual students

- Supporting arrangements for students who have been withdrawn from sex education taught outside of the statutory science curriculum
- Engaging in safeguarding training, including online safety

Staff are required to teach RSHE as part of their role.

Any staff member with concerns about delivering RSHE should discuss these with their Operational Senior Student Mentor.

17.1 Administration

Admin staff are responsible for:

- Requesting, collating and recording parental requests for withdrawal from sex education taught outside of the statutory science curriculum.
- Ensuring that school staff, including the operational senior and the senior for curriculum are informed where a student cannot be taught sexual education outside of the statutory science curriculum so that plans can be adapted.
- Ensuring that a date is recorded in the school calendar for when any student previously withdrawn from sex education reaches the point three terms before their 16th birthday, with the Operational Senior, Curriculum Senior and Admin team notified accordingly.
- Ensuring that, at the end of Year 10, a letter is sent to any student who has previously been withdrawn from sex education taught outside of the statutory science curriculum, informing them that the parental right to request withdrawal applies only until three terms before their 16th birthday and offering them the opportunity to choose whether to receive sex education.
- Ensuring that the outcome of this will be recorded and communicated to relevant staff, including the Senior for Curriculum. Parents will normally be informed of the student's decision, unless there are safeguarding reasons why this would not be appropriate, in line with KCSIE guidance.

17.2 The Senior for Curriculum is responsible for:

- Ensuring that plans are in place for each half term's RSHE drop-down sessions
- Ensuring that delivery is aligned with statutory guidance
- Ensuring that students withdrawn from sex education taught outside of the statutory science curriculum do not receive this content
- Ensuring that the scheme of work clearly identifies where sex education content is delivered
- Providing a structured plan of sex education for any student who:
 - has missed a substantial amount of sex education and is no longer withdrawn; or

- chooses to receive sex education from three terms before their 16th birthday
- Ensuring that RSHE delivery includes safeguarding content, including online safety
- Updating the progress tracker for each student at the end of each half term to ensure curriculum coverage
- Ensuring curriculum delivery remains progressive despite flexible implementation

17.3 Therapeutic Leads are responsible for:

- Establishing, as part of the initial risk assessment or induction process, whether sex education has been delivered in previous settings
- Liaising with relevant staff and external providers, where appropriate, to obtain records of previously delivered RSHE
- Reviewing RSHE engagement and any gaps as part of each ten-week review cycle
- Identifying where missed RSHE content may present a safeguarding or wellbeing risk and ensuring this is reflected within therapeutic planning
- Ensuring that relevant RSHE learning is considered in relation to outcomes identified within the student's EHCP, particularly where this supports safety, independence, relationships or emotional wellbeing
- Supporting students who have been withdrawn from sex education to understand their rights when they reach three terms before their 16th birthday
- Facilitating appropriate discussions where a student may wish to receive sex education at this stage
- Recording any gaps in RSHE delivery and ensuring these are addressed through future planning where relevant to safety, wellbeing, independence or EHCP outcomes

17.4 Operational Seniors are responsible for:

- Ensuring that Transition and Therapeutic Leads have time at each ten-week review period to consider whether any RSHE learning has been missed and to ensure this is incorporated into relevant planning where appropriate
- Providing oversight of RSHE delivery within their setting
- Supporting staff to implement RSHE in line with this policy, including arrangements for students withdrawn from sex education taught outside of the statutory science curriculum
- Acting as a point of contact for parents who wish to discuss concerns relating to RSHE, including requests for withdrawal
- Escalating any concerns relating to delivery, safeguarding or student readiness to the Senior for Curriculum or DSL where appropriate

- Ensuring that RSHE delivery reflects individual student needs, including EHCP outcomes and safeguarding considerations

17.5 Transition Leads are responsible for:

- Reviewing RSHE engagement and curriculum gaps as part of the ten-week review cycle
- Identifying where missed RSHE content may impact preparation for adulthood, independence or post-16 transition
- Ensuring that relevant RSHE learning is incorporated into transition planning where appropriate
- Supporting students to understand how RSHE learning links to future relationships, personal safety and wellbeing
- Working with Therapeutic Leads and Curriculum Leads to ensure that essential RSHE content is not overlooked where it is relevant to safeguarding or life readiness
- Ensuring that RSHE considerations are reflected in transition planning for students approaching post-16 pathways
- Supporting students who reach three terms before their 16th birthday to understand their right to receive sex education where they have previously been withdrawn

17.6 Students

Students are expected to engage with RSHE in a way that is appropriate to their needs and stage of development. When participating in RSHE learning, students should treat others with respect and sensitivity.

Students are supported to:

- take part in discussions safely
- listen to the views of others
- ask questions in an appropriate way

Students will also be supported to understand:

- their right to feel safe
- their right to be heard
- their right to receive age-appropriate education

This includes understanding their rights in relation to sex education as they approach three terms before their 16th birthday.

18. Staff Instruction

Staff receive information regarding RSHE as part of their induction.

RSHE delivery is included within standard curriculum training to ensure staff understand how to deliver lessons appropriately, sensitively and in line with statutory guidance.

All Exceptional Ideas Ltd staff receive Child Protection training annually, including at induction. This includes training on how to respond appropriately to disclosures and when concerns must be shared with safeguarding leads.

Staff are supported to understand:

- appropriate professional boundaries when delivering RSHE
- how to respond safely to student questions
- how to manage sensitive topics in a way that reduces risk of harm
- that confidentiality cannot be guaranteed where safeguarding concerns arise

Staff are expected to raise any concerns about delivering RSHE content, or about student responses to it, with the Operational Senior Student Mentor or DSL.

Additional guidance or support will be provided where required to ensure staff feel confident and supported in delivering RSHE safely.

19. Safeguarding arrangements

All students are taught about keeping themselves and others safe, including online, as part of a broad and balanced curriculum.

The Designated Safeguarding Lead (DSL) is involved in the development of safeguarding-related areas of the RSHE curriculum to ensure that content reflects current risks and supports students effectively.

RSHE is tailored to meet the needs and vulnerabilities of individual students, including those with SEND and those who may have experienced abuse.

When teaching sensitive topics such as self-harm, consent or suicide, staff are made aware of the need to present information safely and appropriately. Teaching will always prioritise the prevention of harm.

Students are informed that staff cannot guarantee confidentiality and that safeguarding concerns must be shared in line with the school's Safeguarding Policy.

Any disclosures will be managed in accordance with safeguarding procedures.

Any staff concerns relating to the delivery of sensitive content should be raised with the Operational Senior Student Mentor or DSL.

20. RSHE safeguarding content includes:

- Healthy and respectful relationships
- Boundaries and consent
- Stereotyping, prejudice and equality
- Body confidence and self-esteem

- Recognising abusive relationships, including coercive and controlling behaviour
- Understanding the law in relation to:
 - Sexual consent
 - Sexual exploitation
 - Abuse
 - Grooming
 - Coercion
 - Harassment
 - Rape
 - Domestic abuse
 - So-called 'honour'-based violence, including forced marriage and FGM

Students are also taught what constitutes sexual harassment and sexual violence, and why these are unacceptable.

The RSHE curriculum is reviewed regularly to ensure it responds to safeguarding concerns and emerging risks.

21. Monitoring Arrangements

The delivery of RSHE is monitored by the Operational Senior Student Mentor in each school. The content of the RSHE curriculum is monitored by the Senior Student Mentor for Curriculum.

Students' development in RSHE is monitored by Operational Senior Student Mentors, Transition Leads and Therapeutic Leads through internal assessment systems. These include formative assessments and dynamic risk assessments to evaluate engagement and impact.

At the end of each ten-week review period, Transition Leads and Therapeutic Leads review the completion of RSHE learning. Where missed learning presents a safeguarding or wellbeing concern, this may be incorporated into Transition or Therapeutic planning. Remaining gaps are recorded and addressed through future planning.

This policy will be reviewed annually by the Senior Student Mentor for Safeguarding and Transition. At each review, the policy will be approved by the Headteacher and Director.

Appendix 1



Teaseldown School @ The Sugar Loaves
175 Swan Street
Sible Hedingham
HALSTEAD
CO9 3PX
Tel: 07729 687359
admin@exceptional-ideas.co.uk

RSHE WITHDRAWAL REQUEST FORM (KS3–KS4)

Student Name:

Date of Birth:

School:

Parent/Carer Name:

(For the purposes of this form, parent includes carers or legal guardians with parental responsibility)

Request

I request that my child be withdrawn from:

- Some sex education taught outside of the statutory science curriculum
- All sex education taught outside of the statutory science curriculum

I understand that this request:

- Does not apply to Relationships Education
- Does not apply to Health Education
- Does not apply to sex education delivered through Science

Acknowledgement

I understand that:

- This right applies only until three terms before my child turns 16
- After this point, my child may choose to receive sex education

Reason for request (optional)

Parent Signature:

Date:

Appendix 2



Teaseldown School @ The Sugar Loaves
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Sible Hedingham
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CO9 3PX
Tel: 07729 687359
admin@exceptional-ideas.co.uk

YEAR 10 / YEAR 11 INFORMATION & DISCLAIMER

Important Information About Year 11

You previously requested that your child be withdrawn from sex education taught outside of the statutory science curriculum.

Under UK law:

- This parental right applies until three terms before your child turns 16.

After this point:

- The school will discuss directly with your child whether they wish to receive sex education.

Your child may choose to:

- Continue to be withdrawn
- Receive sex education

Parent Information

Parents will normally be informed of the student's decision.

However, in line with safeguarding responsibilities (KCSIE), this may not occur where sharing this information could place the student at risk.

Appendix 3



Teaseldown School @ The Sugar Loaves
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CO9 3PX
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admin@exceptional-ideas.co.uk

STUDENT DECISION FORM (YEAR 11)
(To be completed after discussion)

Student Name:

I understand that I have the right to choose whether to receive sex education taught outside of the statutory science curriculum.

I would like to:

- Continue to be withdrawn
- Receive sex education

Student Signature:.....

Date:

SCHOOL USE

- Decision recorded on file:
- Curriculum Lead notified:
- Operational Senior notified:
- Parent informed (unless safeguarding reason):

Appendix 4.



RSHE Scheme of Work – Parent Overview

This guide outlines what students will learn in their Relationships, Sex and Health Education (RSHE) lessons from Year 7 to Year 11. It is designed to give parents a clear understanding of the key themes, safeguarding priorities and areas where the right to withdraw applies.

Parental Right to Withdraw

Parents have the legal right to request withdrawal from the sex education elements of RSHE. This right does not apply to Relationships Education or Health Education, as these are compulsory. Where relevant, lessons that include content eligible for withdrawal are clearly marked. Students also have the right to opt back in to sex education up to three terms before their 16th birthday.

How RSHE Is Delivered

- Four 45-minute sessions each half term
- Lessons adapted to meet individual needs
- Focus on safety, wellbeing, healthy relationships and life skills

Year 7 – Foundations for Healthy Relationships

- Different types of families and positive friendships
- Respect, kindness and responding to bullying
- Mental wellbeing, emotions and consent in non-sexual situations
- Online safety, digital footprints and recognising misinformation
- Physical health, healthy habits and the effects of screen time
- Basic first aid and personal safety

Year 8 – Managing Change, Risk and Influence

- Puberty, body changes and menstrual wellbeing (**statutory – no right to withdraw**)
- Risks linked to alcohol, smoking, vaping and drugs

- Consent in relationships (non-sexual) – statutory
Sexual consent – right to withdraw applies
- Data privacy, online risks and gambling awareness
- Stereotypes, equality and media influence
- Recognising harmful or manipulated online content

Year 9 – Healthy Intimacy and Personal Safety

- Healthy intimate relationships and reproductive health (right to withdraw)
- Managing pressure, contraception and pregnancy choices (right to withdraw)
- STIs, myths and how to access support (right to withdraw)
- Understanding sexual harassment, safety and the law
(right to withdraw applies only where explicit sexual behaviour content is taught)
Understanding identity, including sexuality and gender

Year 10 – Risk, Law and Online Behaviours

- Understanding the law around FGM, forced marriage and abusive behaviours
- How pornography misrepresents relationships and its impact (right to withdraw)
- Online sexual content, consent and legal consequences (right to withdraw)
- Understanding coercion and exploitation
(right to withdraw applies only where content relates specifically to sexual relationships)
- Risks of addiction and substances linked to unsafe behaviour (right to withdraw from unsafe sexual behaviour content)

Year 11 – Preparing for Life Beyond School

- Personal development, aspirations and future planning

Parents/carers may request withdrawal only from the non-statutory sex education elements of RSHE. Teaching relating to relationships, safety, puberty, health and safeguarding remains compulsory.