

Policy for Relationships & Sex Education

Cambian Dilston College

Policy Author / Reviewer	Marie Flatman
Approval Date	April 2025
Next Review Date	April 2026
Version No	4
Policy Level	Local
Staff Groups Affected	All Staff

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1. Monitoring & Review

The Policy Author will undertake a formal review of this policy for the purpose of monitoring and of the efficiency with which the related duties have been discharged, by no later one year from the date of approval shown above, or earlier if significant changes to the systems and arrangements take place, or if legislation, regulatory requirements or best practice guidelines so require.

Signed:



Marie Flatman

Principal

April 2025

2. Purpose

The purpose of a whole college Relationships and Sex Education policy is to:

- Explain the definition, aims and objectives of RSE.
- Describe what we teach and the approaches we use.

This policy helps ensure that the whole college community (students, parents/carers, staff, and governors) have a shared understanding of this important area of the curriculum. It is accessible to all stakeholders on the college website or by request.

As a college which values personal development in our children and young people, we ensure our RSE is up to date and regularly evaluated.

This is a working document which provides guidance and information on all aspects of RSE and aims to provide a secure framework within which staff can work.

The term Relationships and Sex Education, RSE, is used in this policy rather than Sex Education. This is to stress that our approach goes beyond provision of biological information to also focus on clarifying attitudes and values, and developing self-esteem and the skills to manage relationships.

3. Aims

The aims of relationships and sex education (RSE) at our college are to:

- Provide a framework in which sensitive discussions can take place
- Prepare students for puberty, and give them an understanding of sexual development and the importance of health and hygiene
- Help students develop feelings of self-respect, confidence and empathy
- Create a positive culture around issues of sexuality and relationships
- Teach students the correct vocabulary to describe themselves and their bodies

The aims above are in line with our college Ethos. These are the core values that underpin a future where our students are fully included and respected in society: SelfGrowth, Patience, Inclusion, Respect, Interconnected and Trustworthiness.

4. Statutory Requirements

In College, we must provide RSE to all students as per the Children and Social work act 2017.

In teaching RSE, we must have regard to guidance issued by the secretary of state as outlined in section 403 of the Education Act 1996.

5. Policy Development

This policy has been developed in consultation with staff, students and parents/carers. The consultation and policy development process involved the following steps:

1. Review – a member of staff or working group pulled together all relevant information including relevant national and local guidance
2. Staff Consultation – all college staff were given the opportunity to look at the policy and make recommendations
3. Parent/Stakeholder Consultation – parents/carers and any interested parties were invited to attend a meeting about the policy
4. Student Consultation – we investigated what exactly students want from their RSE
5. Ratification – once amendments were made, the policy was shared with governors and ratified

6. Definition

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

RSE involves a combination of sharing information, and exploring issues and values.

RSE is not about the promotion of sexual activity.

7. Curriculum

Our curriculum is set out as per [Appendix 1](#) but we may need to adapt it as and when necessary.

We have developed the curriculum in consultation with parents/carers, students and staff, considering the age, needs and feelings of students. If students ask questions outside the scope of this policy, teachers will respond in an appropriate manner so they are fully informed and don't seek answers online.

Primary sex education will focus on:

- Preparing boys and girls for the changes that adolescence brings
- How a baby is conceived and born

8. Delivery of RSE

RSE is taught within the personal, social, health and economic (PSHE) education curriculum. Biological aspects of RSE are taught within the science curriculum, such as:

- The Reproductive System – Male and Female
- The Menstrual Cycle
- Contraception – hormonal and non-hormonal
- Sexually Transmitted Infections (e.g., HIV/AIDS)

Students will also receive stand-alone sex education sessions delivered by a trained health professional.

RSE 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
- 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/young people based on their home circumstances (families can include single parent families, LGBT parents, families headed by grandparents, adoptive parents, foster parents/carers amongst other structures) along with reflecting sensitively that some children/young people may have a different structure of support around them (for example: looked after children or young carers).

Safeguarding

Some issues may result in children and young people making disclosures which will be addressed in line with the college safeguarding policy and procedures.

RSE plays a very important part in fulfilling the statutory duties all colleges have to meet. RSE helps children and young people understand the difference between safe and abusive relationships and equips them with the skills to get help if they need it.

Cambian Dilston College ensures these requirements are met through; staff training and awareness, daily support in college to students, parents/carers and staff, and liaison with external agencies.

Confidentiality

Staff will follow college's policy with regard to confidentiality. Students should also be made aware of the boundaries of confidentiality should they choose to make a disclosure to a member of staff.

A member of staff cannot promise confidentiality if concerns exist.

9. Roles and Responsibilities

The governing board will approve the RSE policy, and hold the Principal to account for its implementation.

The Head of Education is responsible for ensuring that RSE is taught consistently across the college, and for managing requests to withdraw students from non-statutory components of RSE.

Staff are responsible for:

- Delivering RSE in a sensitive way
- Modelling positive attitudes to RSE
- Monitoring progress
- Responding to the needs of individual students
- Responding appropriately to students whose parents wish them to be withdrawn from the non-statutory components of RSE. Staff do not have the right to opt out of teaching RSE.

Staff who have concerns about teaching RSE are encouraged to discuss this with the Head of Education.

Students are expected to engage fully in RSE and, when discussing issues related to RSE, treat others with respect and sensitivity. This response is in line with our core values of maintaining a positive attitude, respect for others at all times and displaying high levels of commitment.

10. Parents' Right to Withdraw

Parents/carers have the right to withdraw their children from the [non-statutory/non-science] components of sex education within RSE up to and until 3 terms before the child turns 16. After this point, if the child wishes to receive sex education rather than being withdrawn, the college will arrange this.

Requests for withdrawal should be put in writing using the form found provided adhering to this policy and addressed to the Head teacher.

A copy of withdrawal requests will be placed in the student's educational record. The Head of Education will discuss the request with parents/carers and take appropriate action.

Alternative work will be given to students who are withdrawn from sex education.

11. Training

Staff are trained on the delivery of RSE and meet on a regular basis with the PSHE Coordinator during accountability meetings.

The Head of Education and PSHE Co-ordinator will also invite visiting speakers and support agencies in to college, such as sexual health professionals, to provide support and training to staff teaching RSE.

12. Monitoring Arrangements

The delivery of RSE is monitored by the Head of Curriculum and PSHE Co-ordinator through the Quality Assurance programme of learning walks, book scrutiny, lesson observations and student voice via the student council and questionnaires.

Students' development in RSE is monitored by class teachers through discussion and formative assessment and summative assessment.

This policy will be reviewed every two years. At every review, the policy will be approved by the governing body.

13. Appendix 1: Curriculum Overview

Core Topics		Autumn Half-Term 1 Health & Wellbeing	Autumn Half-Term 2 Relationships	Spring Half-Term 1 Living in a wider world	Spring Half-Term 2 Health & Wellbeing	Summer Half-Term 1 Relationships	Summer Half-Term 2 Living in a wider world
	Year 1	<ul style="list-style-type: none"> Mental Health Intro – Depression Healthy Living – Benefits of Exercise How can we manage anger? What do we mean by a healthy lifestyle? 	<ul style="list-style-type: none"> Keeping Safe Bullying or Banter? Cyber Bullying Family Relationships 	<ul style="list-style-type: none"> How does Self-esteem help us achieve? Being a resilient student Social Media – Safe and Private Prejudice and Discrimination – Racism 	<ul style="list-style-type: none"> Periods – What happens, when and why? Puberty – What happens, when and why? What is FGM and why is it dangerous? The dangers of Smoking 	<ul style="list-style-type: none"> Personal Identity – British Values What is Radicalisation and Extremism? Keeping good friendships Keeping safe and positive relationships 	<ul style="list-style-type: none"> What are different financial products for? What are different financial transactions? How can we budget our money? Creating a personal budget plan
		<ul style="list-style-type: none"> Emotional Literacy – Why is self-awareness and sensitivity important? Managing my Behaviour to Achieve Self-Confidence and Goals 	<ul style="list-style-type: none"> Safe Sex – Consent Safe Sex – Contraception and STIs Safe Sex – The Dangers of Pornography 	<ul style="list-style-type: none"> Discrimination, Teens and the Media – How is the media prejudice towards teenagers and what impact could this have? Homophobia 	<ul style="list-style-type: none"> Cancer Awareness Personal Safety and First Aid Teen Pregnancy – What issues do young parents face? 	<ul style="list-style-type: none"> Radicalisation and Extremism – How can we prevent it? How do extreme leaders attract converts? 	<ul style="list-style-type: none"> Careers Focus – Communication Skills Careers Focus – Teamwork Skills Finance – Income and Expenditure

		<input type="checkbox"/> What is Mindfulness?	<input type="checkbox"/> Safe Sex – Sexting and the Dangers of Sharing Images	<input type="checkbox"/> Internet Safety – Online Grooming <input type="checkbox"/> Prejudice and Stereotypes – How are disabled people portrayed in the media?	<input type="checkbox"/> Vaping, Nicotine and Addiction	Cults, Religions and their Leaders Extreme Groups	<input type="checkbox"/> Finance – Income Tax and National Insurance
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	Year 2	<ul style="list-style-type: none"> □ Mental Health – How can we cope successfully with stress? □ How can we manage anxiety? □ Acid Attacks □ Self-Harm 	<ul style="list-style-type: none"> □ How can we keep good mental health and body image? □ Body Image, Media and Eating Disorders □ Domestic Violence and Abusive Relationships □ How can we deal with peer pressure? 	<ul style="list-style-type: none"> □ Knife Crime – How does it impact our lives? □ How does the law treat young offenders? □ Human Trafficking and Modern Slavery □ What is Genocide? 	<ul style="list-style-type: none"> □ Alcohol Awareness □ Drugs and the Law □ Responsible Health Choices – Vaccinations, blood and organ donation, Stem cells and hygiene □ Human Rights Focus – Why can't some children gain an education? 	<ul style="list-style-type: none"> □ Child Sexual Exploitation □ Immigration: The UK and Diverse Communities □ British Community, Religion and Culture □ Who are the LGBT Community? 	<ul style="list-style-type: none"> □ How can I avoid debt? □ Money Management: Navigating Financial Institutions □ Self-Discipline to Achieve □ Sustainability
	Year 3	<p>Managing tough times: Change, Grief and Bereavement</p> <ul style="list-style-type: none"> □ Suicide □ Screen Time – How much is too much? □ Social Media and SelfEsteem 	<ul style="list-style-type: none"> □ Conflict Management □ Forced and Arranged Marriages □ Harassment and Stalking □ Revenge Porn 	<p>The Right Career for Me</p> <ul style="list-style-type: none"> □ What are employers looking for in CV's? □ Rights and Responsibilities in the Workplace □ Why do we need an International Women's Day? 	<ul style="list-style-type: none"> □ Living Responsibly □ Homelessness □ Hate Crime □ Tattoos and Piercings □ How harmful is 'Binge' drinking? 	<ul style="list-style-type: none"> □ Same Sex Relationships □ Gender and Trans Identity □ Community Cohesion □ Sexism 	<ul style="list-style-type: none"> □ Anti-Social Behaviour □ County Lines □ Money Laundering □ Overt and Covert Racism
		<ul style="list-style-type: none"> □ Why is PSHE so important? □ Fertility and Reproductive Health □ Digital Footprints □ The Importance of Sleep 	<ul style="list-style-type: none"> □ What is good sex? □ Consent, Rape and Sexual Abuse □ Safe Sex and Chem Sex □ Relationship Breakups 	<ul style="list-style-type: none"> □ Applying to College and University □ GCSE Revision and Study Skills □ How to prepare for a job interview □ Independent Living 	<ul style="list-style-type: none"> □ First Aid – CPR □ Gambling and Online Gaming □ Obesity and Body Positivity □ Why do we take risks? 	<ul style="list-style-type: none"> □ Happiness and Positivity □ Types of Relationships □ Bullying – Body Shaming 	<ul style="list-style-type: none"> □ Cyber Crime and Online Fraud □ Internet Safety: The Dark Web □ Extremism □ Multiculturalism

14. Appendix 2: By the end of secondary college students should know

Topic	Students Should Know
Families and People who care about me	<ul style="list-style-type: none"> <input type="checkbox"/> That families are important for children and young people growing up because they can give love, security and stability <input type="checkbox"/> The characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives <input type="checkbox"/> That others' families, either in college or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care <input type="checkbox"/> That stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up <input type="checkbox"/> That marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong <input type="checkbox"/> How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed
Caring Friendships	<ul style="list-style-type: none"> <input type="checkbox"/> How important friendships are in making us feel happy and secure, and how people choose and make friends <input type="checkbox"/> The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties <input type="checkbox"/> That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded <input type="checkbox"/> That most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right <input type="checkbox"/> How to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed
Respectful Relationships	<ul style="list-style-type: none"> <input type="checkbox"/> The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs <input type="checkbox"/> Practical steps they can take in a range of different contexts to improve or support respectful relationships <input type="checkbox"/> The conventions of courtesy and manners <input type="checkbox"/> The importance of self-respect and how this links to their own happiness

	<input type="checkbox"/> That in college and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority
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Topic	Students Should Know
	<input type="checkbox"/> About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help <input type="checkbox"/> What a stereotype is, and how stereotypes can be unfair, negative or destructive <input type="checkbox"/> The importance of permission-seeking and giving in relationships with friends, peers and adults
Online Relationships	<input type="checkbox"/> That people sometimes behave differently online, including by pretending to be someone they are not <input type="checkbox"/> That the same principles apply to online relationships as to face-to face relationships, including the importance of respect for others online including when we are anonymous <input type="checkbox"/> The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them <input type="checkbox"/> How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met <input type="checkbox"/> How information and data is shared and used online

Being Safe	<ul style="list-style-type: none"> <input type="checkbox"/> What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context) <input type="checkbox"/> About the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe <input type="checkbox"/> That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact <input type="checkbox"/> How to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know <input type="checkbox"/> How to recognise and report feelings of being unsafe or feeling bad about any adult <input type="checkbox"/> How to ask for advice or help for themselves or others, and to keep trying until they are heard <input type="checkbox"/> How to report concerns or abuse, and the vocabulary and confidence needed to do so <input type="checkbox"/> Where to get advice e.g. family, college and/or other sources
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15. Appendix 3: By the end of College students should know

Topic	Students Should Know
Families	<ul style="list-style-type: none"> <input type="checkbox"/> That there are different types of committed, stable relationships <input type="checkbox"/> How these relationships might contribute to human happiness and their importance for bringing up children <input type="checkbox"/> What marriage is, including their legal status e.g. that marriage carries legal rights and protections not available to couples who are cohabiting or who have married, for example, in an unregistered religious ceremony <input type="checkbox"/> Why marriage is an important relationship choice for many couples and why it must be freely entered into <input type="checkbox"/> The characteristics and legal status of other types of long-term relationships <input type="checkbox"/> The roles and responsibilities of parents with respect to raising of children, including the characteristics of successful parenting

	<ul style="list-style-type: none"> □ How to: determine whether other children, adults or sources of information are trustworthy: judge when a family, friend, intimate or other relationship is unsafe (and to recognise this in others' relationships); and, how to seek help or advice, including reporting concerns about others, if needed
Respectful Relationships (including friendships)	<ul style="list-style-type: none"> □ The characteristics of positive and healthy friendships (in all contexts, including online) including: trust, respect, honesty, kindness, generosity, boundaries, privacy, consent and the management of conflict, reconciliation and ending relationships. □ This includes different (non-sexual) types of relationship □ Practical steps they can take in a range of different contexts to improve or support respectful relationships □ How stereotypes, in particular stereotypes based on sex, gender, race, religion, sexual orientation or disability, can cause damage (e.g. how they might normalise non-consensual behaviour or encourage prejudice) □ That in college and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including people in positions of authority and due tolerance of other people's beliefs □ About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help □ That some types of behaviour within relationships are criminal, including violent behaviour and coercive control □ What constitutes sexual harassment and sexual violence and why these are always unacceptable □ The legal rights and responsibilities regarding equality (particularly with reference to the protected characteristics as defined in the Equality Act 2010) and that everyone is unique and equal

Topic	Students Should Know
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Online and Media	<ul style="list-style-type: none"> ❑ Their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online ❑ About online risks, including that any material someone provides to another has the potential to be shared online and the difficulty of removing potentially compromising material placed online ❑ Not to provide material to others that they would not want shared further and not to share personal material which is sent to them ❑ What to do and where to get support to report material or manage issues online ❑ The impact of viewing harmful content ❑ That specifically sexually explicit material e.g. pornography presents a distorted picture of sexual behaviours, can damage the way people see themselves in relation to others and negatively affect how they behave towards sexual partners ❑ That sharing and viewing indecent images of children (including those created by children) is a criminal offence which carries severe penalties including jail ❑ How information and data is generated, collected, shared and used online
Being Safe	<ul style="list-style-type: none"> ❑ The concepts of, and laws relating to, sexual consent, sexual exploitation, abuse, grooming, coercion, harassment, rape, domestic abuse, forced marriage, honour-based violence and FGM, and how these can affect current and future relationships ❑ How people can actively communicate and recognise consent from others, including sexual consent, and how and when consent can be withdrawn (in all contexts, including online)
Intimate and Sexual Relationships, including Sexual Health	<ul style="list-style-type: none"> ❑ How to recognise the characteristics and positive aspects of healthy one-to-one intimate relationships, which include mutual respect, consent, loyalty, trust, shared interests and outlook, sex and friendship ❑ That all aspects of health can be affected by choices they make in sex and relationships, positively or negatively, e.g. physical, emotional, mental, sexual and reproductive health and wellbeing ❑ The facts about reproductive health, including fertility and the potential impact of lifestyle on fertility for men and women ❑ That there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others ❑ That they have a choice to delay sex or to enjoy intimacy without sex

	<ul style="list-style-type: none"> ❑ The facts about the full range of contraceptive choices, efficacy and options available ❑ The facts around pregnancy including miscarriage
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Topic	Students Should Know
	<ul style="list-style-type: none"> ❑ That there are choices in relation to pregnancy (with medically and legally accurate, impartial information on all options, including keeping the baby, adoption, abortion and where to get further help) ❑ How the different sexually transmitted infections (STIs), including HIV/AIDs, are transmitted, how risk can be reduced through safer sex (including through condom use) and the importance of and facts about testing ❑ About the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment ❑ How the use of alcohol and drugs can lead to risky sexual behaviour ❑ How to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment

16. Appendix 4: Parent Form: Withdrawal from Sex Education within RSE

To be completed by Parents/Carers			
Name of Young Person		Class	
Name of Parent		Date	
Reason for withdrawing from sex education within relationships and sex education			
Any other information you would like the college to consider			
Parent Signature			
Parent Print Name			
Date			
To be completed by the College			
Agreed actions from discussion with parents			
Tutor Signature			

Tutor Print Name	
Date	