



Malbank School & Sixth Form College

Relationship, Sex and Health Education Policy (RSHE)

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Relationship, Sex and Health Education Policy (RSHE)

Reviewed: Spring 2026

Next Review: Spring 2028

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1. Purpose and Statutory Context

This policy sets out **Malbank School and Sixth Form College's** approach to delivering Relationships, Sex and Health Education (RSHE) in line with statutory guidance.

RSHE became compulsory for secondary schools under the **Children and Social Work Act 2017**. RSHE at **Malbank** reflects the school's commitment to respect, inclusion, safeguarding and preparation for life in modern Britain. Lessons support pupils to develop moral understanding, empathy and self-awareness, alongside the knowledge and skills to build safe and healthy relationships.

This policy is informed by:

- The Department for Education statutory guidance **Relationships Education, Relationships and Sex Education (RSE) and Health Education**
- Keeping Children Safe in Education (latest edition)
- The **Equality Act 2010**
- Education Act 1996 (Political Impartiality)
- Safeguarding and Child protection legislation

RSHE at **Malbank** is delivered as part of our Personal Development Learning (PDL) curriculum. It is designed to support pupils to develop the knowledge, understanding and skills required to:

- Build positive, respectful relationships
- Keep themselves safe, both online and offline
- Understand physical and mental health
- Recognise abuse, exploitation and coercion
- Prepare for adult life in modern Britain

RSHE contributes directly to safeguarding by equipping pupils to identify risk, seek support and understand their rights and responsibilities.

2. School Context

Malbank School serves a diverse intake, including a growing proportion of pupils eligible for pupil premium.

Our RSHE curriculum is tailored to reflect:

- Local safeguarding trends
- Pupil voice

- Community diversity
- Emerging national issues including online harms and digital safety

Curriculum content is reviewed annually to ensure it remains relevant, age-appropriate and responsive to pupil need. The RSHE curriculum is reviewed in response to safeguarding data, national guidance updates and pupil voice.

3. Aims of RSHE

RSHE includes three elements:

Relationships education, which focuses on developing respectful relationships and understanding boundaries; **sex education**, which addresses intimate relationships, reproduction and sexual health; and **health education**, which supports understanding of physical and mental wellbeing. Through RSHE, we aim to ensure pupils:

- Understand the characteristics of healthy, respectful relationships
- Recognise and challenge unhealthy or abusive behaviours
- Understand consent, boundaries and the law
- Develop knowledge of sexual health, reproduction and contraception
- Understand online risks including image-based abuse, coercion and exploitation
- Develop resilience, self-esteem and respect for diversity
- Know how and where to access support

Teaching is factual, age-appropriate, inclusive and delivered in a balanced and politically impartial manner.

Sex education at **Malbank** includes teaching about intimate sexual relationships, sexual health, contraception and sexually transmitted infections beyond the statutory science curriculum.

RSHE is underpinned by a focus on social and emotional development, supporting pupils to manage emotions, build resilience, and develop interpersonal skills.

4. Curriculum Content and Sequencing

RSHE is delivered through:

- Personal Development Learning (weekly tutor sessions in KS3 and KS4)
- Key Stage 5 tutor programme
- Science (Biology) curriculum
- Religious Education
- Carefully selected external specialist providers

Content is sequenced progressively across key stages.

Key Stage 3

- Healthy friendships and respectful relationships
- Online safety and digital behaviour
- Puberty and emotional changes
- Introduction to consent
- Introduction to sexual health and body confidence

Key Stage 4

- Intimate relationships and sexual health
- Contraception and STIs
- Consent and the law
- Pornography and its impact
- Coercive control and exploitation
- Image-based abuse and online harms
- Mental health and wellbeing

Key Stage 5

- Healthy adult relationships
- Sexual health in adulthood
- Fertility and reproductive health
- Financial and emotional independence
- Safeguarding in wider society

The full curriculum overview is published separately in the PDL Head, Heart, Hand document. Tutors establish ground rules at the start of lessons to ensure that discussions are respectful, safe, and that sensitive questions are addressed in a factual and age-appropriate manner.

5. Safeguarding and Child-on-Child Abuse

RSHE is underpinned by our safeguarding culture.

Pupils are explicitly taught about:

- Sexual harassment and sexual violence
- Child-on-child abuse
- Coercive and controlling behaviour
- Forced marriage, honour-based abuse and FGM
- Exploitation and grooming
- The law relating to consent

Pupils are supported to critically evaluate harmful narratives that may appear online, including misogyny, gender stereotyping and harmful relationship norms promoted through social media or online influencers. Teaching supports pupils to recognise manipulation, challenge harmful attitudes and understand the importance of equality, respect and consent in relationships.

Teaching aligns with the latest edition of Keeping Children Safe in Education.

The Designated Safeguarding Lead is informed of curriculum sequencing to ensure support systems are in place should disclosures arise.

Pupils are taught about their rights in relation to sexual health and confidentiality, including what support is available through the school, the school nurse and external health services. Staff cannot guarantee confidentiality if a safeguarding concern is disclosed. Staff follow agreed guidance for responding to sensitive or unexpected questions in a factual and age-appropriate manner.

Staff are alert to any pupil under 16 who is sexually active or considering sexual activity. Any disclosures or concerns must be referred immediately to the Designated Safeguarding Lead. Staff should not promise confidentiality and should follow the school's safeguarding procedures. Pupils may be offered support via the school nurse or other health services. All actions are recorded in line with safeguarding protocols.

6. Inclusion and Equality

RSHE is inclusive and accessible to all pupils, including those with SEND.

Teaching reflects the **Equality Act 2010** and promotes respect for protected characteristics.

Content is delivered in a factual, balanced and age-appropriate manner. Where appropriate, adaptations are made to ensure accessibility and understanding for pupils with additional needs. Adaptations may include differentiated resources, scaffolded discussion materials and smaller group delivery where appropriate.

7. Working with External Agencies

External agencies are used to enhance delivery where specialist expertise is required.

All external providers are:

- Quality assured
- Aligned with statutory guidance
- Approved in advance by the school
- Briefed on safeguarding procedures

Materials are reviewed for age-appropriateness and political impartiality.

8. Parental Engagement and Right to Withdraw

Parents are informed about the RSHE curriculum and have access to schemes of work and sample materials upon request.

Parents have the right to request withdrawal from sex education (but not from Relationships Education or Health Education) up to three terms before the child turns 16.

Requests must be made in writing to the Headteacher and will be discussed prior to any decision.

In line with statutory guidance, the Headteacher will normally grant a request for withdrawal except in exceptional circumstances.

Parents cannot withdraw their child from the biological aspects of human reproduction taught as part of the science curriculum.

Safeguarding considerations may override withdrawal requests where appropriate.

9. Staff Training and Quality Assurance

RSHE is delivered by trained staff who are supported through:

- Annual safeguarding training
- Curriculum-specific CPD
- Guidance materials and structured lesson resources

Implementation is monitored through:

- Curriculum review
- Student voice
- Safeguarding trend analysis
- Governor oversight

Understanding is assessed through discussion, reflection activities and tutor feedback, which inform future curriculum planning.

10. Monitoring and Review

This policy will be reviewed annually.

Evaluation includes:

- Pupil feedback
- Parent consultation
- Safeguarding data

Curriculum impact review

The RSHE Lead has responsibility for coordinating curriculum delivery and supporting staff. The RSHE Lead provides and monitors lesson plans, teaching resources and delivery across all key stages. Evaluation includes observing lessons, reviewing schemes of work, and gathering pupil and parent feedback. Governors are consulted on policy changes and curriculum updates.

The Governing Body holds overall responsibility for oversight.

This policy was approved by the Governing Body on: March 2026

