



Relationships, Sex and Health Education (RSHE) Policy

Autumn 2024
Review Autumn 2025

Rationale and Ethos

This policy covers The Sweyne Park School's approach to Relationships, Sex and Health Education (RSHE).

We define 'Relationships, Sex and Health Education' as the exploration of the emotional, social, cultural and physical aspects of growing up, having relationships, including sexual relationships, and learning about human sexuality and sexual health. We believe RSHE is important for our pupils and our school because it provides young people with the information they need to help them develop healthy, nurturing relationships of all kinds, not just intimate relationships. It enables pupils to know what a healthy relationship looks like and what makes a good friend, a good colleague and a successful marriage, or other type of committed relationship.

We ensure RSHE is inclusive and meets the needs of all our pupils, including those with special

- To deliver the sex and relationship education programme within a moral framework.
- To develop students' self-confidence in dealing with their relationships with others.
- To ensure that students are given valid and useful information on contraception.
- To develop students' awareness of differences in society – to combat racism and homophobia.
- To promote positive mental health and wellbeing in all young people, and to equip pupils with the

- Education Act (1996)
- Learning and Skills Act (2000)
- Education and Inspections Act (2006)
- Equality Act (2010)
- Supplementary Guidance SRE for the 21st century (2014)
- Children and Social Work Act (2017)
- Keeping Children Safe In Education – Statutory safeguarding guidance (2024)
- Relationships Education, Relationships and Sex Education (RSE) and Health Education - Statutory Guidance for Schools (DfE 2019)

Curriculum Design

Much of the RSHE programme is taught through the CPRE (Citizenship, Personal and Religious Education) curriculum at the school, though it is also covered within Science. The curriculum has been designed to cover the content designated within the statutory guidance issued by the Department for Education (DfE), ensuring that this is age appropriate and relevant to each year group. This is a spiral curriculum, meaning that knowledge and understanding is built upon with further depth and exploration in each subsequent year group.

Below is a list of the RSHE topics covered in school, including the year in which they are taught and the curriculum area they belong to:

Year 7 CPE (Citizenship and Personal Education)

- Relationships education, including:
 - types of relationships
 - healthy relationships
 - Bullying, including cyberbullying and online safe n.04 Tf1 0 0 1 126.02ionshi

Year 8 CPE

