

KING EDWARD VII SCHOOL POLICY



Relationships and Sex Education (RSE)

Date: September 2026

Approved: GB

Leadership Team Responsibility: LAW

Introduction

In 2020 & 2025 new guidance was issued by the Department of Education (DoE) to increase the level of provision of Relationships and Sex Education (RSE) across UK schools. Part of the requirement of schools is to engage parents in the development of their RSE Policy and curriculum. This document outlines what and how we deliver RSE at King Edward VII School.

Relationships and Sex Education (RSE) is compulsory for all secondary schools. It builds upon RSE that is taught at primary school (where it is compulsory to teach relationship education, and recommended to teach sex education beyond the existing national curriculum for Science). This policy follows the guidance set out by the Department for Education – Relationships Education, Relationships and Sex Education (RSE) and Health Education, as shown below

<https://www.gov.uk/government/publications/relationships-education-relationshipsand-sex-education-rse-and-health-education>

Statutory Guidance

This policy should be read alongside other key documents, including:

- Keeping Children Safe in Education 2024: for schools and college
- Equality Act 2010
- The School's Equality Act Policy Statement
- Safeguarding and Child Protection Policy (incorporating the Self-Harm Policy)
- Special Educational Needs and Disability Policy 2024

What is Relationship and Sex Education (RSE)?

Relationships and Sex Education (RSE) is lifelong learning about physical, emotional, moral, spiritual, sexual and cultural development. It is about the understanding of the importance of caring, stable and loving relationships, respect and care for family life.

RSE includes learning about the emotional, social and physical aspects of growing up, relationships, sex, human sexuality and sexual health. It equips young people with the information, skills and positive values to have safe, fulfilling relationships, to enjoy their sexuality and to take responsibility for their sexual health and well-being (as and when they choose to).

Our RSE programme aims to prepare students for adult life in which they can:

- Make informed and personal decisions about their present and future lifestyles
- Have the confidence and self-esteem to value themselves and others while respecting individual choices

- Impart accurate knowledge and information
- Understand their own sexual development and view it as a positive aspect of their whole development
- Develop the range of personal skills needed for relationships. For example: negotiation, decision making, listening and assertiveness skills
- Be respected and able to encourage respect for others
- Understand the responsibility and importance of building up trusting relationships
- Understand the arguments for delaying sexual activity
- Understand the consequences of their actions and behave responsibly within sexual and platonic relationships
- Avoid being exploited or exploiting others or being pressured into unwanted or unprotected sex
- Communicate effectively by using appropriate terminology for sex and relationship issues
- Challenge discriminatory behaviour related to homophobia, sexism and prejudice in order to promote equality, diversity and inclusion
- Develop a critical awareness of messages about gender, appearance and sexuality within the media and elsewhere
- Understand the significance and prevention of sexually transmitted infections, including HIV
- Be aware of information sources and develop the skills and confidence to access confidential health services, advice, support and treatment if necessary
- Understand how the law applies to sexual relationships
- Understand the term consent and be able to articulate their consent and understand consent from others in a variety of situations.
- Understand how consent applies to the law.
- Understand the risks and most common scenarios of being a perpetrator or victim of sexual assault.
- What to do and how to access support if you experience a sexual assault or sexual abuse.
- Know the protected characteristics and understand the law in relation to these

How is RSE delivered at King Edward VII School?

RSE has always sat within the Personal, Social and Health Education (PSHE) Department. King Edward VII School has had a well established dedicated PSHE department for decades. The quality of our PSHE lessons is reflected in student feedback and attendance.. The Governing Board and Headteacher have protected PSHE's position on the timetable for many years. The curriculum is central to the inclusive and supportive atmosphere in the School. It supports students' safety, resilience and wellbeing. It allows space for students to explore issues and develop compassion in our diverse community. It is central to our preventative safeguarding strategy.

The content required by the Department for Education (DfE) has been delivered in King Edward VII School for over a decade. Newer elements such as sexual consent and the impact of pornography have been introduced as culture and technology has changed and awareness of issues have come to the foreground. We are proud that our students have long been receiving this important content to improve their future safety and relationship

health.

Police and Criminal Investigation Agency asked all schools to teach on the topic of Sextortion and this has been delivered to all year groups. This demonstrates the responsive nature of PSHE and how the government values it to inform and protect young people.

PSHE teaches and implements the government protected characteristics as laid out in the Equality Act of 2010 and we encourage equality and tolerance of sex, religion, age, disability, race, sexuality and type of relationship you have.

Students receive a lesson of PSHE a week throughout Years 7 to 11 (with the exception of Year 10 when the lesson is split between RE and PSHE). This allows space for specialist teachers to deliver this sensitive content comprehensively and well.

Online safety is also covered in Key Stage 3 by the IT department. The biological facts of human sexual reproduction are part of the National Curriculum and are taught in Science.

From September 2022 PSHE provision was extended to Post 16 students and is called Adult Life Skills. These are timetabled sessions aimed at preparing students for the world of work, relationships and money..

External visitors support the delivery of the PSHE curriculum e.g. Senior Lecturer in Law, session on consent for Year 9 students.

RSE sits within the wider context of a broad and balanced PSHE curriculum. Topics are delivered progressively with time to ask questions, explore myths and think deeply about issues. The diagram below summarises the curriculum, colour coded by year groups and showing progression through our core strands of citizenship, equality, family, emotional wellbeing, RSE, safety and finance (including careers).

PSHE

PSHE									
NB: units vary in numbers of lessons									
1 hr /week Specialist teachers	Politics					Conflict resolution			
	How laws are made					Building healthy relationships			
	Homelessness					Sexual consent			
						Choking & high risk behaviours	Driver Awareness		
Y12	Environmental crisis				Managing anxiety	Breaking up	AI impact	Student finance	
	Protest/ campaigning	Race/gender inc Incels	Parenting styles		Exam stress	Intimate communication & boundaries	Drink and drugs	Budgetting	Independent living
	Being a responsible and active citizen	Disability	Pregnancy/birth	Getting help/supporting others	Managing exam stress	Break ups	Sexual Harassment	Applying for jobs	Accommodation options
				Maintaining good mental health	Impact of pornography	Drugs, risks & impacts	Money and relationships	Moral ambition	
				Self care	Abusive/healthy relationships	Child sexual exploitation	Transport cost/impacts	Confidence building	
Y11	Human rights	LGBT+	Needs of a baby/child	Importance of physical/mental health	Contraception/ STIs	Bullying - face to face, online	Buying/renting property	Cancel culture	
Y10	Refugees	Gender	Bereavement	Expressing feelings safely	Sexual readiness	Child sexual abuse/ FGM	Budgetting	Manosphere	
Y9	British Values	Race, inc BLM lessons	Separation	Samaritans	Sexual consent	Social media impacts	Salaries	Managing screen time	
Y8	Structure of government	More in common	Family diversity	Safely expressing strong emotions	Basic birth control, STI risk & consent	Incels/manosphere	Career routes	Thinking Styles	
Y7	How politics is relevant to us all	Protected Charateristics	Partnerships		Puberty	First aid	Managing money	CVs & interviews	
Topic	Citizenship	Equality	Family	Emotional Wellbeing	RSE	Safety	Finance	Other	

Key features of PSHE at King Edward VII School

- Taught entirely by trained, dedicated and experienced PSHE teachers
- Taught in an age appropriate way
- Inclusive and sensitive to all types of people, regardless of faith, SEND, disability, sex, gender, religion and belief
- Equips students to be safe, communicate well, listen, and to read non-verbal signals
- Emphasis on positive relationships involving equality, mutual respect and mutual pleasure
- Challenges messages from the media and pornography
- No graphic photographs or videos are used; we use scientific diagrams to teach to about sexual anatomy
- Does not promote any particular lifestyle
- Encourages students to listen to themselves and to make informed decisions about what is right for them in their relationships

Monitoring

RSE is monitored and evaluated regularly through student feedback, teacher feedback, lesson visits and evaluation. Lessons are also quality assured via the School. Evaluating and Evidencing the Quality of Education processes and procedures. The Leadership Team and the full Governing Board receive information from PSHE and have the opportunity to discuss, challenge and evaluate the subject.

At a curriculum level we have regular department meetings ensuring that we take a consistent, considered and up to date approach ahead of delivering topics which are often sensitive in nature.

Safeguarding

One of the four specialist PSHE teachers is the Safeguarding and Inclusion Lead at King Edward VII School. The PSHE curriculum forms a very important preventative part of our safeguarding strategy.

The curriculum is developed with safeguarding and promoting student safety and wellbeing at the very heart of it. Students are made safer by:

- Understanding what a healthy relationship is and is not
- Understanding their bodies and those of the opposite sex
- Knowing how to access medical care and support
- Knowing how to communicate their boundaries and understand other people's.
- Understanding UK laws around sex

PSHE staff regularly liaise with pastoral managers to gauge whether any students may be affected by topics and need extra support. Pastoral managers have an insight into the curriculum and are made aware of sensitive topics delivered during half term.

SEND students

Lessons are written to be accessible for students with different needs and to all levels of knowledge and understanding. We do not assume any prior knowledge or experience. Trained staff are aware of SEND students and their needs in each class.

Teaching assistants have received training from our PSHE Curriculum lead on supporting SEN students with sensitive topics covered in PSHE (Jun 2026).

Lessons specifically support neurodiverse students with communication difficulties, helping them understand non-verbal signals and equipping them with appropriate questions/ language to use to facilitate consensual happy relationships. This in turn supports all students to the same end.

Right of withdrawal of students from RSE

Parents will continue to have a right to request to withdraw their child from sex education delivered as part of RSE in secondary schools which, unless there are exceptional circumstances, should be granted up to three terms before their child turns 16. At this point, if the child themselves wishes to receive sex education rather than be withdrawn, the School should make arrangements for this to happen in one of the three terms before the child turns 16 - the legal age of sexual consent. That is except for those parts included in the statutory National Curriculum (i.e. Science lessons).

Over the years we asked for parents' and carers' comments at information evenings and consultation evenings, and have adjusted our teaching in response to this feedback. We find parents to be highly supportive of our approach.

Parents and carers can contact the Curriculum Leader of PSHE via her email address: cperry@kes.sheffield.sch.uk to discuss their concerns and request withdrawal from those specific parts of the curriculum.

We hope you agree that RSE is a vital part of students' learning in King Edward VII School. Below is a summary of our curriculum.

Summary of RSE curriculum for each year group

Y7 - Puberty - 4 lessons
How will you change in becoming an adult, physically, mentally and emotionally
Diverse bodies, why our bodies are amazing. How to love them.
Anonymous question and answer session
Y8 - Relationship safety - 2 lessons
Social media and AI risks (inc. deep fakes)
Pregnancy and sexually transmitted infection prevention
Emergency contraception
Going to the doctor for advice
Key messages about the importance of sexual consent
Child Sexual Exploitation
Y9 - Respectful relationships - 7 lessons
Different types of relationships
What are healthy versus abusive/toxic relationships?
Sexual readiness
Intimacy/sex/pleasure means different things for different people

Understanding our bodies
Messages about sex in the media are not always real
Sexual consent (2 lessons)
Sexually transmitted infections, staying safe, getting tested, being responsible
Contraception, different types, getting advice
How to safely use a condom
Pregnancy choices and support

Y10 - Sexual health, media and endings - 4 lessons
What services are available at the sexual health clinic?
What is the impact on pornography on relationships?
Self examination - breasts and genitals
When a relationship ends - how to end one and how to recover.
Y11 - Sexual biology, reproduction, fulfilling relationships - 6 lessons
Fertility, pregnancy and birth
Arousal, the brain, the body, sexual hormones
Male and female sexual anatomy and arousal response
Intimate communication: verbal, non-verbal, & boundaries
Endometriosis, menopause
Important questions to ask yourself in a relationship
Intimacy in long term relationships
Laws around sex & relationships
Risks of choking/strangulation

How to be a good partner/spouse
Y12 - Sexual consent and unhealthy relationships
Sexual consent
Conflict resolution
What makes a relationship healthy/unhealthy

Monitoring and evaluation of the RSE Policy

It is the responsibility of the PSHE Curriculum Lead, Ms C Perry, to oversee and organise the monitoring and evaluation of the RSE Policy in the School.

This will be done in consultation with :

- The Safeguarding Team
- School governors
- The Leadership Team
- The Learning Support Department
- Parents and carers

This policy will be monitored and evaluated annually. Any suggested amendments will be taken into account and adopted where appropriate.

OFSTED is required to evaluate and report on the spiritual, moral, social and cultural development of students. This includes evaluating and commenting upon King Edward VII School's RSE Policy, in addition to commenting upon support, staff development, training and delivery.

Complaints

If parents or carers have any concerns or complaints about the lessons and teaching in PSHE they should contact the Curriculum Leader of PSHE, Caz Perry first, on cperry@kes.sheffield.sch.uk. The PSHE team are eager to address any issues that arise.

If parents or carers are not satisfied with the outcome of the initial contact with the Curriculum Leader of PSHE, the School's complaint procedure can be accessed via the website and followed.