



# Wood Green Academy

## **Relationships, Sex and Health Education Policy**

**(2025-26)**

# Introduction

As of September 2020, Relationship, Sex and Health Education is a statutory provision. This Policy has been developed in accordance with the current requirements of the law, considering the Children's Act (2004), the Equality Act 2010 and the Green Paper on Mental Health and Wellbeing.

## Definition of Relationship Sex and Health Education

Relationship and Sex Education (RSHE) is an educational entitlement for all children and young people. It is lifelong learning about physical, moral, emotional and sexual development, as well as learning about sexuality, positive relationships and mental and physical health and wellbeing. It enhances the self-worth and confidence of each individual and encourages mutually respectful relationships and empathy for others.

**Our RSHE provision considers:**

### Attitudes and Values

- Recognition of the value of family life, marriage, stable and loving relationships for the nurture of children
- Respect for self and others
- Same-sex relationships
- Exploration of moral dilemmas
- Development of critical thinking
- Personal and social skills
- Self-confidence, self-esteem and empathy for others
- Managing emotions and relationships confidently and sensitively
- Managing peer pressure
- Taking responsibility for one's actions

### Knowledge and understanding

- Emotions and relationships
- Physical and mental development
- Sexuality, reproduction, sexual health
- Information on local and national contraception and sexual health services
- Reasons for delaying sexual activity
- The avoidance of unplanned pregnancy
- Keeping safe from sexually transmitted infections (STIs)

- Keeping safe from Sexual Exploitation (CSE)

**The Academy provides a setting in which students can be offered appropriate teaching about RSHE. The purpose of RSHE is to assist students in preparing for adult life by:**

- Supporting them through their physical, emotional and moral development
- Helping them to understand themselves,
- Respect others and form and sustain healthy relationships
- RSHE is supported by input from several other areas of the curriculum including:
- RE, Drama, English, Health and Social Care, Physical Education, Science, Social Sciences as well as through our Step Up4 Life programme.
- (Ultimately, every department must have a sense of the ways in which they contribute to the development of the talents, skills, personality, self-esteem of EACH pupil as an individual)

**All students are included to ensure that they:**

- Receive their sex education in the wider context of relationships
- Are prepared for the opportunities, responsibilities and experiences of life
- Develop positive attitudes to life
- Can make a balanced and informed decision regarding their physical and mental health and wellbeing

Relationship, Sex and Health Education is taught across all year groups up to and including the Sixth Form as part of the Step up 4 Life programme and through some aspects of the Science curriculum.

The programme is designed to support and complement the role of parents / carers who have the prime responsibility in this sensitive area. The content is taught within the moral framework and ethos of the Academy's principles as stated in the Academy prospectus.

## Summary of programme content

The main aims of the Relationship Sex and Health Education programme are primarily to appreciate the values of positive, supportive relationships. Students are encouraged to recognise the responsibilities of parenthood and to respect themselves and others. Students are educated in the importance of behaving responsibly and respectfully in sexual matters. Moral and ethical issues are presented and discussed. Students are educated in ways to keep themselves safe from Sexual Exploitation both on line and through contact with other young adults.

The programme looks at the biology of sexual maturation, focusing on the physical and emotional changes associated with puberty as well as the related issues of personal hygiene.

Students receive information about sexually-transmitted infections and the importance of practising safe sex. Students receive information about contraception and its importance in guarding against unwanted pregnancy and STIs. The programme covers the legal implications of sexual behaviour.

## Partnership with parents / carers

Most of a student's informal relationship and sex education occurs within the family and the Academy's programme will complement and build on this in cooperation with homes. Parents have the right to withdraw their children from Sex Education (that is not included in the Programme of Study for the Science National Curriculum) but not the Relationships and Health Education aspect of the programme. Any parent wishing to withdraw a child from the programme should inform the Headteacher, in writing, of their decision. Right to withdraw can overrule a child's wishes until "3 terms before the child's 16th birthday"; a child can then overrule parents' requests and have Sex education if they so wish.

Students who are withdrawn will be accommodated separately and will be set appropriate, alternative work to complete.

## Confidentiality and Child Protection

All members of staff and external visitors who work with our students will work within our Confidentiality and Child Protection policies. They should be familiar with our policy and expectations regarding correct practice in responding to issues, including those that they may relate to child protection matters.

## Equal Opportunities

Relationships Sex and Health Education will be delivered equally to both genders, normally in mixed classes. There are, however, certain topics that may be delivered in single sex groupings where appropriate. Themes and topics delivered in RSHE via the Step up4 Life programme

### **Relationship Education:**

- Families and people who care for me
- Caring friendships
- Respectful relationships.
- Online relationships
- Being safe

**Health Education:**

- Mental Wellbeing
- Internet safety and harms
- Physical health and fitness
- Healthy Eating
- Drugs, alcohol and tobacco
- Health and prevention
- Basic first aid
- Changing adolescent body
- STI's

**Sex Education:**

- Sex and Contraception
- Puberty

# **Methodology and approach, including explicitness and delivery of controversial topics**

Staff should be explicit that lessons will cover essential knowledge as well as the opportunity for reflection and discussion. It is important that teachers can present course information with a sense of openness encouraging students to ask questions within a supportive environment.

## **Information on contraceptives**

Teaching about contraception should be carried out in a frank and open manner with students being given unbiased information about various forms of contraception. Academy staff do not give advice to individuals: advice can only be given through an appropriate external agency.

## **Inclusion statement**

In this Academy, we have a commitment to ensure that our programme is relevant to all students and is taught in a way that is age and stage appropriate.

# Policy Review and Evaluation

This policy is reviewed annually by the Assistant Headteacher Director of Personal Development.

**S Khan**

*(September 2025)*