



RHSE POLICY

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James Eagle

ACS

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DEFINITION

Relationships, Sex and Health Education (RSHE) is a lifelong learning process through which pupils develop the knowledge, skills, attitudes and values needed to form safe, positive and respectful relationships, make informed decisions about their health and wellbeing, and understand their rights and responsibilities in society.

RSHE includes learning about:

- Healthy and respectful relationships
- Physical and mental wellbeing
- Sexual health and human sexuality
- Online relationships and digital safety
- Consent, boundaries and personal safety
- Diversity, equality and protected characteristics
- Family life and parenting
- Safeguarding, exploitation and abuse prevention

RSHE involves a combination of accurate information, reflection, discussion and the development of critical thinking skills.

RSHE is not about promoting sexual activity. It is intended to equip pupils with the knowledge and skills necessary to remain safe, healthy and prepared for adult life

POLICY STATEMENT

As an Independent Special School for pupils with Social, Emotional and Mental Health (SEMH) needs, Amberley Court School provides Relationships, Sex and Health Education in accordance with:

- The Children and Social Work Act 2017;
- The Education Act 1996 (Section 403);
- The Education Act 2002 (Section 80A);
- The Equality Act 2010;
- The Independent School Standards Regulations 2014;
- The statutory DfE Relationships, Sex and Health Education Guidance (effective September 2026);
- Keeping Children Safe in Education (KCSIE) 2026;
- Working Together to Safeguard Children 2023 and subsequent updates.

The school recognises that RSHE is a vital safeguarding curriculum which supports pupils to recognise abuse, exploitation, unhealthy relationships, online harms and situations where they may require help or support. Teaching will be age appropriate, developmentally

appropriate and adapted to meet the individual needs and vulnerabilities of pupils within our SEMH setting.

IN ORDER TO COMPLY WITH STATUTORY REQUIREMENTS, ACS WILL:

Provide clear RSHE guidance and information to staff, parents/carers, governors and pupils.

Maintain an up-to-date RSHE policy and curriculum which reflects current statutory guidance and emerging safeguarding concerns.

Deliver RSHE through an inclusive, evidence-based curriculum that reflects the needs of all learners and promotes respect for all protected characteristics under the Equality Act 2010.

Consult with parents, carers, pupils and staff as part of curriculum development and review.

Monitor, evaluate and quality assure RSHE provision annually.

Ensure that staff receive regular safeguarding and RSHE training, including online safety, child-on-child abuse, sexual violence and sexual harassment, consent, harmful sexual behaviour, exploitation and emerging digital risks.

Inform parents/carers about their right to request withdrawal from the non-statutory sex education components of RSHE.

Ensure staff understand their safeguarding responsibilities and respond appropriately where confidentiality cannot be maintained because a child is at risk of harm, in accordance with KCSIE 2026 and the school's Safeguarding and Child Protection Policy.

Create an environment where pupils can ask questions confidently and receive accurate, balanced and age-appropriate information.

Consider the individual needs, SEND requirements, SEMH profiles and vulnerabilities of all pupils when planning and delivering teaching.

Promote positive attitudes towards equality, diversity, inclusion and respect, while actively challenging discrimination, prejudice, misogyny, harmful stereotypes and abusive behaviour.

AIMS & OBJECTIVES

The aims of Relationships, Sex and Health Education at Amberley Court School are to:

1. Provide a safe and supportive framework in which sensitive discussions can take place.
2. Support pupils to develop healthy, respectful and safe relationships.
3. Prepare pupils for puberty, adolescence and adulthood.
4. Promote physical health, mental wellbeing and emotional resilience.
5. Help pupils develop self-respect, confidence, empathy and self-worth.
6. Teach pupils how to recognise abuse, exploitation, coercion and unhealthy relationships.

7. Develop pupils' understanding of consent, personal boundaries and respectful behaviour.
8. Support pupils to stay safe online, including understanding digital footprints, social media influences, AI-generated content, online exploitation and pornography.
9. Help pupils understand the impact of prejudice, discrimination, misogyny and harmful stereotypes.
10. Teach correct scientific vocabulary for body parts, reproduction and sexual health.
11. Equip pupils with the skills needed to seek support and access appropriate services when required.

Attitudes and Values

Pupils will be supported to:

- Understand the importance of respect, kindness, dignity and equality.
- Recognise the value of healthy family relationships and supportive networks.
- Understand the significance of consent and personal boundaries.
- Develop an appreciation of diversity and difference within modern British society.
- Challenge prejudice, discrimination, harassment and harmful stereotypes.
- Consider ethical and moral dilemmas appropriately.
- Develop critical thinking skills and informed decision-making.
- Recognise the importance of mutual respect and responsibility within relationships.

Personal and Social Skills

Pupils will be supported to:

- Manage emotions and relationships safely and appropriately.
- Develop self-awareness, self-respect and empathy.
- Communicate effectively and express their views respectfully.
- Make informed choices free from pressure, coercion and prejudice.
- Recognise healthy and unhealthy relationships.
- Resolve conflict safely and constructively.
- Identify risks online and offline.
- Recognise and report abuse, exploitation, grooming, radicalisation and harmful influences.
- Understand consent, personal boundaries and bodily autonomy.

- Seek support from trusted adults and specialist services when required.

Knowledge and Understanding

Pupils will develop age-appropriate knowledge of:

- Physical development and puberty.
- Reproduction and sexual health.
- Human sexuality and intimate relationships.
- Consent and the law relating to relationships and sexual activity.
- Online relationships and digital communication.
- Sexual harassment, sexual violence and harmful sexual behaviours.
- The risks associated with pornography and harmful online content.
- Contraception and pregnancy.
- Sexually transmitted infections and prevention.
- Local and national support services.
- Mental health and emotional wellbeing.
- Healthy lifestyles and personal safety.
- The benefits of delaying sexual activity until individuals are ready and able to make informed decisions.
- Personal safety in the community, including awareness of exploitation, gangs, county lines and criminal activity.

Assessment and Evaluation

Amberley Court School will ensure that RSHE is delivered in a manner that is age appropriate, developmentally appropriate and accessible to all pupils.

Assessment will focus on pupils' understanding, skills development and ability to apply learning to real-life situations. Teachers will regularly evaluate the effectiveness of lessons to inform future planning and ensure compliance with current DfE guidance.

The curriculum will be monitored by senior leaders and reviewed annually to ensure it remains relevant, inclusive and responsive to safeguarding priorities and emerging risks.

Additional Support for ALL Pupils

These areas of learning are delivered within the context of family life and recognise the diversity of modern Britain. Care is taken to ensure there is no stigmatisation of pupils based

upon family circumstances, culture, faith, disability, sex, sexual orientation, gender reassignment, ethnicity or any other protected characteristic under the Equality Act 2010.

The curriculum reflects that pupils may come from a wide range of family and care arrangements, including foster care, kinship care, adoptive families, single-parent families, families headed by grandparents, same-sex parents, and children who are looked after or young carers.

The school will also address contextual safeguarding risks through targeted curriculum activities and awareness events, which may include:

- Online safety and digital resilience.
- Artificial Intelligence (AI) and misinformation.
- Child-on-child abuse.
- Sexual harassment and sexual violence.
- Violence Against Women and Girls (VAWG).
- Misogyny and harmful online influences.
- County Lines and criminal exploitation.
- Child Sexual Exploitation (CSE).
- Child Criminal Exploitation (CCE).
- Radicalisation and extremism.
- Knife crime and serious violence.
- Substance misuse.
- Sexting and sharing nude or semi-nude images.
- Mental health and emotional wellbeing.
- LGBTQ+ inclusion and equality.

Additional support sessions may be offered by the Pastoral Team, Safeguarding Team or external professionals where appropriate.

CURRICULUM

Our curriculum is planned for the academic year but we do reserve the ability to change the designated sessions in accordance to current social issues, school led issues and ad hoc safeguarding issues as they occur within ACS.

We have developed the curriculum in consultation with parents, pupils and staff, taking into account the age, needs and feelings of pupils. If pupils 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.

THE DELIVERY OF THE CURRICULUM

RSE is taught within the personal, social, health and economic (PSHE) education curriculum. Biological aspects of RSE are taught within the science curriculum, and other aspects are included in religious education (RE). ACS

endeavours to link appropriate lessons in all subjects to topics relating to RSE if appropriate and relevant.

Pupils also receive stand-alone sex education sessions delivered by classroom teachers and in line with the levels of understanding and the capability of our cohort.

Basic Primary age topics:

Relationships education focuses on teaching the fundamental building blocks and characteristics of positive relationships including:

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

Basic Secondary age topics:

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

Additional support for all students:

These areas of learning are taught within the context of family life taking care to ensure that there is no stigmatisation of children based on their home circumstances (families can include single parent families, LGBTQ+ parents, families headed by grandparents, adoptive parents, foster parents/carers amongst other structures) along with reflecting sensitively that some children may have a different structure of support around them (for example: looked after children or young carers).

Topic weeks will be timetabled to cover other contextual issues within our community. These will be school wide agendas and teachers will be encouraged to include some aspects of: Online safety, RESPECT agenda, County Lines, Radicalisation, Peer pressure, Drugs and Alcohol, Ganges, CSE, Sexting and social media, LGBTQ+ issues.

These weeks may include a 'drop-in' session for those students who wish to discuss the topics in more depth. These drop-in sessions will be timetabled by the Pastoral Team.

PARENTS RIGHT TO WITHDRAW

Parents/carers have the right to request that their child be withdrawn from some or all of the non-statutory sex education delivered as part of RSHE.

Parents/carers cannot withdraw their child from:

- Relationships Education;
- Health Education;
- Elements taught through the statutory Science National Curriculum;
- Safeguarding content that schools are required to teach.

Requests for withdrawal should be submitted in writing to the Headteacher.

The Headteacher will discuss the request with parents/carers and explain the purpose and content of the curriculum. A record of the request and decision will be retained on the pupil's educational file.

Three terms before a pupil turns 16, if the pupil wishes to receive sex education rather than remain withdrawn, the school will make arrangements for this teaching to take place in accordance with statutory guidance.

END

POSITION	Headteacher	NAME	James Eagle	SIGNATURE	<i>J Eagle</i>	DATE	01/09/2026
POSITION	Governor	NAME	Dave Johns	SIGNATURE	<i>D Johns</i>	DATE	01/09/2026
POSITION		NAME		SIGNATURE		DATE	