THE SALTERNS ACADEMY TRUST: TRAFALGAR SCHOOL

RSE POLICY

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Summary of changes made:	- Amendments of aims, content and delivery in line with RSE Statutory updates in effective from September 2026 - Addition of 'Use of External Organisations and Curriculum Materials' section - Updates of Head Teacher, Director of RP, and AHT roles - Update of 'Personal Development' title in place of 'PSHE' - Updates to the 'Parents' right to withdraw'				

Definition

RSE is about the emotional, social and cultural development of students, and involves learning about relationships, sexual health, sexuality, healthy lifestyles, diversity, mental health, wellbeing and personal identity.

Relationships and Sex Education (RSE) involves a combination of sharing age-appropriate information and exploring issues and values. Relationships, sex and health education will:

- Not promote sexual activity, sexual orientation, or a specific sexual identity.
- Follow the statutory guidance given by the government (DfE).
- Provide young people with the information they need to develop healthy, safe and nurturing relationships of all kinds
- Focus on pupils having respect for themselves and others
- Not normalise early sexual experimentation
- Cover a range of topics, including topics related to abusive behaviour, along with teaching pupils how to stay safe, including online
- Combine sharing information with exploring issues and values
- Emphasise the relationship between physical health and mental wellbeing
- Aim to reduce stigma attached to health issues, in particular relating to mental health, and discourage the pejorative use of language related to ill health
- Support pupils to understand their changing bodies and their feelings, how to protect their own health and wellbeing, and when a physical or mental health issue requires attention
- Build on the primary health and wellbeing curriculum content

Ethos of RSE at Trafalgar School

Our ethos regarding RSE is rooted in the Trafalgar core values: respect, aspiration, community, inclusion and resilience.

Trafalgar School is committed to helping young people develop loving and respectful relationships and a responsible attitude to intimacy and sexual activity.

Our RSE provision aims to help pupils form a clear sense of their own values and identity and to acquire the knowledge and skills necessary for making decisions which match their character.

RSE Aims at Trafalgar School

- Meet the statutory requirements of relationship education, sex and relationships and health education.
- Ensure, through training, that staff are confident in the delivery of all lessons and topics.
- Deliver lessons in a non-judgmental manner and encourage pupils to be respectful of differing thoughts and opinions.
- Develop an understanding, for all students, of healthy relationships, acceptable behaviour and the right of everyone to equal treatment.
- Equip students with the knowledge, skills and vocabulary to ensure that relationships contribute positively to their wellbeing.
- Help young people to become successful and happy adults who make a meaningful contribution to society
- Provide a framework in which sensitive discussions can take place
- Prepare pupils for puberty, and give them an understanding of sexual development and the importance of health and hygiene
- Help pupils develop feelings of self-respect, confidence and empathy, and cultivate positive characteristics such as kindness and integrity
- Create a positive culture and promote healthy norms about relationships, including sexual relationships where relevant, and about health, including mental health

Delivery of RSE

RSE is taught as part of our Personal Development curriculum and delivered as part of Personal Development days by Trafalgar School teachers. A core PD team have been trained in how to deliver RSE effectively drawing on nationally recognised expertise. Elements of the programme are supported through additional expertise, such as outside speakers and/or trained health professionals.

Regular student voice is used to adapt the curriculum and ensure that RSE provision directly matches the emerging needs of students.

RSE focuses on giving students the information they need to help them develop healthy, nurturing relationships of all kinds, including:

- Families
- Respectful relationships, including friendships
- Online and media, including AI
- Being Safe
- Intimate and sexual relationships, including sexual health.

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). Our curriculum is reviewed and updated regularly to reflect the diversity of our cohort.

Use of external organisations and materials:

Whilst Trafalgar school may work with external organisations to deliver the curriculum; it remains responsible for the content and the way in which pupils are taught.

We will:

Make sure that any agency and any materials used are accurate, age and stage-appropriate, and unbiased and in line with our legal duties around political impartiality.

Make appropriate checks and engage with external agencies to make sure that their approach to teaching about RSHE is balanced, and it and the resources they intend to use:

- Are age-appropriate
- Are in line with pupils' developmental stage
- Are accessible for all pupils, including those with SEND
- Are sensitive to pupils' needs

Know the named individuals who will be there, check the credentials of the visitor and/or visiting organisation, and follow our usual safeguarding procedures for these people

Make sure the visitor understands and agrees in advance:

- How confidentiality will work in any lesson
- How safeguarding reports should be dealt with, in line with our school policies

Conduct a basic online search and address anything that may be of concern to us, or to parents and carers

Check the agency's protocol for taking pictures or using any personal data they might get from a session

Remind teachers that they can say "no" or, in extreme cases, stop a session

Make sure that the teacher is in the room during any sessions with external speakers

Inform all external organisations that the school is legally obliged to share all content with parents and carers

Consult parents/carers on the content of external resources on the topic of biological sex and gender reassignment in advance and make all materials available to them on request

We won't, under any circumstances:

- Work with external agencies that take or promote extreme political positions
- Use materials produced by such agencies, even if the material itself is not extreme
- Work with agencies who don't allow their material to be shared with parents and carers. The school will communicate to agencies that it is legally obliged to have regard to the expectation that all content can be shared with parents and carers

Role and Responsibilities

Director of Relational Practice:

When evaluating the use and impact of this policy, our PD leaders will evaluate the extent to which there is evidence of a curriculum which:

- Fulfils the aims of the school;
- Embeds aspiration, values and the expectation to achieve high standards and high rates of progress; and
- Provides engagement and excitement for learning.

Assistant Headteacher: Personal Development & Wellbeing

The Assistant Headteacher is responsible for ensuring that RSE is taught consistently across the school, and for managing requests to withdraw students from non-statutory components of RSE.

Governing Body

The governing body will ensure that:

- All pupils make progress in achieving the expected educational outcomes;
- The subjects are well led, effectively managed and well planned;
- The quality of provision is subject to regular and effective self-evaluation;
- Teaching is delivered in ways that are accessible to all students with SEND;
- Clear information is provided for parents on the subject content and the right to request that their child is withdrawn; and,
- The subjects are resourced, staffed and timetabled in a way that ensures that the school can fulfil its legal obligations.

The school will make sure that:

- Core knowledge is sectioned into units of manageable size
- The required content is communicated to pupils clearly, in a carefully sequenced way and within a planned scheme of work
- Teaching includes sufficient and well-chosen opportunities and contexts for pupils to embed new knowledge and vocabulary, so that it can be used confidently in real-life situations

Staff do not have the right to opt out of teaching RSE. Staff who have concerns about teaching RSE are encouraged to discuss this with the Head Teacher.

Parents' right to withdraw

At Trafalgar School we operate an opt out policy for RSE.

Parents/carers **have** the right to request to withdraw their child from the non-statutory/non-science components of sex education within RSHE up to and until 3 terms before the pupil turns 16. After this point, if the pupil wishes to receive sex education rather than being withdrawn, the school will arrange this. We will make sure that pupils know they have this option.

Parents/carers **do not have** the right to withdraw their child from relationships and health education, nor can they be withdrawn from topics taught as part of the science curriculum, including science topics related to puberty or sexual reproduction.

Requests for withdrawal should be put in writing using the form found in Appendix 1 of this policy and addressed to the headteacher.

A copy of any withdrawal requests will be placed in the pupil's educational record. The headteacher will discuss the request with parents/carers and take appropriate action and provide the parents/carers with their decision in writing.

In exceptional circumstances, for example because of a safeguarding concern or a pupil's specific vulnerability, the headteacher can refuse a request to withdraw the pupil from sex education.

If parents require more information on RSE for secondary aged children, this is a useful source of information for them:

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/812594/RSE_secondary_schools_guide_for_parents.pdf

Monitoring:

The delivery of RSE is monitored by the Director of Relational Practice, and the Assistant Headteacher for Personal Development, alongside the Senior Leadership Team through regular learning walks, curriculum development and sharing of best practice.

Appendix 1. Withdrawal for sex education within RSE.

TO BE COMPLETED BY PARENTS	
Name of child:	Tutor Group:
Name of parent:	Date:
Reason for request to withdraw from sex education within relationships and sex education:	
Any other information you would like the school to consider:	

To be completed by the school.	
Agreed actions from discussions from parents.	