



THE SALTERNS ACADEMY TRUST: TRAFALGAR SCHOOL

RELATIONSHIPS AND SEX EDUCATION POLICY



Date Reviewed:	September 2025	Reviewed by:	ARA	Next review:	September 2026
Ratified at Governors:	September 2025				
Summary of changes made:	<ul style="list-style-type: none">- Addition of 'age appropriate' into definition- Job title change - AHT- Parents right to withdraw up until three terms before they are 16 years old made explicit- Requests in writing to go to Executive Headteacher or Head of School in the first instance- New SRE government guidance has been written which comes into effect for teaching from September 2026				

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.

RSE is not about the promotion of sexual activity, sexual orientation, or a specific sexual identity.

Our policy and curriculum planning follows the statutory guidance given by the government (DfE).

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.

Delivery of RSE

RSE is taught as part of our PHSE curriculum and delivered as part of Personal Development days by Trafalgar School teachers. A core RSE team have been trained in how to deliver RSE effectively drawing on nationally recognised expertise. Elements of the programme may be supported through the bringing in of 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
- 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 resources are reviewed and updated regularly to reflect the diversity of our cohort.

Role and Responsibilities

Director of Humanities

When evaluating the use and impact of this policy, our PSHE leader 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.

Staff

Staff are responsible for:

- Delivering RSE in a sensitive way;
- Modelling positive attitudes to RSE;
- Monitoring progress;
- Responding to the needs of individual students;
- Responding appropriately to students whose parents wish them to be withdrawn from the non-statutory components of RSE;
- Reporting safeguarding concerns that arise.

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 Executive Headteacher or Head of School.

Parents' right to withdraw

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

Parents do have the right to withdraw their children from the **non-statutory components** of sex education up until three terms before the child turns 16.

Requests for withdrawal should be put in writing using the form found in Appendix 1 of this policy and addressed to the Executive Headteacher or Head of School.

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 lead for PHSE and 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.	