



Summit Learning Trust

Relationship and Sex Education (RSE) Policy

Approved by:	LGB	Date:
Last reviewed on:	March 2026	
Next review due by:	March 2027	
Monitoring & Review		
Links		
Staff responsible	Head of School	

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Aims

Relationship and Sex Education (RSE) is part of a lifelong learning about physical, moral and emotional development. At Lyndon, RSE is centered on personal safety, caring for others and building strong family relationships. This is coupled with teaching learners about sexual health (including safe sex), and sexuality. Effective relationship and sex education is essential if young people are to make responsible and well-informed decisions about their lives. RSE at Lyndon is intended to help learners learn about relationships, emotions, sexuality and sexual health. We aim to present relevant facts in an objective and balanced manner. Lessons are set in the context of the family, friends and wider societal issues and address responsibilities that arise from within these relationships. RSE at Lyndon will help young people learn to respect themselves and others and move with confidence from childhood through adolescence into adulthood.

Lyndon School aims to:

- Provide a framework in which sensitive discussions can take place
- Prepare learners for puberty, and give them an understanding of sexual development and the importance of health and hygiene
- Help learners develop feelings of self-respect, confidence and empathy
- Create a positive culture around issues of sexuality and relationships
- Teach learners the correct vocabulary to describe themselves and their bodies

2. Statutory requirements

As a secondary academy school, we must provide RSE to all learners as per section 34 of the Children and Social work act 2017. We must also meet the requirements of the Relationships and Sex Education and Health Education (England) Regulations 2019 and abide by Government-issued statutory guidance issued under Section 80A of the Education Act 2002 and Section 403 of the Education Act 1996.

We must also observe legal requirements around political impartiality, particularly when working with external organisations or any material produced by them, alongside the requirements under the Equality Act 2010 and Public Sector Equality Duty, to create an inclusive classroom.

In teaching RSE, we are required by our funding agreements to have regard to guidance issued by the secretary of state as outlined in section 403 of the Education Act 1996.

At Lyndon, we teach RSE as set out in this policy.

3. Policy development

This policy has been developed in consultation with staff, learners and parents. The consultation and policy development process involved the following steps:

1. Review – a member of staff pulled together all relevant information including relevant national and local guidance
2. Staff consultation – all school staff were given the opportunity to look at the policy and make recommendations
3. Parent/stakeholder consultation – parents and any interested parties were invited to make recommendations
4. Learner consultation – we investigated what exactly learners want from their RSE
5. Ratification – once amendments were made, the policy was shared with governors and ratified

4. Definition

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

RSE involves a combination of sharing information and exploring issues and values.

RSE is not about the promotion of sexual activity.

5. Curriculum

Our curriculum is set out on our website within the Personal Development section. This can also be requested by emailing the School Office.

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

6. Delivery of RSE

RSE is taught alongside the personal, social, health and economic (PSHE) education curriculum, through tutor time sessions, assemblies, safeguarding sessions, and Personal Development lessons. Biological aspects of RSE are taught within the science curriculum, and many other aspects (such as – but not limited to - diverse relationships, consent and moral choices) are developed within religious education (RE).

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

For more information about our RSE curriculum, see our website.

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, LGBT 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). We are committed to upholding the tenets of the Equalities Act 2010. As such, RSE at Lyndon will be inclusive of all needs, including educating learners about LGBTQ+, multi-racial and inter-faith relationships.

Where there is a requirement for differentiated RSE for specific learner groups – for example, SEND learners with a specific need or learners with disabilities – these will be planned appropriately. This may require age-appropriate RSE to be delivered separately from other learners, though this will be evaluated based on individual needs. On the rare occasion there may be a need to educate boys and girls separately for elements of RSE, these will be specifically to address the needs of learners; as a co-educational school, this will not be commonplace.

Disclosures

In line with the school Safeguarding Policy, disclosures to both school staff and external providers will be recorded and reported to the Designated Safeguarding Lead (DSL). The DSL will then follow up the disclosure as per the procedure outlined in that policy.

7. Roles and responsibilities

7.1 The local Governing Body

The governing board will approve the RSE policy and hold the Head of School to account for its implementation.

7.2 The Head of School

The Head of School is responsible for ensuring that RSE is taught consistently across the school, and for managing requests to withdraw learners from non-statutory components of RSE (see section 8).

7.3 Staff

Staff are responsible for:

- Delivering RSE in a sensitive way
- Modelling positive attitudes to RSE
- Monitoring progress
- Responding to the needs of individual learners
- Responding appropriately to learners whose parents wish them to be withdrawn from the non-statutory components of RSE

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 of School.

Staff who are responsible for the administration of the RSE curriculum are:

- PSHE Co-ordinator
- Assistant Principal for Curriculum Intent
- Curriculum Team Leader for Science

- Curriculum Team Leader for Religious Studies

Staff responsible for the delivery of RSE within the school will vary based on timetable requirements.

7.4 Learners

Learners are expected to engage fully in RSE and, when discussing issues related to RSE, treat others with respect and sensitivity.

8. Parents' right to withdraw

Parents have the right to withdraw their children from the non-statutory components of sex education within RSE up to and until 3 terms before the child turns 16. After this point, if the child wishes to receive sex education rather than being withdrawn, the school will arrange this.

Requests for withdrawal should be put in writing using the form found in Appendix 2 of this policy and addressed to the Head of School; any requests should be submitted annually, and all previous requests will be deemed invalid at the beginning of each academic year.

A copy of withdrawal requests will be placed in the learner's educational record. The Head of School will discuss the request with parents and take appropriate action.

Alternative work will be given to learners who are withdrawn from sex education.

9. Training

Staff are trained on the delivery of RSE as part of their induction and it is included in our continuing professional development calendar.

The Head of School will also invite, as appropriate, visitors from outside the school, such as school nurses or sexual health professionals, to provide support and training to staff teaching RSE.

10. Monitoring arrangements

The delivery of RSE is monitored by Assistant Principal for Curriculum Intent through:

- Learning walks during Personal Development time;
- Review and monitoring of lesson resources produced
- Quality assurance review of external providers.

Learners' development in RSE is monitored by class teachers as part of our internal assessment systems.

This policy will be reviewed by Assistant Principal for Curriculum Intent. At every review, the policy will be approved by the Head of School and the governing board.

Appendix 1: By the end of secondary school learners should know

TOPIC	LEARNERS SHOULD KNOW
1. Families	<ul style="list-style-type: none"> • that there are different types of committed, stable relationships. • how these relationships might contribute to human happiness and their importance for bringing up children. • what marriage is, including their legal status – for example, that marriage carries legal rights and protections not available to couples who are cohabiting or who have married, for example, in an unregistered religious ceremony. • why marriage is an important relationship choice for many couples and why it must be freely entered into. • the characteristics and legal status of other types of long-term relationships. • the roles and responsibilities of parents with respect to raising of children, including the characteristics of successful parenting. • how to determine whether other children, adults or sources of information are trustworthy, judge when a family, friend, intimate or other relationship is unsafe (and to recognise this in others' relationships), how to seek help or advice, including reporting concerns about others, if needed
TOPIC	LEARNERS SHOULD KNOW
2. Respectful relationships, including friendships	<ul style="list-style-type: none"> • the characteristics of positive and healthy friendships, in all contexts including online, such as: <ul style="list-style-type: none"> ○ trust, respect, honesty, kindness, generosity, boundaries, privacy, consent and the management of conflict ○ reconciliation and ending relationships, this includes different (non-sexual) types of relationship • practical steps they can take in a range of different contexts to improve or support respectful relationships • how stereotypes, in particular stereotypes based on sex, gender, race, religion, sexual orientation or disability, can cause damage (for example, how they might normalise non-consensual behaviour or encourage prejudice) • that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including people in positions of authority and due tolerance of other people's beliefs • about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help • that some types of behaviour within relationships are criminal, including violent behaviour and coercive control • what constitutes sexual harassment and sexual violence and why these are always unacceptable • the legal rights and responsibilities regarding equality (particularly with reference to the protected characteristics as defined in the Equality Act 2010) and that everyone is unique and equal

3. Online and media	<ul style="list-style-type: none"> • their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online • about online risks, including that any material someone provides to another has the potential to be shared online and the difficulty of removing potentially compromising material placed online • not to provide material to others that they would not want shared further and not to share personal material which is sent to them • what to do and where to get support to report material or manage issues online • the impact of viewing harmful content • that specifically sexually explicit material, for example pornography, presents a distorted picture of sexual behaviours, can damage the way people see themselves in relation to others and negatively affect how they behave towards sexual partners • that sharing and viewing indecent images of children (including those created by children) is a criminal offence which carries severe penalties including jail • how information and data is generated, collected, shared and used online 		
4. Being safe	<ul style="list-style-type: none"> • the concepts of, and laws relating to, sexual consent, sexual exploitation, abuse, grooming, coercion, harassment, rape, domestic abuse, forced marriage, honour-based violence and FGM, and how these can affect current and future relationships • how people can actively communicate and recognise consent from others, including sexual consent, and how and when consent can be withdrawn, in all contexts, including online 		
<table border="1"> <tr> <th data-bbox="114 660 344 735">TOPIC</th> <th data-bbox="344 660 2128 735">LEARNERS SHOULD KNOW</th> </tr> </table>		TOPIC	LEARNERS SHOULD KNOW
TOPIC	LEARNERS SHOULD KNOW		
5. Intimate and sexual relationships, including sexual health	<ul style="list-style-type: none"> • how to recognise the characteristics and positive aspects of healthy one-to-one intimate relationships, which include mutual respect, consent, loyalty, trust, shared interests and outlook, sex and friendship • that all aspects of health can be affected by choices they make in sex and relationships, positively or negatively, for example physical, emotional, mental, sexual and reproductive health and wellbeing • the facts about reproductive health, including fertility and the potential impact of lifestyle on fertility for men and women and menopause • that there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others • that they have a choice to delay sex or to enjoy intimacy without sex • the facts about the full range of contraceptive choices, efficacy and options available • the facts around pregnancy including miscarriage • that there are choices in relation to pregnancy (with medically and legally accurate, impartial information on all options, including keeping the baby, adoption, abortion and where to get further help) • how the different sexually transmitted infections (STIs), including HIV and AIDs, are transmitted, how risk can be reduced through safer sex (including through condom use) and the importance of and facts about testing • about the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment • how the use of alcohol and drugs can lead to risky sexual behaviour • how to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment 		

The Law

It is important to know what the law says about sex, relationships and young people, as well as broader safeguarding issues. This includes a range of important facts and the rules regarding sharing personal information, pictures, videos and other material using technology. This will help young people to know what is right and wrong in law, but it can also provide a good foundation of knowledge for deeper discussion about all types of relationships. There are also many different legal provisions whose purpose is to protect young people and which ensure young people take responsibility for their actions.

Pupils should be made aware of the relevant legal provisions when relevant topics are being taught, including for example:

- marriage
- consent, including the age of consent
- violence against women and girls
- online behaviours including image and information sharing (including 'sexting', youth-produced sexual imagery, nudes, etc.)
- pornography
- abortion
- sexuality
- gender identity
- substance misuse
- violence and exploitation by gangs
- extremism and radicalisation
- criminal exploitation (for example, through gang involvement or 'county lines' drugs operations)
- hate crime
- female genital mutilation (FGM)

Appendix 2: Parent form: withdrawal from sex education within RSE

TO BE COMPLETED BY PARENTS			
Name of child		Class	
Name of parent		Date	
Reason for withdrawing from sex education within relationships and sex education			
Any other information you would like the school to consider			
Parent signature			
TO BE COMPLETED BY THE SCHOOL			
Agreed actions from discussion with parents	<i>Include notes from discussions with parents and agreed actions taken. Eg: Joe Bloggs will be taking part in all relationships lessons and during the sex education lessons, he will be working independently on a project in the school library.</i>		