

DRAFT Relationships and sex education policy

Katherine Warrington School



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Throughout this policy, the term "parent(s)" has been used to refer to parents, carers and other adults with parental or caring responsibility for the student.

1. Aims

Relationship and Sex Education (RSE) is part of a lifelong learning about physical, moral and emotional development. At Katherine Warington School, RSE is centred on personal safety, caring for others and building strong family relationships. This is coupled with teaching students about sexual health (including safe sex), and sexuality. The aims of relationships and sex education at our school are to:

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

In addition Katherine Warington School believes that RSE should:

- Be an integral part of the lifelong learning process, beginning in early childhood and continuing into adult life.
- Be an entitlement for all young people.
- Recognise that parents are the key people in teaching their children about sex, relationships and growing up. We aim to work in partnership with parents and students.

2. Statutory requirements

Under the Education Act 2002/Academies Act 2010 all schools must provide a balanced and broadly-based curriculum which:

- promotes the spiritual, moral, cultural, mental and physical development of students at the school and of society

and

- prepares students at the school for the opportunities, responsibilities and experiences of later life.

We are required to teach RSE as part of statutory guidance that states from September 2026 (or during the 12 months preceding this date), all schools must deliver relationships, sex and health education (including education about sexually transmitted diseases and child protection issues such as FGM and child sexual exploitation) and must teach human growth and reproduction as set out in the national curriculum. This is a statutory requirement.

As a secondary academy school we must provide RSE to all students as per section 34 of the [Children and Social work act 2017](#).

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 Katherine Warington School we teach RSE as set out in this policy.

3. Policy development

This policy has been developed in consultation with staff, trustees and parents.

4. Definition

RSE is about the emotional, social and cultural development of students, 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 as per Appendix 1 but we may need to adapt it as and when necessary.

We have developed the curriculum taking into account the age, needs and feelings of students. If students 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.

If posed with a question of a tricky/sensitive nature, teachers should seek advice from the school's subject lead on how to appropriately answer or respond to a question before entering into discussion.

For more information about our curriculum, see our curriculum overview in Appendix 1.

6. Delivery of RSE

RSE is taught within the Personal, Social, Health and Economic (PSHE) education curriculum. Biological aspects of RSE are taught within the science curriculum.

Students may also receive stand-alone relationship and sex education sessions delivered by a trained health professional.

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 PSHE/RSE curriculum, see Appendix 1.

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).

RSE resources are chosen and checked for: being inclusive – acknowledging the full spectrum of diversity in society, positive, healthy and unbiased messages, age and understanding appropriateness.

Safety and Confidentiality- Within the teaching of RSE, we make it clear to students what our expectations are surrounding respect, safety and confidentiality. Teachers are aware that effective RSE, which brings an understanding of what is and what is not appropriate in a relationship, can lead to a disclosure of a child safeguarding issue. Staff will consult with the Designated Safeguarding Lead (DSL) for child protection or another member of the safeguarding team.

7. Roles and responsibilities

7.1 The Board of Trustees

The board will hold the headteacher to account for the implementation of this policy.

7.2 The headteacher

The 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 (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 pupils

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 headteacher.

RSE will be delivered by all staff allocated to teach PSHE and science. Responsibility for the intent and implementation of the curriculum lies with the head of PSHE and Science

7.4 Pupils

Pupils 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 do not have the right to withdraw their child from the RSE element of the National Science Curriculum. This is the biological aspect of human growth and reproduction.

Parents have the right to withdraw their children from any non-statutory (statutory components can be found listed in the table in Appendix 2) 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 3 of this policy and addressed to the headteacher.

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

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

9. Monitoring arrangements

It is the responsibility of the Headteacher to oversee and organise the monitoring and evaluation of PSHE+RSE, in the context of the overall school plans for monitoring the quality of teaching and learning.

RSE will be taught across the curriculum but specifically in PSHE and science. The RSE curriculum is led and monitored by the head of PSHE. Members of the pastoral team and external professionals may teach certain aspects of the programme. Where external professionals are invited to deliver aspects of RSE the curriculum team leader will make checks to ensure that content and language used are both appropriate.

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

This policy will be reviewed by the headteacher annually. At every review, the policy will be approved by the Trust Board.

Appendix 1: KWS Curriculum Overview for PSHE+RSE

Lesson resources will be available via the KWS student website or Google Classroom as they become available.

Year 7 (37 hours of lessons)

The following are distinct lessons and can be delivered in any order, however they fall into the PSHE Association's recommended three categories:

	Year 7
Health & Wellbeing	Being Healthy Personal Hygiene Healthy Eating Puberty Periods Self-Esteem Energy Drinks Mental Health A,B & C Drugs Managing Anger
Living in the Wider World	Growth Mindset Being Aspirational Peer Pressure Online Safety Gangs Social Media Prejudice & Discrimination Careers Budgeting
Relationships & Sex Education	Friendships Bullying Puberty & Emotional Changes Menstrual Wellbeing Healthy & Unhealthy Relationships Consent Managing Conflict Safe Use of AI

Year 8 (37 hours of lessons)

The following are distinct lessons and can be delivered in any order, however they fall into the PSHE Association's recommended three categories:

	Year 8
Health & Wellbeing	Drugs & Alcohol Basic First Aid Emergency First Aid Resilience
Living in the Wider World	British Values British Citizenship Xenophobia Parliament Democracy & Voting Extremism

	<ul style="list-style-type: none"> Radicalisation & Prevent Religious Prejudice & Discrimination Disability Discrimination Homophobia Personal Safety Careers
Relationships & Sex Education	<ul style="list-style-type: none"> Relationship Values Influences on Relationships Sexual Orientation Sexting & Sharing Images Consent Pornography Teen Pregnancy Intro to Contraception Gender Stereotypes Being a Positive Bystander

Year 9 (37 hours of lessons)

The following are distinct lessons and can be delivered in any order, however they fall into the PSHE Association's recommended three categories:

	Year 9
Health & Wellbeing	<ul style="list-style-type: none"> Anxiety Stress Growth Mindset Body Image Self-Harm Eating Disorders Drugs & Alcohol Social Media & Wellbeing
Living in the Wider World	<ul style="list-style-type: none"> Growth Mindset Rules to Succeed LGBTQAI Young Offenders Trafficking Child Sexual Exploitation Knife Crime Stop & Search Tax & NI Fairtrade Income & Expenditure Careers
Relationships & Sex Education	<ul style="list-style-type: none"> Respectful Behaviours Consent End of Relationships Sexual Content Online Sexual Health Contraception Child Sexual Exploitation FGM

Year 10 (37 hours of lessons)

The following are distinct lessons and can be delivered in any order, however they fall into the PSHE Association's recommended three categories:

	Year 10
Health & Wellbeing	Binge Drinking Living Sustainably Grief & Bereavement Social Anxiety Screen Time Social Media & Self-Esteem Suicide Testicular Health Vaginal and Vulva Health
Living in the Wider World	Hate Crimes Homelessness Anti-Social Behaviour Financial Dilemmas Budgets Debt Tax Finance Risk Careers
Relationships & Sex Education	Intimacy & Pleasure Impact of Pornography Pressure & Coercion Conflict & Breakups Relationship Abuse Relationships with role Models Sexism & gender Prejudice Revenge Porn Same Sex Relationships Forced & Arranged Marriage Harassment & Stalking

Year 11 (19 hours of lessons)

The following are distinct lessons and can be delivered in any order, however they fall into the PSHE Association's recommended three categories:

	Year 11
Health & Wellbeing	Happiness & Positivity Bullying & Body Shaming Digital Footprints Gambling & Online Gambling Privilege Identity & Diversity Fertility & Reproductive Health Obesity & Body Positivity Perseverance & Procrastination Personal Safety Importance of Sleep Risk Taking
Living in the Wider World	Cybercrime & Online Fraud Health & Safety at Work Trade Unions Job Interviews

Relationships & Sex Education	Family Conflict Long Term Commitments Sexual Health Fertility Routes to Parenthood Pregnancy Outcomes Abortion Choices
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Year 12 & 13 (37 hours of lessons)

The following are distinct lessons and can be delivered in any order, however they fall into the PSHE Association's recommended three categories:

	Year 12 & 13
Health & Wellbeing	Being a Resilient Student Mental Health Issues, Suicide Keeping Physically Healthy Alcohol & Substance Misuse Body Image & Social Media Young Adult Illnesses, Menopause and Women's Health Healthy Eating on a Budget
Living in the Wider World	Managing emergency situations De-escalating aggressive situations Young Driver & Passenger Safety Careers, Apprenticeships & University Gangs and Organised Crime, Extremism Online Gaming & Gambling Gap Years, Travel Safety, Budgeting, Living Independently Societal Values, The Law, Politics & Political Influence, Human Rights
Relationships & Sex Education	Personal safety in relationships Sexual Health, Contraception & STIs Pregnancy & Young Parenthood Mysogyny, Sexual Exploitation, Assault & Rape Communication & Emotions in Relationships Ending Relationships Respectfully Understanding Sexuality Influence of Faith and Cultural Views on Relationships Online Dating Managing Relationships at work and University

Appendix 2: Statutory guidance from the Department for Education (to be implemented by 1st September 2026)

By the end of secondary school pupils should know;

TOPIC	PUPILS SHOULD KNOW
Families	<ul style="list-style-type: none"> ● That there are different types of committed, stable relationships. ● How these relationships might contribute to wellbeing, and their importance for bringing up children. ● Why marriage or civil partnership is an important relationship choice for many couples. The legal status of marriage and civil partnership, including that they carry legal rights, benefits and protections that are not available to couples who are cohabiting or who have, for example, undergone a non-legally binding religious ceremony. ● That ‘common-law marriage’ is a myth and cohabitants do not obtain marriage-like status or rights from living together or by having children. ● That forced marriage and marrying before the age of 18 are illegal. ● How families and relationships change over time, including through birth, death, separation and new relationships. ● The roles and responsibilities of parents with respect to raising children, including the characteristics of successful parenting and the importance of the early years of a child’s life for brain development. ● How to judge when a relationship is unsafe and where to seek help when needed, including when pupils are concerned about violence, harm, or when they are unsure who to trust.
Respectful relationships, including friendships	<ul style="list-style-type: none"> ● The characteristics of positive relationships of all kinds, online and offline, including romantic relationships. For example, pupils should understand the role of consent, trust, mutual respect, honesty, kindness, loyalty, shared interests and outlooks, generosity, boundaries, tolerance, privacy, and the management of conflict, reconciliation and ending relationships. ● How to evaluate their impact on other people and treat others with kindness and respect, including in public spaces and including strangers. Pupils should understand the legal rights and responsibilities regarding equality, and that everyone is unique and equal. ● The importance of self-esteem, independence and having a positive relationship with oneself, and how these characteristics support healthy relationships with others. This includes developing one’s own interests, hobbies, friendship groups, and skills. Pupils should understand what it means to be treated with respect by others. ● What tolerance requires, including the importance of tolerance of other people’s beliefs. ● The practical steps pupils can take and skills they can develop to support respectful and kind relationships. This includes skills for communicating respectfully within relationships and with strangers, including in situations of conflict. ● The different types of bullying (including online bullying), the impact of bullying, the responsibilities of bystanders to report bullying and how and where to get help. ● Skills for ending relationships or friendships with kindness and managing the difficult feelings that endings might bring, including disappointment, hurt or frustration. ● The role of consent, including in romantic and sexual relationships. Pupils should understand that ethical behaviour goes beyond consent and involves kindness, care, attention to the needs and vulnerabilities of the other person, as well as an awareness of power dynamics. Pupils should understand that just because someone says yes to doing something, that doesn’t automatically make it ethically ok. ● How stereotypes, in particular stereotypes based on sex, gender reassignment, race, religion, sexual orientation or disability, can cause damage (e.g. how they might normalise non-consensual behaviour or encourage prejudice). Pupils should be equipped to recognise misogyny and other forms of prejudice. ● How inequalities of power can impact behaviour within relationships, including sexual relationships. For example, how people who are disempowered can feel they are not entitled to be treated with respect by others or how those who enjoy an unequal amount of power might, with or without realising it, impose their preferences on others. ● How pornography can negatively influence sexual attitudes and behaviours, including by normalising harmful sexual behaviours and by disempowering some people, especially women, to feel a sense of autonomy over their own body and providing some people with a sense of sexual entitlement to the bodies of others.

	<ul style="list-style-type: none"> ● Pupils should have an opportunity to discuss how some sub-cultures might influence our understanding of sexual ethics, including the sexual norms endorsed by so-called “involuntary celibates” (incels) or online influencers.
Online and media	<ul style="list-style-type: none"> ● Rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online. ● Online risks, including the importance of being cautious about sharing personal information online and of using privacy and location settings appropriately to protect information online. Pupils should also understand the difference between public and private online spaces and related safety issues. ● The characteristics of social media, including that some social media accounts are fake, and / or may post things which aren't real / have been created with AI. That social media users may say things in more extreme ways than they might in face-to-face situations, and that some users present highly exaggerated or idealised profiles of themselves online. ● Not to provide material to others that they would not want to be distributed further and not to pass on personal material which is sent to them. Pupils should understand that any material provided online might be circulated, and that once this has happened there is no way of controlling where it ends up. Pupils should understand the serious risks of sending material to others, including the law concerning the sharing of images. ● That keeping or forwarding indecent or sexual images of someone under 18 is a crime, even if the photo is of themselves or of someone who has consented, and even if the image was created by the child and/or using AI generated imagery. Pupils should understand the potentially serious consequences of acquiring or generating indecent or sexual images of someone under 18, including the potential for criminal charges and severe penalties including imprisonment. Pupils should know how to seek support and should understand that they will not be in trouble for asking for help, either at school or with the police, if an image of themselves has been shared. Pupils should also understand that sharing indecent images of people over 18 without consent is a crime. ● What to do and how to report when they are concerned about material that has been circulated, including personal information, images or videos, and how to manage issues online. ● About the prevalence of deepfakes including videos and photos, how deepfakes can be used maliciously as well as for entertainment, the harms that can be caused by deepfakes and how to identify them. ● That the internet contains inappropriate and upsetting content, some of which is illegal, including unacceptable content that encourages misogyny, violence or use of weapons. Pupils should be taught where to go for advice and support about something they have seen online. Pupils should understand that online content can present a distorted picture of the world and normalise or glamorise behaviours which are unhealthy and wrong. ● That social media can lead to escalations in conflicts, how to avoid these escalations and where to go for help and advice. ● How to identify when technology and social media is used as part of bullying, harassment, stalking, coercive and controlling behaviour, and other forms of abusive and/or illegal behaviour and how to seek support about concerns. ● That pornography, and other online content, often presents a distorted picture of people and their sexual behaviours and can negatively affect how people behave towards sexual partners. This can affect pupils who see pornographic content accidentally as well as those who see it deliberately. Pornography can also portray misogynistic behaviours and attitudes which can negatively influence those who see it. ● How information and data is generated, collected, shared and used online. ● That websites may share personal data about their users, and information collected on their internet use, for commercial purposes (e.g. to enable targeted advertising). ● That criminals can operate online scams, for example using fake websites or emails to extort money or valuable personal information. This information can be used to the detriment of the person or wider society. About risks of sextortion, how to identify online scams relating to sex, and how to seek support if they have been scammed or involved in sextortion. ● That AI chatbots are an example of how AI is rapidly developing, and that these can pose risks by creating fake intimacy or offering harmful advice. It is important to be able to critically think about new types of technology as they appear online and how they might pose a risk.

Being safe	<ul style="list-style-type: none"> ● How to recognise, respect and communicate consent and boundaries in relationships, including in early romantic relationships (in all contexts, including online) and early sexual relationships that might involve kissing or touching. That kindness and care for others requires more than just consent. ● That there are a range of strategies for identifying, resisting and understanding pressure in relationships from peers or others, including sexual pressure, and how to avoid putting pressure on others. ● How to determine whether other children, adults or sources of information are trustworthy, how to judge when a relationship is unsafe (and recognise this in the relationships of others); how to seek help or advice, including reporting concerns about others, if needed. ● How to increase their personal safety in public spaces, including when socialising with friends, family, the wider community or strangers. Pupils should learn ways of seeking help when needed and how to report harmful behaviour. Pupils should understand that there are strategies they can use to increase their safety, and that this does not mean they will be blamed if they are victims of harmful behaviour. Pupils might reflect on the importance of trusting their instincts when something doesn't feel right, and should understand that in some situations a person might appear trustworthy but have harmful intentions. ● What constitutes sexual harassment or sexual violence, and that such behaviour is unacceptable, emphasising that it is never the fault of the person experiencing it. ● That sexual harassment includes unsolicited sexual language / attention / touching, taking and/or sharing intimate or sexual images without consent, public sexual harassment, pressuring other people to do sexual things, and upskirting. ● The concepts and laws relating to sexual violence, including rape and sexual assault. ● The concepts and laws relating to harmful sexual behaviour, which includes all types of sexual harassment and sexual violence among young people but also includes other forms of concerning behaviour like using age-inappropriate sexual language. ● The concepts and laws relating to domestic abuse, including controlling or coercive behaviour, emotional, sexual, economic or physical abuse, and violent or threatening behaviour. ● That fixated, obsessive, unwanted and repeated behaviours can be criminal, and where to get help if needed. ● The concepts and laws relating to harms which are exploitative, including sexual exploitation, criminal exploitation and abuse, grooming, and financial exploitation. ● The concepts and laws relating to forced marriage. ● The physical and emotional damage which can be caused by female genital mutilation (FGM), virginity testing and hymenoplasty, where to find support, and the law around these areas. This should include that it is a criminal offence for anyone to perform or assist in the performance of FGM, virginity testing or hymenoplasty, in the UK or abroad, or to fail to protect a person under 16 for whom they are responsible. ● That strangulation and suffocation are criminal offences, and that strangulation (applying pressure to the neck) is an offence, regardless of whether it causes injury. That any activity that involves applying force or pressure to someone's neck or covering someone's mouth and nose is dangerous and can lead to serious injury or death. ● That pornography presents some activities as normal which many people do not and will never engage in, some of which can be emotionally and/or physically harmful. ● How to seek support for their own worrying or abusive behaviour or for worrying or abusive behaviour they have experienced from others, including information on where to report abuse, and where to seek medical attention when required, for example after an assault.
Intimate and sexual relationships, including sexual health	<ul style="list-style-type: none"> ● That sex, for people who feel ready and are over the age of consent, can and should be enjoyable and positive. ● The law about the age of consent, that they have a choice about whether to have sex, that many young people wait until they are older, and that people of all ages can enjoy intimate and romantic relationships without sex. ● Sexual consent and their capacity to give, withhold or remove consent at any time, even if initially given, as well as the considerations that people might take into account prior to sexual activity, e.g. the law, faith and family values. That kindness and care for others require more than just consent.

- That all aspects of health can be affected by choices they make in sex and relationships, positively or negatively, e.g. physical, emotional, mental, sexual and reproductive health and wellbeing.
- That some sexual behaviours can be harmful.
- The facts about the full range of contraceptive choices, efficacy and options available, including male and female condoms, and signposting towards medically accurate online information about sexual and reproductive health to support contraceptive decisionmaking.
- That there are choices in relation to pregnancy. Pupils should be given medically and legally accurate and 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, are transmitted. How risk can be reduced through safer sex (including through condom use). The use and availability of the HIV prevention drugs Pre-Exposure Prophylaxis (PrEP) and Post Exposure Prophylaxis (PEP) and how and where to access them. The importance of, and facts about, regular testing and the role of stigma .
- The prevalence of STIs, the short and long term impact they can have on those who contract them and key facts about treatment.
- How the use of alcohol and drugs can lead people to take risks in their sexual behaviour.
- How and where to seek support for concerns around sexual relationships including sexual violence or harms.
- How to counter misinformation, including signposting towards medically accurate information and further advice, and where to access confidential sexual and reproductive health advice and treatment.

Appendix 3: 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	