



St George's
School Edgbaston

UPPER SCHOOL: RSHE POLICY

Revised: September 2026



Aims

The aims of relationships and sex education (RSHE) at our school are to:

- 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
- Create a positive culture around issues of sexuality and relationships
- Teach pupils the correct vocabulary to describe themselves and their bodies
- Empower pupils to understand their rights and responsibilities in a range of contexts
- Ensure pupils understand the law around topics such as diversity, sex and marriage

Our approach to RSHE and PSHE falls directly in line with the school aims which are:

- Maximising individual achievement within a caring community
- Developing respect and responsibility in all relationships
- Promoting friendship, fair play and equality
- Creating opportunities for personal development in a changing and challenging world

We believe that delivering a purposeful PSHE and RSHE programme helps to develop and enrich these aims and to foster a culture of openness within our school community.

We include statutory Relationships, Sex and Health Education within our whole-school PSHE Programme.

The St George's PSHE Programme is aligned to the PSHE Association Programmes of Study for PSHE and aligned to the definitions of Relationships and Sex Education offered by the Sex Education Forum (National Children's Bureau, April 2020).

Statutory Requirements

We are required to teach Relationships, Sex and Health Education as per the Government guidance from the Department for Education (DfE) issued under section 80A of the Education Act 2002 and section 403 of the Education Act 1996.

At St. George's School we teach RSHE as set out in this policy.

Definition

How does the Sex Education Forum define 'Sex Education'?

Sex Education is learning about the physical, social, legal and emotional aspects of human sexuality and behaviour, including human reproduction. This includes conception, safer sex, sexually transmitted infections and sexual health.

How does the Sex Education Forum define 'Relationships Education'?

Relationships Education is learning about the physical, social, legal and emotional aspects of human relationships including friendships, intimate, sexual and committed relationships and family life. Relationships education supports children to be safe, happy and healthy in their interactions with others now and in the future.'

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

RSHE involves a combination of sharing information, and exploring issues and values.

RSHE is not about the promotion of sexual activity.

Curriculum

Our curriculum is set out as per Appendix 1 but we may need to adapt it as and when necessary.

To ensure progression and a spiral curriculum, we use the PSHE Association curriculum as our chosen teaching and learning programme and tailor it to our students' needs. The mapping document, '*Programme of Study for PSHE Education*' (Appendix 2), shows exactly how the PSHE Association and, therefore, our school, meets the statutory RSHE and Health Education requirements.

Our RSHE curriculum runs within our PSHE curriculum and therefore, the topics are addressed in a way that builds on prior learning. However, we have identified a number of lessons which specifically address areas of RSHE where parents have a right to withdraw in line with our policy as set out later in this document.

Delivery of RSHE

RSHE is taught within the personal, social, health and economic (PSHE) education curriculum. PSHE lessons take place once per week – please note that the content and other information about the delivery of PSHE is elaborated on in our PSHE policy. Over the course of the year, relationships education will be an ongoing part of these themes as we seek to develop each individual and how they interact with others.

Biological aspects of RSHE are also taught within the science curriculum, and other aspects are included in religious education (RE).

Teaching staff will deliver the PSHE and RSHE curriculum. There will be regular communication between the Head of PSHE and teachers to support and monitor its delivery. Pupils may also receive stand-alone sex education sessions delivered by our School Nurse. Sometimes we may use other health professionals to supplement our curriculum offer. This will be age-appropriate and considerate of a range of other factors such as pupils' developmental stage and understanding of topics.

RSHE 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 RSHE 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).

Some aspects of the RSHE curriculum are also covered through our Form Time Provision. Again, all resources are age appropriate and are used under the direction of Senior Leaders and at the discretion of Form Tutors.

Groupings

RSHE takes place within mixed gender classes or single gender groups as deemed appropriate and relevant with the pupil's usual teacher. There may be times when choosing particular mixes of genders may be useful. It is important to note that although separated genders may have different activities on occasions the messages and information they receive will be consistent. It will be left to the management/teacher's discretion to make these decisions.

Training

Staff are trained on the delivery of RSHE as necessary.

Senior Leaders may also invite visitors from outside the school, such as sexual health professionals, to provide support and training to staff teaching RSHE.

The School Nurse may also deliver sessions to students and/or staff.

As we use the PSHE Association Programme, we also have access to a range of online resources and training to support staff in their delivery of PSHE topics.

Accessibility for all

Relationships Education, RSHE and Health Education will be accessible for all pupils. At St George's School we pride ourselves in our individual approach to education. Teachers will always plan lessons that are appropriate to the needs of the students in their classroom and lessons/resources will be adapted accordingly. LSAs and Specialist Teaching staff will support vulnerable pupils as and when needed and due care will be taken when delivering key topics.

The SEND Department will be consulted on individual students and the specific needs or provisions that must be made in light of EHCPs.

We promote the needs and interests of all students, irrespective of gender, culture, ability or aptitude by creating an inclusive, safe learning environment. Teaching will take into account the ability, age-readiness and cultural background of students in order that all students can access the PSHE curriculum. We actively promote social learning in PSHE lessons and across the School. We expect our students to show a high regard for the needs of others as encompassed in our school values. We will use PSHE education as a vehicle to address diversity and equality for all.

Parents' Right to Withdraw

We recognise the prime role of parents/carers in the development of their child's understanding about relationships and sex. We work in active partnership with parents/carers in the development and review of RSHE.

The school ensure that parents/carers are: made aware of the school's approach and rationale for RSHE through the policy; made aware of the school's PSHE curriculum; and encourage them to support their child is learning at home through shared learning activities, if appropriate.

Parents/carers have a legal right to withdraw their children from dedicated sex education lessons delivered outside the science curriculum. They do not have a right to withdraw their children from those aspects of RSHE that are taught in national curriculum Science.

If a parent/carer has any concerns about the RSHE provision, we will take time to address their concerns and allay any fears they may have. Requests for withdrawal should be put in writing and addressed to the headteacher. If parents/carers decide to withdraw their child, we shall work with them and their child to explore possible alternative provision. 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.

Once a student is three terms away from their sixteenth birthday they have a right to receive sex education rather than be withdrawn. Where this is the case we will make arrangements to provide them with sex education during one of those terms.

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

It is important to note that the Head of PSHE is open to parent communication and query, and any request to view materials ahead of lessons being taught is welcomed. The Head of PSHE makes regular contact with parents regarding the upcoming topics being taught during PSHE and where to get further support as well as targeted webinars on a range of RSHE topics. Any requests for information regarding PSHE should be directed to Reception, who will forward to the appropriate member of staff.

Roles and Responsibilities

The Board of Trustees

The Board of Trustees will approve the RSHE policy, and hold the headmaster to account for its implementation.

The Headteacher

The headteacher is responsible for ensuring that RSHE is taught consistently across the school, and for managing requests to withdraw pupils from specific aspects of the curriculum.

Teaching Staff

Teaching staff are responsible for:

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

Staff do not have the right to opt out of teaching RSHE. Staff who have concerns about teaching RSHE are encouraged to discuss this with the Headteacher at the earliest opportunity.

Pupils

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

Head of PSHE

The Head of PSHE is responsible for curriculum planning, implementation, review and quality assurance, as well as communication with parents.

Monitoring Arrangements

The delivery of RSHE is monitored by Mrs A Taylor (Head of PSHE) through:

- Learning walks
- Work scrutinies
- Planning
- Student voice
- Meetings with staff/staff feedback
- Parent voice

Pupils' development in RSHE is monitored by class teachers as part of our internal assessment systems. The PSHE Programme has been developed with integrated assessments throughout to gauge understanding and progress.

The Senior Leader – Teaching and Learning will evaluate the RSHE programme periodically (in line with the monitoring arrangements above) and make changes as and when necessary.

Links with other policies

This policy links to the following policies and procedures:

- PSHE policy
- Safeguarding policy

This policy will be reviewed annually by the Head of PSHE and Upper School SLT.

Ratified by Board of Trustees.

**To be reviewed September 2027
or as and when statutory guidance / legislation changes**

Appendix One – PSHE Curriculum Map as of September 2026

KS3 Statutory RSHE KS3 Economic Wellbeing & Careers St George's School Edgbaston KS4 Statutory RSHE KS5 PSHE						
PSHE Curriculum Map						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	Emotional wellbeing: managing change and transition	Friendship and bullying	Families and changing relationships	Puberty and keeping safe	Influences on relationships	Financial decisions
Year 8	Health and wellbeing	Personal safety and managing risk	Belonging and community	The online world	Healthy and unhealthy relationships	Managing money
Year 9	Mental health and wellbeing	Careers and future choices	Drug education	Managing risk in relation to the law	Intimidate sexual relationships	Navigating online harms
Year 10	Independence, health choices and wellbeing	Navigating the online world	Friendship, diversity and challenging extremism	Managing influence	Exploring content and recognising abuse	Online financial harms
Year 11	Life-long wellbeing	Drugs and personal safety	Safe relationships and sexual health	Families, fertility and pregnancy	Examinations	Examinations
Year 12	Mental health and wellbeing	Online life and harms	Inclusion, bullying and discrimination	Healthy positive relationships	Economic wellbeing	Careers education
Year 13	Healthy lifestyles/drug education	Boundaries and consent/Harmful relationship behaviours	Contraception and parenthood/sexual health	Managing risk and personal safety	Examinations	Examinations