



The Chalfonts Community College

RSE & Health Education Policy 2025-2026

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STATEMENT OF INTENT

At The Chalfonts Community College, we understand the importance of educating students about sex, relationships and their health, for them to make responsible and well-informed decisions in their lives.

The teaching of Relationship, Sex Education (RSE) and health education can help to prepare students for the opportunities, responsibilities and experiences of adult life. It allows us to promote the spiritual, moral, social, cultural, mental and physical development of students at school and in the wider society. We have an obligation to provide students with high quality, evidence and age-appropriate teaching of these subjects.

This policy outlines how the School's RSE and health education curriculum will be organised and delivered, to ensure it meets the needs of all students.

1. LEGAL FRAMEWORK

This policy has due regard to all relevant legislation and statutory guidance including, but not limited to, the following:

- Equality Act 2010
- DfE (2019) 'Keeping children safe in education'
- DfE (2021) 'Relationships Education, Relationships and Sex Education (RSE) and Health Education'
- DfE (2015) 'National curriculum in England: science programmes of study'
- The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019
- Children and Social Work Act 2017

This policy operates in conjunction with the following school policies:

- Behaviour Policy
- SEND Policy
- Online Safety Policy
- Equality & Diversity Policy
- Anti-Bullying Policy
- Safeguarding Student Welfare Policy
- Data Protection Policy
- ICT Acceptable usage Agreement

2. ORGANISATION OF THE RSE AND HEALTH EDUCATION CURRICULUM

All schools providing secondary education are required to deliver statutory RSE and all state-funded schools are required to deliver health education.

For the purpose of this policy, "relationships and sex education" is defined as teaching students about developing healthy, nurturing relationships of all kinds, and helping them to understand human sexuality and to respect themselves and others.

For the purpose of this policy, “health education” is defined as teaching students about how they can make good decisions about their own health and wellbeing, and how physical health and mental wellbeing are interlinked. The RSE and health education curriculum will be developed in accordance with DfE recommendations.

The majority of the RSE and health education curriculum will be delivered through Personal Development Lessons, with statutory elements taught via the science curriculum. In addition, certain aspects, where appropriate, will be delivered in appropriate subject areas.

The Personal Development Subject Leader will work closely with their colleagues in related curriculum areas to ensure the curriculum complements and does not duplicate the content covered in national curriculum subjects. The curriculum has been developed in line with the DfE’s ‘Relationships Education, Relationships and Sex Education (RSE) and Health Education’ guidance.

The school will consider the context and views of the wider local community when developing the curriculum to ensure it is reflective of issues in the local area. They will also consider the religious background of all students when planning teaching, to ensure all topics included, are appropriately handled.

The RSE and health education curriculum is informed by topical issues in the school and wider community, to ensure it is tailored to students’ needs, for example, if there was a local prevalence of specific sexually transmitted infections, our curriculum would be tailored to address this issue.

3. RSE SUBJECT OVERVIEW

RSE will continue to develop students’ knowledge on the topics taught at a primary level, in addition to the content outlined in this section. By the end of secondary school, students will know:

- 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, e.g. 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 children, including the characteristics of successful parenting.

Students will also know 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 recognise this in others’ relationships.

- How to seek help or advice if needed, including reporting concerns about others. Respectful relationships, including friendships

By the end of secondary school, students will know:

- The characteristics of positive and healthy friendships in all contexts (including online), including trust, respect, honesty, kindness, generosity, boundaries, privacy, consent and the management of conflict, reconciliation and ending relationships. This includes different (non-sexual) types of relationships.
- Practical steps they can take in a range of different contexts to improve or support respectful relationships.
- How stereotypes, particularly those based on sex, gender, race, religion, sexual orientation or disability, can cause damage, e.g. how they might normalise non-consensual behaviour.
- That in school and 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 seek help.
- The types of behaviour in relationships that can be criminal, including violent behaviour and coercive control.
- What constitutes sexual harassment and violence and why these are always unacceptable. The legal rights and responsibilities regarding equality, with reference to the protected characteristics defined in the Equality Act 2010, and that everyone is unique and equal.

Online and media

By the end of secondary school, students will know:

- Their rights, responsibilities and opportunities online, and that the same expectations of behaviour apply in all contexts.
- About online risks, including that material shared with another person 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 they receive.
- 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, e.g. 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 is a criminal offence, which carries severe penalties, including jail.
- How information and data is generated, collected, shared and used online.

Being safe

By the end of secondary school, students will know:

- 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 – this includes online.

Intimate and sexual relationships, including sexual health

By the end of secondary school, students will know:

- 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 and negatively, e.g. 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 both men and women.
- The 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 enjoy intimacy without sex.
- The facts about the full range of contraceptive choices, their effectiveness and options available.
- The facts around pregnancy including miscarriage.
- That there are choices in relation to pregnancy, with legally and medically 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) are transmitted, how risk can be reduced through safer sex and the importance of 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.

4. HEALTH EDUCATION SUBJECT OVERVIEW

The physical health and mental wellbeing curriculum will continue to develop students' knowledge on the topics taught at a primary level, in addition to the content outlined in this section.

Mental wellbeing

By the end of secondary school, students will know:

- How to talk about their emotions accurately and sensitively, using appropriate vocabulary.
- That happiness is linked to being connected to others.
- How to recognise the early signs of mental wellbeing concerns.
- Common types of mental ill health, e.g. anxiety and depression.
- How to critically evaluate, when something they do or are involved in has a positive or negative effect on their own or others' mental health.
- The benefits and importance of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness.

Internet safety and harms

By the end of secondary school, students will know:

- The similarities and differences between the online world and the physical world, including the impact of unhealthy or obsessive comparison with others online, over-reliance on online relationships, the risks related to online gambling, how information is targeted at them and how to be a discerning consumer of information online.
- How to identify harmful behaviours online, including bullying, abuse or harassment, and how to report, or find support, if they have been affected by those behaviours.

Physical health and fitness

By the end of secondary school, students will know:

- The positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress.
- The characteristics and evidence of what constitutes a healthy lifestyle, maintaining a healthy weight, including the links between an inactive lifestyle and ill health.
- About the science relating to blood, organ and stem cell donation. Healthy eating By the end of secondary school, students will know:
- How to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer.

Drugs, alcohol and tobacco

By the end of secondary school, students will know:

- The facts about legal and illegal drugs and their associated risks, including the link between drug use and serious mental health conditions.
- The law relating to the supply and possession of illegal substances.
- The physical and psychological risks associated with alcohol consumption and what constitutes low risk alcohol consumption in adulthood.

- The physical and psychological consequences of addiction, including alcohol dependency.
- Awareness of the dangers of drugs which are prescribed but still present serious health risks.
- The facts about the harms from smoking tobacco, the benefits of quitting and how to access the support to do so.

Health and prevention

By the end of secondary school, students will know:

- About personal hygiene, germs including bacteria, viruses, how they are spread, treatment and prevention of infection, and about antibiotics.
- About dental health and the benefits of good oral hygiene and dental flossing, including healthy eating and regular check-ups at the dentist.
- The benefits of regular self-examination and screening.
- The facts and science relating to immunisation and vaccination.
- The importance of sufficient good quality sleep for good health, how lack of sleep can affect weight, mood and ability to learn.

Basic first aid

By the end of secondary school, students will know:

- Basic treatments for common injuries.
- Life-saving skills, including how to administer CPR.
- The purpose of defibrillators and when one might be needed.

Changing adolescent body

By the end of secondary school, students will know:

- Key facts about puberty, the changing adolescent body and menstrual wellbeing.
- The main changes, which take place in males and females, and the implications for emotional and physical health.

5. DELIVERY OF THE CURRICULUM

The majority of the RSE and health education curriculum, will be delivered through Personal Development lessons.

Additional content will also be delivered by subject specialists, where appropriate.

Through effective organisation and delivery of the subject, we will ensure that:

- Core knowledge is sectioned into units of a manageable size.
- The required content is communicated to students clearly, in a carefully sequenced way, within a planned scheme of work following PSHE Association guidance

- Teaching includes sufficient and well-chosen opportunities and contexts for students to embed new knowledge so that it can be used confidently in real-life situations.

RSE and health education complement several national curriculum subjects. Where appropriate, the school will look for opportunities to make links between the subjects and integrate teaching. The RSE and health education curriculum, will be delivered by form tutors and subject specialists where appropriate.

The curriculum will proactively address issues in a timely way in line with current evidence on student's physical, emotional and sexual development.

RSE and health education will be delivered in a non-judgemental, age-appropriate, factual and inclusive way that allows students to ask questions in a safe environment.

Teaching of the curriculum reflects requirements set out in law, particularly in the Equality Act 2010, so that students understand what the law does and does not allow, and the wider legal implications of the decisions they make.

The school will integrate LGBTQ+ content into the RSE curriculum – this content, will be taught as part of the overall curriculum, rather than a standalone topic or lesson. LGBTQ+ content, will be approached in a sensitive, age-appropriate and factual way that allows students to explore the features of stable and healthy same-sex relationships.

All teaching and resources are assessed by the Personal Development Subject Leader to ensure they are appropriate for the age and maturity of students, are sensitive to their religious backgrounds and meet the needs of any SEND, if applicable.

Throughout every year group, appropriate diagrams, videos, books, games, discussion and practical activities will be used to assist learning. Inappropriate images, videos, etc. will not be used, and resources will be selected with sensitivity given to the age and cultural background of students. Students will be prevented from accessing inappropriate materials on the internet when using such to assist with their learning. The prevention measures taken to ensure this are outlined in the school's Online Safety Policy and ICT Acceptable Use agreement.

Teachers will establish what is appropriate for one-to-one and whole-class settings, and alter their teaching of the programmes accordingly. Teachers will ensure that students' views are listened to and will encourage them to ask questions and engage in discussion. Teachers will answer questions sensitively and honestly.

The curriculum will be designed to focus on boys as much as girls and activities will be planned to ensure both are actively involved, matching their different learning styles.

Teachers will focus on students gaining knowledge on different types of healthy relationships including marriage when teaching RSE, though sensitivity will always be given as to not stigmatise students on the basis of their home circumstances.

Teachers will ensure lesson plans focus on challenging perceived views of students based on protected characteristics, through exploration of, and developing mutual respect for, those different to themselves.

In teaching the curriculum, teachers will be aware that students may raise topics such as self-harm and suicide.

When talking about these topics in lessons, teachers will be aware of the risks of encouraging these behaviours and will avoid any resources or material that appear as instructive rather than preventative.

At all points of delivery of the curriculum, parents' views will be valued.

6. CURRICULUM LINKS

The school seeks opportunities to draw links between RSE and health education and other curriculum subjects wherever possible to enhance students' learning.

RSE and health education will be linked to the following subjects:

- **SMSC** – students are provided with the knowledge, skills and understanding to help prepare them to play a full and active part in society, including an understanding of how laws are made and upheld and how to make sensible decisions.
- **Science** – students are taught about the main external parts of the body and changes to the human body as it grows, including puberty.
- **Computing** – students are taught about how they can keep themselves safe online and the different risks that they may face online as they get older.
- **PE** – students can develop competence to excel in a broad range of physical activities, are physically active for sustained periods of time, engage in competitive sport and lead healthy, active lives.
- **PSHE** – students learn about respect and difference, values and characteristics of individuals.
- **Maths**- students learn about finance.
- **Politics and Humanities**- students learn about citizenship.
- **Food Technology**- students learn about healthy eating

7. WORKING WITH PARENTS

The school understands that parents' role in the development of their children's understanding about relationships and health is important.

The school will consider views of parents when planning and delivering the content of the school's RSE and health education curriculum. The school understands that the teaching of some aspects of the curriculum may be of concern to parents.

If parents have concerns regarding RSE and health education, they may submit these via email to info@chalfonts.org

8. WORKING WITH EXTERNAL AGENCIES

Working with external agencies can enhance our delivery of RSE and health education, and brings in specialist knowledge and different ways of engaging students.

External experts may be invited, to assist from time to time, with the delivery of the RSE and health education curriculum but will be expected to comply with the provisions of this policy.

- The school will check the visitor/visiting organisation's credentials of all external agencies. The school will ensure the teaching delivered by the external experts fits with the planned curriculum and provisions of this policy.
- The school will discuss with the visitor the details of how they intend to deliver their sessions and ensure the content is age-appropriate and accessible for all students.
- The school will request copies of the materials and lesson plans the visitor will use, to ensure it meets the full range of students' needs.
- The school and the visitor will agree on how confidentiality will work in any lesson and that the visitor understands how safeguarding reports must be dealt with in line with the school's Safeguarding and Student Welfare Policy.
- The school will use visitors to enhance teaching by an appropriate member of teaching staff, not to replace teaching by those staff.

9. WITHDRAWAL FROM LESSONS

Parents have the right to request that their child is withdrawn from some or all of sex education delivered as part of statutory RSE. Parents do not have a right to withdraw their child from the relationships or health elements of the programmes.

Requests to withdraw a child from sex education will be made in writing to the Vice Principal.

Before granting a withdrawal request, the Vice Principal will discuss the request with the parents and, as appropriate, the child, to ensure their wishes are understood and to clarify the nature and purpose of the curriculum. The Vice Principal will inform parents of the benefits of their child receiving RSE and any detrimental effects that withdrawal might have. All discussions with parents will be documented. These records will be kept securely. Following discussions with parents, the school will respect the parents' request to withdraw their child up to and until three terms before the child turns 16.

After a child turns 16, if the child wishes to receive RSE rather than be withdrawn, the school will make arrangements to provide the child with RSE.

For requests concerning the withdrawal of a student with SEND, the Vice Principal may take the students' specific needs into account, when making their decision.

10. EQUALITY AND ACCESSIBILITY

The school will comply with the relevant requirements of the Equality Act 2010 and will ensure the curriculum does not discriminate against students because of their:

- Age
- Sex
- Race
- Disability
- Religion or belief
- Gender reassignment
- Pregnancy or maternity
- Marriage or civil partnership
- Sexual orientation

The school will consider the backgrounds, gender, age range and needs of its students and determine whether it is necessary to put in place additional support for students with the above protected characteristics. The school understands that students with SEND are entitled to learn about RSE and health education, and the curriculum will be designed to be inclusive of all students.

The school is aware that some students are more vulnerable to exploitation, bullying and other issues due to the nature of their SEND – teachers will understand that they may need to liaise with the SENCO and be more explicit and adapt their planning or work to appropriately deliver the curriculum to students with SEND. Where there is a need to tailor content and teaching to meet the needs of students at different developmental stages, the school will ensure the teaching remains sensitive, age-appropriate, developmentally appropriate and is delivered with reference to the law.

The school will take steps to foster healthy and respectful peer-to-peer communication and behaviour between boys and girls, and provide an environment which challenges perceived limits on students based on their gender or any other characteristic. The school will be actively aware of everyday issues such as sexism, misogyny, homophobia and gender stereotypes and take positive action to build a culture within which these are not tolerated. Any occurrences of such issues will be identified and tackled promptly.

The school will make clear that sexual violence and sexual harassment, are not acceptable and will not be tolerated.

11. SAFEGUARDING AND CONFIDENTIALITY

All students will be taught about keeping themselves safe, including online, as part of a broad and balanced curriculum. Confidentiality within the classroom is an important component of RSE and health education, and teachers are expected to respect the confidentiality of their students as far as is possible.

Teachers will understand, that some aspects of RSE may lead to a student raising a safeguarding concern, e.g. disclosing that they are being abused, and that if a disclosure is made, the Designated Safeguarding Lead will be alerted immediately.

Students will be made aware of how to raise their concerns or make a report, and how their report will be handled – this includes the process for when they have a concern about a peer.

12. ASSESSMENT

The school has the same high expectations of the quality of students' work in RSE and health education as for other curriculum areas.

Lessons are planned to provide suitable challenge to students of all abilities.

Assessments are used to identify where students need extra support or intervention. There are no formal examinations for RSE and health education; however, to assess student progress through formative assessment, will largely be used.

This allows students and teachers to judge a student's progress based on the change from their earlier understanding.

Each unit of work will include:

- A baseline assessment activity.
- A range of assessment for learning techniques to gauge understanding over the course of a lesson or series of lessons.
- A mid unit progress check consisting of a low stakes quiz to allow teachers to assess understanding and address misconceptions.
- Students' will be given a choice of consolidation of knowledge tasks or an opportunity to reflect on their learning.
- An end of unit progress check which will link back to their baseline activity and a task designed for students, to further reflect on their learning.

13. STAFF TRAINING

Training will be provided by the Subject Leader, or appropriate external organisation such as the PSHE Association, to the relevant members of staff as required, to ensure they are up-to-date with the RSE and health education curriculum.

Training will also be scheduled around any updated guidance on the curriculum and any new developments, such as "sexting", which may need to be addressed in relation to the curriculum.

Appropriately trained Pastoral staff will be able to give students information on where and how to obtain confidential advice, counselling and treatment, as well as guidance on emergency contraception and their effectiveness.

14. MONITORING QUALITY

The Personal Development Subject Leader is responsible for monitoring the quality of teaching and learning for the subject.

In order to do this there will be a mixture of the following:

- Self-evaluations
- Lesson observations
- Topic feedback forms / online surveys
- Learning walks
- Work scrutiny
- Lesson planning scrutiny

15. MONITORING AND REVIEW

This policy will be reviewed and where necessary adapted every three years, by the Vice Principal.

Any changes to the policy will be clearly communicated to all members of staff and, where necessary, parents and students, involved in the RSE and health education curriculum.

APPENDIX 1: LETTER TO PARENTS

Dear Parent

Relationships and sex education at The Chalfonts Community College from September 2020 it is mandatory for all schools to deliver a new relationships and sex education curriculum. As such, we follow the relationships and sex education curriculum outlined by the Department for Education.

At The Chalfonts Community College, we believe that it is important to provide our students with a thorough and balanced curriculum, including age-appropriate information about relationships and sex.

Though schools must provide relationships and sex education for students from the age of 11 up until the age of 19, only aspects of the science national curriculum are compulsory for students to learn.

Therefore, as parents/carers, you are entitled to request that your child is withdrawn from sex education but not relationships education in Personal Development by notifying the Vice Principal in writing.

Students cannot be withdrawn from sex education in Science. If a student has previously been withdrawn from sex education lessons, they have the right to request they receive sex education three terms before their sixteenth birthday. Such requests should be submitted to myself, the Vice Principal, who will discuss this with you and your child's teacher and determine an appropriate substitute for these lessons.

In most instances, children will be provided with self-directed reading or exercises, which they can complete under supervision.

If you have any concerns or queries about your child's participation in these lessons, please do not hesitate to contact the school at; info@chalfonts.org

Yours sincerely

Vice Principal

History

Date	Issue	Status	Comments
January 2025	2	Update Dates	