

Court Schools Relational Sex Health Education (RSHE) Policy

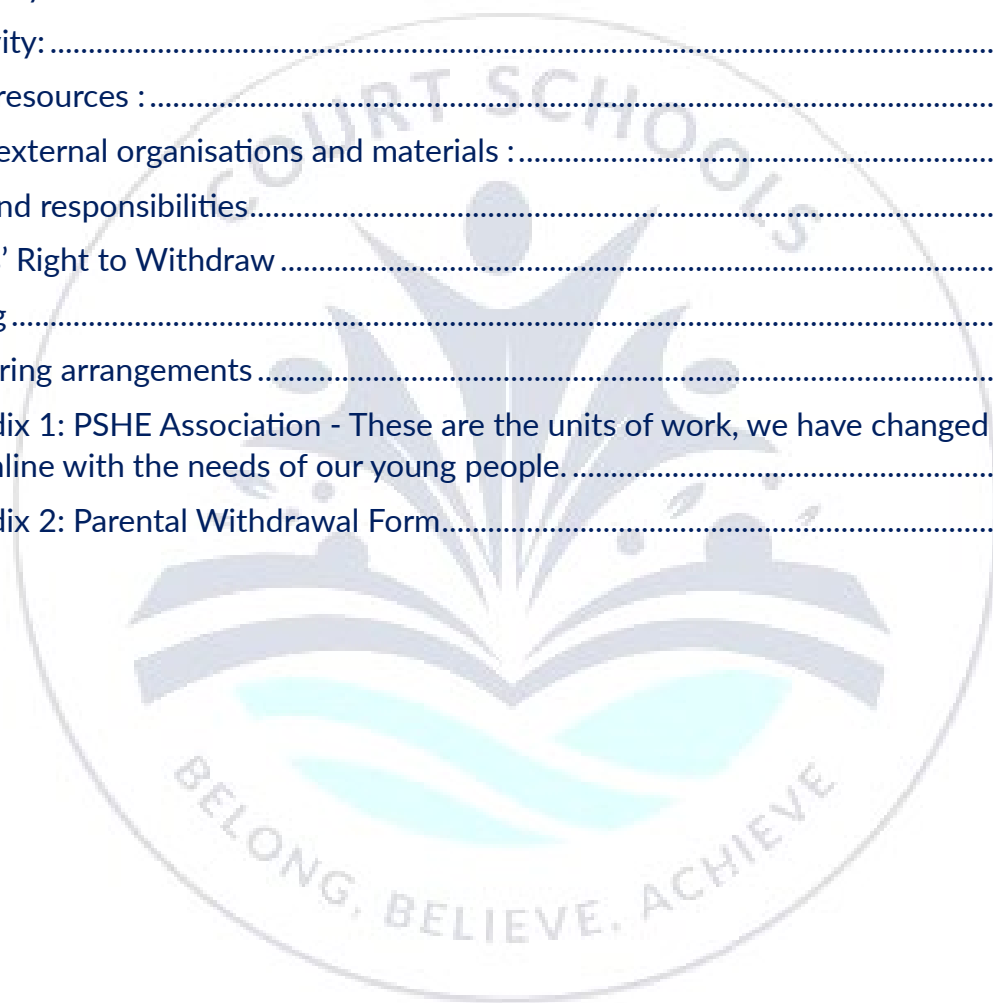


September 2026
Review Date: September 2027

Court Schools Relational Sex Health Education (RSHE) Policy

Contents

The Aim of this policy is:	3
Statutory Requirements :	3
Policy Development:	4
Definition:	4
Curriculum & Delivery of RSE:	5
Primary Education :	6
Secondary Education :	7
Inclusivity:	10
Use of resources :	11
Use of external organisations and materials :	11
Roles and responsibilities	13
Parents' Right to Withdraw	13
Training	14
Monitoring arrangements	14
Appendix 1: PSHE Association - These are the units of work, we have changed the order inline with the needs of our young people.	16
Appendix 2: Parental Withdrawal Form	16



Court Schools Relational Sex Health Education (RSHE) Policy

The Aim of this policy is:

At Court Schools our PSHE education is underpinned by our ethos of **Belong, Believe, Achieve** and our core values of **Respect, Resilience, Health, Happiness, Kindness and Independence**. Court Schools aim to provide every learner with the knowledge, skills and understanding they need to develop **healthy**, safe and respectful relationships, make informed and responsible choices, and understand how to look after their physical and mental health. Through a safe inclusive and supportive RSHE curriculum, learners are encouraged to **respect** themselves and others, understand personal boundaries and appropriate behaviour, develop **resilience** when facing challenges, and recognise the importance of **kindness**, empathy and consent within relationships. Court Schools approach is child-centred and responsive to learner's individual needs, supporting learners to develop confidence, self-awareness and **independence** as they prepare for adulthood and life beyond school. In doing so, RSHE contributes to our shared ambition that every learner can **Belong, Believe** in themselves and **Achieve** their potential.

This policy mandates the framework for Relationships, Sex and Health Education (RSHE) at Court Schools, ensuring full adherence to the mandatory statutory requirements effective from 1 September 2026. The aims of relationships and sex education (RSHE) at our school are to:

- Provide a framework in which sensitive discussions can take place.
- Help pupils to develop their understanding of healthy and positive relationships.
- 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, and cultivate positive characteristics such as kindness and integrity.
- Create a positive culture and promote healthy norms about relationships, including sexual relationships where relevant, and about health, including mental health
- Teach pupils the correct vocabulary to describe themselves and their bodies.

Statutory Requirements :

Court Schools is an Independent school that must provide PSHE education in its entirety, in order to meet the Independent School Standards. Within this, they must comply with the DfE statutory guidance for Relationships/Relationships and Sex Education.

Primary Education:

At Court Schools, we teach RSHE as set out in this policy.

Court Schools Relational Sex Health Education (RSHE) Policy

Within our primary classes, we do provide relationships education to all learners as per section 34 of the [Children and Social Work Act 2017 \(legislation.gov.uk\)](https://legislation.gov.uk).

Secondary classes, in teaching RSHE, we are required to have regard to [guidance](#) issued by the secretary of state, as outlined in section 403 of the [Education Act 1996](#).

We also have regard to legal duties set out in:

- Sections 404 to 407 of the Education Act 1996
- Part 6, chapter 1 of the [Equality Act 2010](#)
- The Public Sector Equality Duty (PSED) (as set out in section 149 of the Equality Act 2010). This duty requires public bodies to have due regard to the need to eliminate discrimination, advance equality of opportunity and foster good relations between different people when carrying out their activities

At Court Schools, we teach RSHE as set out in this policy.

Policy Development:

This policy has been developed in consultation with key members of staff including the PSHE coordinator and other leaders. It has been ratified by governors and will be shared with all staff, parents and learners on the school website. Feedback from stakeholders will be used to inform the ongoing review and development of this policy.

Definition:

For primary classes relationships and health education will:

Teach the skills and knowledge that form the building blocks of all positive relationships
Support children from the start of their education to grow into kind, caring adults who:

- Have respect for others
- Know how to keep themselves safe
- Have emotional awareness

Highlight the benefits and importance of physical activity, good nutrition, sufficient sleep and time spent outdoors

Emphasise the relationship between physical health and mental wellbeing

Aim to reduce stigma attached to health issues, in particular relating to mental health, and discourage the pejorative use of language related to ill health

In secondary classes Relationships, sex and health education will:

- Provide young people with the information they need to develop healthy, safe and nurturing relationships of all kinds
- Focus on pupils having respect for themselves and others
- Not normalise early sexual experimentation

Court Schools Relational Sex Health Education (RSHE) Policy

- Cover a range of topics, including topics related to abusive behaviour, along with teaching pupils how to stay safe, including online
- Combine sharing information with exploring issues and values
- Emphasise the relationship between physical health and mental wellbeing
- Aim to reduce stigma attached to health issues, in particular relating to mental health, and discourage the pejorative use of language related to ill health
- Support pupils to understand their changing bodies and their feelings, how to protect their own health and wellbeing, and when a physical or mental health issue requires attention
- Build on the primary health and wellbeing curriculum content
- If as a primary school you choose to teach sex education

Curriculum & Delivery of RSE:

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

Our RSHE curriculum takes into account the age, development stage and needs and feelings of our pupils. RSE within the PSHE curriculum, is an integral element of what we do. It equips our young people with the skills to become independent, confident, safe, healthy and responsible members of society as they grow towards adulthood.

If pupils ask questions outside the scope of this policy, teachers will respond in an appropriate manner so that pupils are fully informed and don't seek answers online. The curriculum has been developed and delivered to ensure it is accessible to all learners.

RSHE has been designed using PSHE Association curriculum as a framework to support learner understanding and staff delivery. Court Schools have a relational approach and majority of the sex education is taught in the spring term to give opportunity for the learners to feel more comfortable and confident to engage and ask questions and check their understanding.

RSHE is taught within the personal, social, health and economic (PSHE) education curriculum. Biological aspects of RSHE are taught within the science curriculum, and other aspects are included in religious education (RE). Our policy covers both primary, and secondary RSHE expectations.

Court Schools will make sure that:

- Core knowledge is sectioned into units of manageable size
- The required content is communicated to pupils clearly, in a carefully sequenced way and within a planned scheme of work
- Teaching includes sufficient and well-chosen opportunities and contexts for pupils to embed new knowledge, so that it can be used confidently in real-life situations

Court Schools Relational Sex Health Education (RSHE) Policy

- “Over blocking” by the school’s filtering and monitoring system doesn’t lead to unreasonable restrictions as to what children can be taught

Primary Education :

The RSHE / PSHE curriculum focuses on teaching from the PSHE association, using these heading:

- Families
- Friendships
- Respecting self and others
- Safe relationships: consent, boundaries and trust
- Mental health and wellbeing
- Keeping Healthy and well
- Physical activity and nutrition
- Changing and growing up
- Personal safety and first aid
- Online life and safety
- Drug Education
- Economic Wellbeing
- Careers education: aspirations, learning and work

Relationships education focuses on teaching the skills and knowledge that form the building blocks of all positive relationships, supporting children from the start of their education to grow into kind, caring adults who have respect for others and know how to keep themselves and others safe, including:

- Families and people who care for me
- Caring friendships
- Respectful, kind relationships
- Online safety and awareness
- Being safe
- Financial harms such as gaming monetization, scams and age restrictions on social media
- Personal safety includes water, fire, road and railway.
- Anatomical Vocabulary health education explicitly mentions teaching correct anatomical names for body parts.

Health education will:

- Highlight the benefits and importance of physical activity, good nutrition, sufficient sleep and time spent outdoors
- Emphasise the relationship between physical health and mental wellbeing

Court Schools Relational Sex Health Education (RSHE) Policy

Court Schools uses PSHE Association to support learners development of knowledge we use both the mainstream and Special educational needs programmes to support our learners and these are adapted to the needs of the class and learners.

Primary sex education taught in UKS2 through the Biology curriculum, this has been adapted to the SEN needs of our learners / classes and focus on:

- The main external body parts
- The human body as it grows from birth to old age (including puberty)
- Reproduction in some plants and animals
- How a baby is conceived (in line with the factual curriculum of conception set out in the science curriculum)

Teachers will make sure that all learners views are listened to, and will encourage them to ask questions and engage in discussion. Teachers will answer questions sensitively, honestly and appropriately for the age of the pupils.

The programme is designed to focus on boys as much as girls, and activities will be planned to make sure both are actively involved.

Learners will be introduced to protective and preventative content in a way that does not cause unreasonable alarm and does not appear to normalise risky behaviours or activities. The school will make sure that all teaching and materials are appropriate for the ages and SEN Needs. All resources are recommended by PSHE association and Family Planning Clinic.

Secondary Education :

The RSHE / PSHE curriculum focuses on teaching from the PSHE association, using these heading:

- Healthy, positive relationships
- Boundaries and consent
- Harmful relationships behaviours
- Puberty and adolescence / Reproductive health and fertility
- Sex Education
- Inclusion, bullying and discrimination
- Online Life
- Online harms
- Mental health and wellbeing
- Healthy lifestyles
- Keeping well, health services and first aid
- Drug Education
- Personal safety, risk and influence
- Economic wellbeing

Court Schools Relational Sex Health Education (RSHE) Policy

- Careers education: aspirations, learning and work

RSHE focuses on giving young people the information they need to help them develop healthy, nurturing relationships of all kinds, not just intimate relationships, including:

- Families
- Respectful relationships, including friendships
- Online safety and awareness
- Being safe
- Intimate and sexual relationships, including sexual health

Health education will build on the primary health and wellbeing curriculum content.

Court Schools uses PSHE Association to support learners development of knowledge we use both the mainstream and Special educational needs programmes to support our learners and these are adapted to the needs of the class and learners.

RSHE complements several other curriculum subjects. Where appropriate, the school will look for opportunities to make links between the subjects and integrate teaching. The RSHE curriculum will be delivered by teachers.

Effective teaching will be participative and interactive and will give learners opportunities to develop skills and to discuss and critically evaluate complex relationship scenarios. When teaching sensitive topics, teachers will consider using approaches such as distancing techniques, setting ground rules with the class to help manage sensitive discussion, and using question boxes to allow pupils to raise issues anonymously.

Teachers will make sure that learners understand the importance of equality and respect and learn about the law. This will include learning about the rights and protections from discrimination relating to the protected characteristics, including gender reassignment as set out in the Equality Act 2010, by the end of their secondary education.

Court Schools will:

Make sure that all learners are taught the facts and the law about biological sex and gender reassignment, recognising that people have legal rights by virtue of their biological sex which are different from the rights of those of the opposite sex with the protected characteristic of gender reassignment. Learners will also be taught to recognise that people with the protected characteristic of gender reassignment, as with the other protected characteristics, have protection from discrimination and should be treated with respect and dignity

Court Schools Relational Sex Health Education (RSHE) Policy

Be mindful in teaching the facts and the law about biological sex and gender reassignment that beyond the facts and the law about biological sex and gender reassignment there is significant debate

Not endorse any particular view or teach this as fact – for example, the school will not teach as fact that all people have a gender identity

Avoid:

- Any language or activities that repeat or enforce gender stereotypes
- Any suggestion that social transition is a simple solution to feelings of distress or discomfort

Teachers will make sure that all learners views are listened to, and will encourage them to ask questions and engage in discussion. Teachers will answer questions sensitively, honestly and appropriately for the age of the pupils.

The programme will be designed to focus on boys as much as girls, and activities will be planned to make sure both are actively involved.

Court schools make sure that all teaching and materials are appropriate for the ages and needs of the pupils of all our learners. All resources are recommended by PSHE association and Family Planning Clinic.

At all points of delivery of the curriculum, the school will consult parents and carers, and their views will be valued. What will be taught and how will be planned in conjunction with parents and carers.

.....

Court schools have broken down the topics in a learning ladders which are assessed at working towards, working at and working beyond.

It is important for secondary pupils to know what the law says about certain topics covered in RSHE, particularly in relation to the law and young people. This will help pupils identify what is right and wrong and can provide a foundation of knowledge for deeper discussion. These topics include, but are not limited to:

- Marriage, including forced marriage and civil partnerships
- Consent, including the age of consent
- Domestic abuse, stalking, rape, sexual offences, female genital mutilation (FGM), 'virginity testing' and hymenoplasty
- Sexual abuse, harassment and exploitation, including public sexual harassment and harmful sexual behaviour
- Online behaviours include image and information sharing (including sexual imagery, making or sharing nudes and semi-nudes and including AI-generated sexual imagery and deepfakes). Pupils should understand the law about online sexual harassment and online sexual abuse, including grooming and sextortion

Court Schools Relational Sex Health Education (RSHE) Policy

- Pornography
- Abortion
- The protected characteristics
- The age of criminal responsibility

For more information about our RSHE curriculum, see long term and medium-term overviews.

Secondary schools insert: The school will continue to develop knowledge of topics specified for primary schools as required and in addition cover the content specified for secondary schools.

Court Schools may amend our curriculum content to respond to the needs and context of our learners, to discuss issues affecting them in an age-appropriate manner. We will inform parents and carers of any deviation from our published policy in advance and share any relevant materials on request.

These areas of learning are taught within the context of family life, taking care to make sure that there is no stigmatisation of learner based on their home circumstances (i.e. families can include single-parent families, same-sex parents, families headed by grandparents, adoptive parents and foster parents among other structures), along with reflecting sensitively that some learners may have a different structure of support around them (for example, looked-after children, young carers or kinship carers).

Across our school, we will also be mindful of the law and legal requirements, taking care not to condone or encourage illegal activity, such as violent action against people, criminal damage to property or hate crime.

Inclusivity:

Court Schools teach about these topics in a manner that:

Considers how a diverse range of pupils will relate to them

Is sensitive to all learner's experiences and needs

During lessons, makes pupils feel:

- Safe and supported
- Able to engage with the key messages

We will also:

Make sure that learners learn about these topics in an environment that's appropriate for them, for example in:

- A whole-class setting (Class size maximum 10)
- Small groups or targeted sessions
- 1-to-1 discussions
- Digital formats

Court Schools Relational Sex Health Education (RSHE) Policy

Court Schools staff give careful consideration to the level of differentiation needed.

Use of resources :

We **will** consider whether any resources we plan to use:

- Are aligned with the teaching requirements set out in the statutory RSE guidance using the PSHE association to support.
- Would support pupils in applying their knowledge in different contexts and settings
- Are age-appropriate, given the age, developmental stage and background of our pupils
- Are evidence-based and contain robust facts and statistics
- Fit into our curriculum plan
- Are from credible sources
- Are compatible with effective teaching approaches
- Are sensitive to pupils' experiences and won't provoke distress

We will ensure that parents/carers are able to view all curriculum materials used to teach RSHE on request.

Parents/carers are not able to veto curriculum content.

We will comply with any applicable copyright laws when sharing resources with parents or carers, and will include a statement that parents agree to as a condition of access that the content should not be copied or shared further except as authorised under copyright law.

Use of external organisations and materials :

Court Schools will make sure that any agency and any materials used are accurate, age and stage-appropriate, and unbiased and in line with our legal duties around political impartiality.

Court Schools will:

Make appropriate checks and engage with external agencies to make sure that their approach to teaching about RSHE is balanced, and it and the resources they intend to use:

- Are age-appropriate
- Are in line with pupils' developmental stage
- Are accessible for all pupils, including those with SEND
- Are sensitive to pupils' needs
- Comply with:
 - This policy
 - The Teachers' Standards
 - The Equality Act 2010
 - The Human Rights Act 1998

Court Schools Relational Sex Health Education (RSHE) Policy

- The Education Act 1996

Only work with external agencies where we have full confidence in the agency, its approach and the resources it uses.

Make sure that any speakers and resources meet the intended outcome of the relevant part of the curriculum

Review any case-study materials and look for feedback from other people the agency has worked with

Be clear on:

- What they're going to say
- Their position on the issues to be discussed

Ask to see in advance any materials and lesson plans that the agency may use

Know the named individuals who will be there, check the credentials of the visitor and/or visiting organisation, and follow our usual safeguarding procedures for these people

Make sure the visitor understands and agrees in advance:

- How confidentiality will work in any lesson
- How safeguarding reports should be dealt with, in line with our school policies

Conduct a basic online search and address anything that may be of concern to us, or to parents and carers

Check the agency's protocol for taking pictures or using any personal data they might get from a session

Remind teachers that they can say "no" or, in extreme cases, stop a session

Make sure that the teacher is in the room during any sessions with external speakers

Inform all external organisations that the school is legally obliged to share all content with parents and carers

Share all external materials with parents and carers

Consult parents/carers on the content of external resources on the topic of biological sex and gender reassignment in advance and make all materials available to them on request

Avoid materials that use cartoons or diagrams that oversimplify the topics of biological sex and gender reassignment, that could be interpreted as being aimed at younger children, or that perpetuate stereotypes or encourage pupils to question their gender

We **won't**, under any circumstances:

- Work with external agencies that take or promote extreme political positions
- Use materials produced by such agencies, even if the material itself is not extreme
- Work with agencies who don't allow their material to be shared with parents and carers. The school will communicate to agencies that it is legally obliged to have regard to the expectation that all content can be shared with parents and carers.

Court Schools Relational Sex Health Education (RSHE) Policy

Roles and responsibilities

The proprietors will approve the RSE policy and hold the Headteacher to account for its implementation.

The Proprietors

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

Ensure the curriculum content and teaching materials are aligned with the guidance

The Headteacher

The headteacher is responsible for ensuring that RSHE is taught consistently across the school, and for managing requests to withdraw pupils from non-statutory/non-science components of RSHE.

Staff

Staff are responsible for:

Creating a safe learning environment, underpinned by the schools' values of respect & relationships, kindness & community, health & happiness

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

Learners

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

Parents' Right to Withdraw

Primary Classes:

Parents/carers do not have the right to withdraw their child from relationships and health education.

Court Schools Relational Sex Health Education (RSHE) Policy

Parents/carers have the right to withdraw their child from the non-statutory/non-science components of sex education within RSHE – the headteacher will grant all requests to withdraw a pupil from the non-statutory/non-science parts of sex education.

Requests for withdrawal should be put in writing using the form found in Appendix 2 of this policy and addressed to the headteacher.

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

Secondary classes

Parents/Carers **have** the right to withdraw their children from the non-statutory/non-science components of sex education within RSHE up to and until 3 terms before the learner turns 16. After this point, if the child wishes to receive sex education rather than being withdrawn, the school will arrange this. We will make sure that pupils know they have this option.

Parents/carers **do not have** the right to withdraw their child from relationships and health education, nor can they be withdrawn from topics taught as part of the science curriculum, including science topics related to puberty or sexual reproduction.

Requests for withdrawal should be put in writing using the form found in Appendix 2 of this policy and addressed to the headteacher.

A copy of any withdrawal requests will be placed in the pupil's educational record. The headteacher will discuss the request with parents/carers and take appropriate action and provide the parents/carers with their decision in writing.

In exceptional circumstances, for example because of a safeguarding concern or a learner's specific vulnerability, the headteacher can refuse a request to withdraw the learners from sex education.

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

Training

RSHE training is part of continuing professional development and is updated and refreshed regularly. The school may invite visitors from outside the school, such as school nurses or sexual health professionals, to provide support and training to staff or to support individual pupils as required.

Monitoring arrangements

The delivery of RSHE is monitored by the PSHE lead, SLT (Senior Leadership Team) and by the SPT (Special Partnership Trust) through the Quality Assurance cycle (Tracker Meeting) including planning looks and learning walks. Learners' development in RSHE

Court Schools Relational Sex Health Education (RSHE) Policy

is monitored by class teachers. This policy will be reviewed annually. At every review, the policy will be approved by the headteacher and The Proprietors.



Court Schools Relational Sex Health Education (RSHE) Policy

Appendix 1: PSHE Association - These are the units of work; we have changed the order in line with the needs of our young people.

Appendix 2: Parental Withdrawal Form

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	