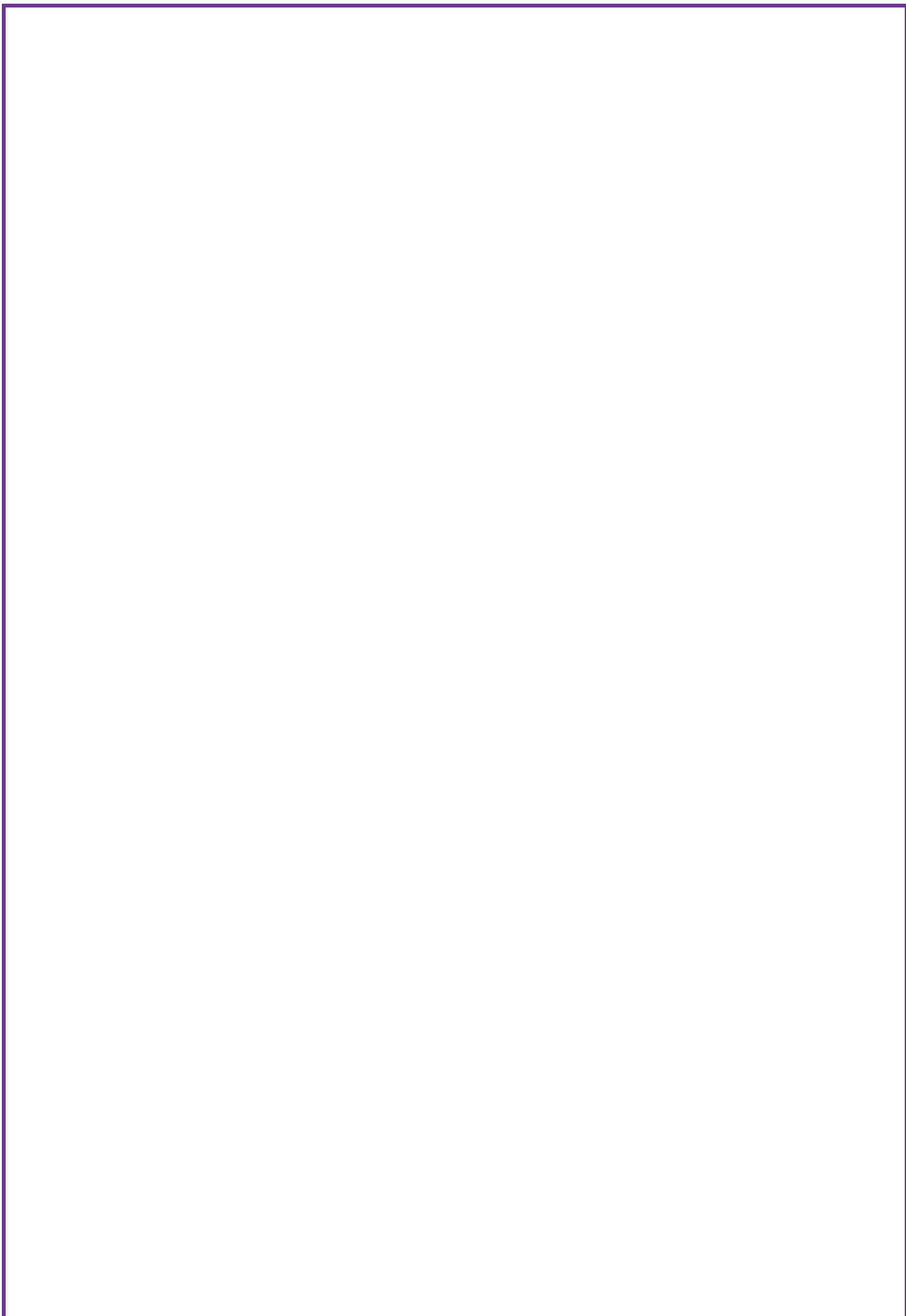




SKEGNESS ACADEMY

Sex and Relationships Education (RSE) Policy

Created	September 2020
Created by	Mrs E Wolstenholme
Reviewed by	Mrs K Bloodworth (November 2025)
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Version	5



Introduction

Within the PHSE curriculum sits Relationships and Sex Education (RSE) at The Skegness Academy. Our approach to RSE aims to support young people through their physical, emotional, and moral development from childhood to adolescence and into adulthood. We believe that Relationships and Sex Education is an essential part of a broad and balanced curriculum and plays a crucial role in putting every student on the path to a happy, successful, and fulfilling life.

At The Skegness Academy, we are committed to upholding our core values of excellence, respect, gratitude, and personal responsibility in all aspects of our RSE curriculum. Through this, we aim to provide students with the knowledge, skills, and values they need to form healthy relationships, make informed decisions, and approach all aspects of life with integrity and compassion. By promoting excellence, we encourage students to achieve their personal best and apply their learning in all areas, while respect underpins our approach to diversity and inclusivity in relationships. Gratitude encourages an appreciation of others and the positive impact of healthy relationships, and personal responsibility empowers students to make thoughtful choices that reflect their values and respect for others.

Relationships and Sex Education is delivered to all students in accordance with the Academy's Equal Opportunities Policy and is required by The Relationships Education, Relationships and Sex Education, and Health Education (England) Regulations 2019. These regulations, made under sections 34 and 35 of the Children's and Social Work Act 2017, make RSE compulsory for all pupils receiving secondary education. This guidance will be reviewed three years from the first required teaching (September 2020) and every year thereafter.

The policy has been approved following consultation with relevant Heads of Faculty (Science, Humanities, PSHE, Art & Culture, Child Development, and PE), as well as students, parents, and staff involved in teaching Relationships and Sex Education. A copy of the latest statutory framework is available on our website under Curriculum > PHSE and can also be accessed [here](#).

Parents and carers are given the right under the national framework to withdraw pupils from sex education (but not Relationships or Health Education). Parents have the right to request that their child be withdrawn from some or all of sex education delivered as part of statutory RSE. Parents can request to withdraw their child up to and until three terms before the child turns 16.

If any parents or carers would like to raise a concern or request a call from the leader responsible for PHSE/RSE, there is a [form here](#).

Definitions

RSE teaches children and young people how to be safe and healthy. It teaches them how to manage their academic, personal and social lives in a positive way. RSE involves a combination of sharing information, exploring issues and values. RSE is not about the promotion of sexual activity or lifestyles.

Relationships Education: The focus is on teaching the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships, and relationships with other children and with adults. 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).

Health Education: The focus is on teaching the characteristics of good physical health and mental wellbeing. Teachers should be clear that mental wellbeing is a normal part of daily life, in the same way as physical health. See Appendix 2 for content mapping from the PSHE Association. Health education also includes teaching children the facts about puberty (preparing boys and girls for the change that adolescence brings).

Sex Education: The focus is on reproduction (how a baby is conceived and born) and positive sexual relationships. Parents have the right to withdraw a pupil from sex education lessons up to three months before the 16th birthday of the pupil when the child can choose to opt in.

Aims

We intend to:

- give all students objective and accurate information concerning sexual relationships
- equip them to make considered decisions about their own relationships
- encourage them to respect the needs and rights of others
- foster a sense of moral responsibility
- develop the skills to understand and avoid unwanted sexual experiences
- provide a knowledge of how the human body functions and how it develops so that students understand the changes that are happening to their bodies and how these will affect them.
- develop self-esteem, self-awareness and communication skills
- provide support and information for young people and their parents
- provide a secure environment where issues can be explored
- provide opportunities for students to talk with adults, who are prepared to engage with them about issues that are concerning them
- encourage students to accept that others' sexuality may be different from their own
- teach students about aspects of the law regarding sexual relationships and sexuality
- provide a framework in which sensitive discussions can take place
- create a positive culture around issues of sexuality and relationships

Sex and Relationships Education at the Skegness Academy

Key Stage 3

At this age students are going through the early stages of puberty. The topics covered are:

- Changes to the body, emotions and mental health during puberty
- Human fertility
- Contraception
- Personal responsibility for Health (e.g. personal hygiene, healthy habits, internet use)
- The menstrual cycle
- Sexual Relationships and an individual's health (including STIs, HIV and AIDs).
- Introduction to consent and thinking about personal boundaries and how to set them
- Laws relating to sexual harassment
- The effect of the media and the internet on body image
- Building and sustaining positive relationships

- Pornography and the potential for it to affect their relationships and expectations

RSE in Key Stage 4

The topics covered in Key Stage 4 are:

- Human Fertility - how males and females differ in their fertility
- The impact of the Internet and mobile technology on sexual issues and how this might be different for boys and girls.
- Pornography and the potential for it to affect their relationships and expectations
- Peer pressure and how it may affect the choices they make
- Choices and alternatives to different sexual situations.

- Consent in the context of relationships

- Self care (breast and testicle examination)
- Healthy and unhealthy relationships
- Teenage parenthood
- Positive sexual relationships

1. What topics will be covered and when?

The school's RSE programme is taught as part of the PSHE curriculum throughout Key Stages 3, 4 and 5 (See Appendix 1: By the end of secondary school pupils should know). The time allocated to RSE in each year group is:

Year 7- RSE is taught within PSHE this has 1 hour of curriculum time per week and one 30 minute tutor session every other half term.

Year 8 – RSE is taught within PSHE this has 1 hour of curriculum time per week and one 30 minute tutor session every other half term.

Year 9 – RSE is taught within PSHE this has 1 hour of curriculum time per week and one 30 minute tutor session every other half term.

Year 10 – One 30 minute tutor time per week, plus relevant assemblies and workshops.

Year 11 – RSE is taught within PSHE which has 1 hour of curriculum time per week.

Year 12 - One 30 minute tutor time per week, plus relevant assemblies and workshops.

Year 13 - One 30 minute tutor time per week, plus relevant assemblies and workshops.

2. How will we ensure inclusion and differentiate learning?

We will identify students' different starting points and ensure that all students' situations are understood.

We will require students to respect and appreciate many different viewpoints and use these to inform their own decisions. All staff teaching RSE will be expected to do the same.

For identified pupils who need help and support we adapt our provision to meet their needs, for example within the nurture groups, one to one mentoring, further tailored support across pastoral/SEND team/safeguarding staff.

3. The Involvement of Parents and Carers

We are committed to working with parents and carers. We will offer support by:

- Making this document available on the school website and by providing hard copies upon request
- Offering meetings to parents who have further queries upon request

Parents have the right to request that their child be withdrawn from some or all of sex education delivered as part of statutory 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. There is no right to withdraw from Relationships Education or Health Education.

Requests for withdrawal should be put in writing, using the form in Appendix 2 and addressed to the Principal. There is there is a form [here](#). A copy of this is also on our website under Curriculum > PHSE.

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

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

4. How will we ensure the curriculum is balanced?

Consistent with the values already described, we will ensure that students are offered a balanced programme that includes many different viewpoints to particular situations. When looking at particular issues (such as contraception) students will be taught that different groups hold different principles. Exploring different viewpoints does *not* mean that the school supports that viewpoint.

5. How will we ensure that our equalities obligations are fulfilled?

Under the Equalities Act 2010 Schools must strive to do the best for *all* students, irrespective of disability, educational needs, race, nationality, ethnic or national origin, pregnancy, maternity, sex, gender identity, religion or sexual orientation or whether they are looked after children. A copy of our Equalities Policy can be found [here](#).

As well as being given knowledge and information, students will be encouraged to respect diversity. Staff teaching Relationships and Sex Education will be expected to do the same. They will not let any differing personal beliefs and attitudes influence their teaching. All prejudicial views and discrimination will be challenged and dealt with in line with the school's policies.

We will review this policy every year or in light of issues that come up in the local area or in light of national or legal considerations. When key changes are made to the policy, parents and carers are consulted via our website/letter where outcomes are shared.

The [statutory guidance](#) emphasises the need for teaching of this content to be accessible and asks schools to be mindful of the preparation for adulthood outcomes set out in the [SEND code of practice](#). It also highlights that such factors "*should be taken into consideration when designing and teaching these subjects.*" The PSHE lead has developed lesson to support our SEND students.

6. Who will be responsible for teaching the programme?

The programme will be led by Miss C Mitchell, Lead for PSHE and RSE. Teaching of the subject will be by specialist teachers and form tutors. Quality assurance will take place 3 times a year.

Much of the work of RSE is supported in other areas of the school. See section 11 below

7. How will the RSE policy link to other school policies and other subjects in the curriculum?

The biological aspects of human sexual behaviour and contraception are delivered in National Curriculum Science. These lessons develop scientific knowledge and understanding and do not deal with values, beliefs and attitudes. Where aspects of sexual relationships arise in any other area of the curriculum they are considered in accordance with the values and beliefs framework of this policy. These lessons will involve any students who have been withdrawn from the PSHE Sex Education Programme. Teachers should act with professional judgement and respect students' and parents' views and sensitivities. Moral choices are also covered in Religious Education; these include looking at religious attitudes to the use of contraception in year 9.

The IT department will also complete some work on responsible use of the internet as well as moral choices involved. The Skegness Academy also has an E-Safety Officer who oversees all online activity. Our E-Safety Officer is Bryony Liversidge.

The Academy works with National Online Safety and regularly incorporates their resources into lessons and also promote ways to stay safe online through the Academy's Social Media platforms. Finally, all students will have drop-down days to explore a variety of topics in more detail, for example staying safe. Modules covered include healthy relationships and online safety.

We liaise with feeder schools within Greenwood Academies Trust to ensure appropriate continuity and development of Sex Education.

8. What teaching methodologies will be used?

A variety of approaches are used to give students relevant information, enabling moral issues to be explored through discussion and to allow acquisition of appropriate skills. A safe environment for discussion is created by the use of ground rules and distancing techniques. A wide range of appropriate resources is available to teachers of RSE. These are available for inspection by parents on request. Teachers recognise the importance of listening to the concerns of young people, particularly those who may find it more difficult to express emotions.

9. How will students' questions be answered?

Students will have the opportunity to ask questions both openly and in an anonymous way. For example, in the Year 7 lesson on puberty, both the boys and girls have an opportunity to ask questions that may be concerning them by submitting them on a piece of paper.

10. How will children who are thought to be at risk be supported?

Students are deemed to be at risk if they are:

- involved in situations where they can endanger themselves or others.
- involved in situations where they are being exploited or are exploiting others.
- Victims of abuse, physical/sexual or emotional – this would require referral to the Designated Member of Staff for Safeguarding Children.

If a teacher learns from a student under 16 years of age that he/she is having or contemplating sexual intercourse the teacher should take steps to ensure that:

- wherever possible the young person is persuaded to talk to their parent/carer.
- the young person understands the need for advice on sexual health and is given precise information about where he/she can access confidential contraception advice and services.
- child protection issues are addressed and the Designated Safeguarding Lead in school is informed.

11. How do we ensure high quality teaching is taking place?

Through lesson visits, work scrutiny, student voice captured through PSHE and tutor sessions as part of the schools QA calendar.

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

Please see the website for detailed curriculum plan.

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 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 of children, including the characteristics of successful parenting• How to:- determine whether other children, adults or sources of information are trustworthy; judge when a family, friend, intimate or other relationship is unsafe (and to recognise this in others' relationships); and, how to seek help or advice, including reporting concerns about others, if needed

TOPIC	PUPILS SHOULD KNOW
Respectful relationships, including friendships	<ul style="list-style-type: none"> • 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 relationship • Practical steps they can take in a range of different contexts to improve or support respectful relationships • How stereotypes, in particular stereotypes based on sex, gender, race, religion, sexual orientation or disability, can cause damage (e.g. how they might normalise non-consensual behaviour or encourage prejudice) • That in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including people in positions of authority and due tolerance of other people's beliefs • About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help • That some types of behaviour within relationships are criminal, including violent behaviour and coercive control • What constitutes sexual harassment and sexual violence and why these are always unacceptable • The legal rights and responsibilities regarding equality (particularly with reference to the protected characteristics as defined in the Equality Act 2010) and that everyone is unique and equal

TOPIC	PUPILS SHOULD KNOW
Online and media	<ul style="list-style-type: none"> • Their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online • About online risks, including that any material someone provides to another has the potential to be shared online and the difficulty of removing potentially compromising material placed online • Not to provide material to others that they would not want shared further and not to share personal material which is sent to them • What to do and where to get support to report material or manage issues online • The impact of viewing harmful content • That specifically sexually explicit material 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 (including those created by children) is a criminal offence which carries severe penalties including jail • How information and data is generated, collected, shared and used online
Being safe	<ul style="list-style-type: none"> • The concepts of, and laws relating to, sexual consent, sexual exploitation, abuse, grooming, coercion, harassment, rape, domestic abuse, forced marriage, honour-based violence and FGM, and how these can affect current and future relationships • How people can actively communicate and recognise consent from others, including sexual consent, and how and when consent can be withdrawn (in all contexts, including online)

TOPIC	PUPILS SHOULD KNOW
Intimate and sexual relationships, including sexual health	<ul style="list-style-type: none"> • How to recognise the characteristics and positive aspects of healthy one-to-one intimate relationships, which include mutual respect, consent, loyalty, trust, shared interests and outlook, sex and friendship • That all aspects of health can be affected by choices they make in sex and relationships, positively or negatively, 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 men and women • That there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others • That they have a choice to delay sex or to enjoy intimacy without sex • The facts about the full range of contraceptive choices, efficacy and options available • The facts around pregnancy including miscarriage • That there are choices in relation to pregnancy (with medically and legally accurate, impartial information on all options, including keeping the baby, adoption, abortion and where to get further help) • How the different sexually transmitted infections (STIs), including HIV/AIDs, are transmitted, how risk can be reduced through safer sex (including through condom use) and the importance of and facts about testing • About the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment • How the use of alcohol and drugs can lead to risky sexual behaviour • How to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment

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

TO BE COMPLETED BY PARENTS

Name of child		Class	
Name of parent		Date	
Reason for withdrawing from sex education			
Please identify the lesson/s you wish to withdraw your child from			
Any other information you would like the school to consider			
Parent signature	You are signing to confirm that you have discussed this with the principal of the academy		

TO BE COMPLETED BY THE ACADEMY

Agreed actions from discussion with parents	Include notes from discussions with parents and agreed actions taken.