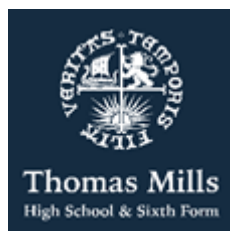


THOMAS MILLS HIGH SCHOOL & SIXTH FORM



TRUSTEES' POLICY DOCUMENT 15

RELATIONSHIP, SEX AND HEALTH EDUCATION (RSHE) POLICY

Date approved by Board of Trustees	24 th March 2026
Next review due:	Spring Term 2029
Policy review cycle:	Every 3 years
Policy Owner:	Assistant Headteacher

Vision Statement

'Together we aim high, discover talents, and build a brighter future'

Thomas Mills High School is an Academy and a company limited by guarantee incorporated in England & Wales under number 7605059

Charter of Values

This policy is informed by our Charter of Values which states those values which are central to our purpose, especially...

*Acceptance of personal responsibility
Courtesy, self-discipline and respect for others
Honesty, moral courage and integrity*

Introduction

Young people are growing up in an increasingly complex world and living their lives seamlessly on and offline. This presents many positive and exciting opportunities, but also challenges and risks. In this environment, children and young people need to know how to be safe and healthy, and how to manage their academic, personal, emotional, moral and social lives in a positive way.

1. Aims of RSHE:

- To provide a framework in which sensitive discussions can take place.
- To help students develop feelings of self-respect, confidence and empathy.
- To understand that love and care is required in relationships.
- To create a positive culture around issues of sexuality and relationships and enable our students to better understand the nature of relationships.
- To teach students the correct vocabulary to describe themselves and their bodies.
- To know about the risks of being online and how to stay safe.
- To know and understand about human reproduction, whilst using the correct terminology to describe male and female reproductive organs.
- To know where and how to seek information and advice when they need help.
- To be able to recognise when something is risky or unsafe.
- To develop skills relevant to sexual behaviour and situations such as communication, staying safe online, risk assessment, managing relationships, decision making, assertiveness, conflict management, seeking help and using services, helping others etc.
- To support all young people to stay safe and prepare for life in modern Britain.
- To dispel myths.

2. Provision:

RSHE is taught as part of the Personal Development (PD) curriculum. Pupils in Years 7 – 11 have allocated timetabled lessons of PD. Additional aspects are also delivered as part of the science, religious studies (RS), physical education (PE), computing and food technology curriculum.

Sixth Form students receive a programme of RSHE via assemblies and tutorial sessions.

Aspects of RSHE will also be delivered via the assembly programme and regular tutorial work, as well as specific focus days and talks from outside speakers.

As a school our RSHE programme 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
- Intimate and sexual relationships, including sexual health
- Attitudes and values
- Personal and social skills
- Developing a safer lifestyle

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, LGBTQ+ 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).

Amongst the topics to be covered will be:

- Developing understanding of human sexuality, sexual health, emotions, relationships and staying safe online
- Learning about contraception and a range of local and national sexual health advice
- Learning the reasons for delaying sexual activity and the benefits to be gained from such delay, such as the avoidance of unplanned pregnancy
- Learning the importance of values and individual conscience and moral considerations
- Learning the value of stable, loving and committed relationships based on marriage or partnerships, regardless of sexuality or sexual orientation
- Learning the value of respect, love and care
- Exploring, considering and understanding moral dilemmas
- Learning to manage emotions and relationships confidently and sensitively
- Develop an understanding of unhealthy relationships, including bullying, coercion and exploitation
- Learning about healthy relationships and safety online, including the use of social media, cyberbullying and sexting
- Developing self-respect and empathy for others, for example, learning to make choices based on an understanding difference and with an absence of prejudice
- Learning how to recognise and avoid exploitation and abuse
- Learning how to cope with issues of peer pressure and other risk-taking behaviour such as drugs, smoking and alcohol.
- Learning how the law applies to sexual relationships
- Understanding the reasons for having protected sex (including STIs)
- Having access to confidential sexual health advice, support and, if necessary, treatment

All pupils are taught in accordance with Relationships Education, Relationships and Sex Education (RSE) and Health Education – (see following link - [Relationships Education, Relationships and Sex Education and Health Education guidance](#))

3. Responsibilities:

- The School has a designated teacher responsible for an overall scheme for RSHE designed to meet the given aims. (Head of Personal Development)
- The teacher(s) will deliver a high-quality and age appropriate curriculum in line with statutory requirements.
- The teacher(s) will model positive attitudes to relationships, health and sex education
- The teacher(s) will respond to any safeguarding concerns in line with the Safeguarding and Child Protection Policy
- The teacher(s) will ensure that the needs of all pupils (including those with SEND) are addressed
- The Headteacher will oversee the overall implementation of this policy
- The Headteacher will review requests from parents to withdraw their children from RSHE

4. Right to be excused from sex education

Parents have the right to request that their child be withdrawn from some or all of sex education delivered as part of statutory RSHE. Any request must be made to the Headteacher in writing. The Headteacher will discuss the request with parents and, as appropriate, the child to understand that their wishes are understood and to clarify the nature and purpose of the curriculum.

Requests will usually be granted up to and until three terms before the child turns 16, thereafter, if the child wishes, sex education will be provided during one of those terms.

5. Inclusivity and Equality of Opportunity

- In the teaching of RSHE, the needs of our school community; pupils' ability, age, readiness, cultural backgrounds, religious beliefs, family situations, Special Educational Needs, gender identity and sexual orientation are all considered.
- The RSHE programme ensures that all students can access our RSHE provision.

6. Evaluation and Monitoring:

- On occasion, pupil questionnaires are used to evaluate the effectiveness of aspects of the RSHE programme.
- The Headteacher and/or Trustees will welcome and consider with care any comments made by parents about this policy and will review the policy annually.
- Copies of this policy are available on request from the school office and the website.
- RSHE lessons, programmes and delivery will be part of the rotation with the schools QA process and reviewed regularly.

This policy should be read in conjunction with the School's policies on:

- *Equality of Opportunity*
- *Safeguarding and Child Protection*
- *Behaviour*
- *Curriculum.* [Curriculum | Thomas Mills High School & Sixth Form](#)