

For this we stand:
to search for truth;
to live in love;
to grow together.



"Speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is Jesus Christ"

Ephesians 4

BISHOP WORDSWORTH'S SCHOOL

PERSONAL, SOCIAL, HEALTH AND ECONOMIC EDUCATION AND RELATIONSHIPS AND SEX EDUCATION POLICY

A Statutory Policy

Definitions:

1. *'Parent(s)' includes guardian(s) or any person who has parental responsibility for the student or who has care of them.*
2. *'Is to', 'are to' and 'must' are obligatory. 'Should' is not obligatory but is good practice and is to be adhered to unless non-compliance can be justified.*

AIM

1. The aim of this Policy is to direct the level and extent of Personal, social, health and economic (PSHE) education and Relationships and Sex Education (RSE) at Bishop Wordsworth's School (the School), and is produced in accordance with The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019, and the Personal, social, health and economic (PSHE) education guidance 2021 and with due regard to the revised statutory guidance published in July 2025 which comes into force from September 2026. The policy is produced in line with requirements on schools in law e.g. the Equality Act, 2010, Keeping Children Safe in Education.
2. The School believes that encouraging its members to adopt healthy and socially responsible lifestyles should be integral to the ethos and curriculum of our Christian school and is a vital part of preparing students to lead independent lives.
3. PSHE is an important and necessary part of all students' education. It should aim to equip students with a sound understanding of risk and with the knowledge and skills necessary to make safe and informed decisions. PSHE teaching will cover content outlined in statutory guidance on Health Education, including mental wellbeing, physical health, online and personal safety, drug education, financial education and other knowledge and skills that the School deems appropriate for our students. All content will be taught in a developmentally appropriate manner, taking into account age, maturity, cultural background and SEND.
4. The definition of RSE is giving young people the information they need to help them develop healthy, nurturing relationships of all kinds, not just intimate relationships. It enables understanding of what healthy relationships and friendships look like, including online relationships. It covers acceptable and unacceptable behaviours in relationships, including the importance of consent and mutual respect. It helps students to understand the positive effects of good relationships on their mental well-being.

5. The PSHE and RSE curriculums should promote:
 - a. The development of students' self esteem
 - b. Students' awareness of themselves and others
 - c. Students' spiritual, moral and cultural awareness
 - d. A reflective, realistic and responsible attitude towards personal, social, health, economic, sex, relationship, and citizenship issues
 - e. Students' ability to make reasoned judgements and take responsibility for choices about lifestyles based on knowledge, understanding and self-awareness.

DEVELOPMENT OF THIS POLICY

6. This policy is produced in consultation with parents and with consideration of the needs of the students and parents and the wider community. Teachers and students are also given the opportunity to contribute to the development of the policy.

PARENTAL APPROVAL

7. 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 that point, if the child wishes to receive sex education rather than be withdrawn, the school will make arrangements to provide the child with sex education. Parents wishing to withdraw their child from some or all of sex education should write a letter to the Head, signed by all parents who have care of the student. There may be exceptional circumstances where the head teacher may take a student's specific needs arising from their SEND into account when making any decision relating to sex education. In the Sixth Form, any request for withdrawal will only be considered in exceptional circumstances.

8. Parents have the right to comment and ask questions of teachers about any aspect of the RSE curriculum, or of this Policy.

CONTENT OF RELATIONSHIP AND SEX EDUCATION CLASSES

9. RSE is to be taught primarily as part of the Personal, Health, Relationships and Social Education programme and aspects are also covered in Biology and Religious Education. Visiting speakers are used, where possible, to supplement and strengthen what we do in school. The school has a planned and age-appropriate approach to teaching content related to mental wellbeing, including suicide prevention, in line with statutory guidance. Consideration is made to ensure that the content is accessible to all students, including those with SEND, and the RSE curriculum complies with The Equality Act 2010. The school's safeguarding protocols align with statutory requirements, ensuring teachers are trained in safeguarding and aware of mandatory reporting obligations. Clear steps are in place for addressing concerns arising from RSE classes. Any safeguarding concerns or disclosures arising during RSE will be dealt with in accordance with the School's Safeguarding and Child Protection Policy. The main areas to be covered are:

- a. Mammalian reproduction.
- b. Human reproduction including male & female reproductive systems, the menstrual cycle, 'periods' & their effects etc; legal, moral, religious/spiritual, and

emotional aspects of human sexuality; what happens during sexual intercourse; conception and contraception; Sexually Transmitted Infections (STIs) and other potential hazards and complications.

- c. Moral, legal, religious, spiritual and emotional issues.
- d. Families, respectful relationships, including friendships, and responsibilities in relationships, including consent, grooming, coercion and harassment.
- e. Sexual stereotyping and awareness of different sexual orientations and gender identities, in line with the Equality Act 2010.
- f. Online safety and risks of social media, including child sexual exploitation and grooming.

SUBJECTS TO BE TAUGHT BY YEAR GROUP

10. **Year 7.** Mammalian reproduction including male and female reproductive anatomy. Courtship and sexual reproduction in other animals (in science lessons).

11. **Year 8.** Human sexual anatomy; human reproduction & related matters (as outlined above in sub-paras 3b and 3c above). The law with reference to sexual consent. Contraceptive methods and family planning. STIs. An understanding the impact of pornography on relationships and expectations and to develop informed, respectful attitudes.

12. **Year 9.** Testicular, penile, prostate & breast cancers; Testicular Self Examination (TSE).

13. **Years 10 & 11.** Focus is on such matters as risk taking behaviour; responsibilities in relationships; attitudes to sex/ sexuality, including sexual stereotyping; parenting issues. Also revisits, in particular, STIs (signs/ symptoms, where to get help/ treatment, long-term consequences etc). Contraception (including demonstration of contraceptive devices, condom use and fitting) – reiteration of all key points previously covered. Consent and the Sexual Offences Act. In Biology, the mechanisms/hormonal control of the menstrual cycle is detailed along with sexual health and contraception and infertility treatments.

14. **Years 12 & 13.** HSE in the Sixth form may include a general review of all or any sex education matters taught in KS 3 & 4 but is far more 'student led' and is to tend to focus on areas in which they show interest/concern. Students are reminded explicitly of the potential hazards of STIs and of the importance of conducting regular TSE and breast examination.

ASSESSMENT

15. Students are assessed formatively by teachers during each unit of study. The purpose of assessment is to assure ourselves that students have understood this important curriculum and to inform future teaching and planning.

CHANGES IN LEGISLATION

16. If, during the currency of this Policy, any statute or statutory instrument is enacted that adds to, modifies or is in conflict with any provisions of the Policy, then the Policy will

be deemed to include any such statutory provision to the extent necessary to make the Policy compliant with that provision.

EVALUATION

17. The effectiveness of this Policy is to be evaluated by the PSHE/RSE team, including periodic consultation with the link governor.

18. This Policy is to be reviewed annually, in consultation with parents. It was adopted by Governors on 9th October 2007 and the last 3 years' review history is below:

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| 23 rd June 2022 | Minor updates |
| 20 th June 2023 | Minor updates |
| 18 th June 2024 | Merged with Relationships & Sex Education Policy |
| June 2025 | Minor updates |
| 6 th May 2026 | Minor updates |