



The Cornerstone Academy

The best in everyone™

Part of United Learning

POLICY NAME:	RSE Policy
POLICY TYPE:	Cornerstone

DATE RATIFIED:	Autumn Term 2 2025
DATE FOR REVIEW:	Autumn Term 2 2026
REVIEWED EVERY 1/2/3 YEARS:	1 Year

NOTES:

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RELATIONSHIPS AND SEXUAL EDUCATION (RSE) POLICY

From September 2020, pupils receiving secondary education must be taught Relationships and Sex Education, under the Relationships Education, Relationships and Sex Education, and Health Education (England) Regulations 2019.

Rationale

We must prepare our students to take their part in the adult world in a manner, which fulfils the expectations of society and which enables them to be informed and happy individuals. Their capacity to manage themselves as adults successfully includes understanding, and constructively using, their own sexuality. It is expected that any element of sex education, which arises during the course of any lesson, will be discussed at an appropriate level and in an appropriate manner.

Introduction

The objective of Relationship and Sex Education is to enable students to learn about:

- (i) families and people who care for them, including the nature of marriage and civil partnership and their importance for family life and the bringing up of children,
- (ii) forming and maintaining caring relationships,
- (iii) the characteristics of healthy and respectful relationships, including online,
- (iv) how relationships may affect physical and mental health and wellbeing, and how to ensure they are safe, and
- (v) intimate and sexual relationships, including sexual health.

Relationships and sex education will only use teaching and materials which are appropriate to the age and the religious background of the pupils receiving it.

Parental, staff and student involvement regarding the policy

The Academy will consult with parents and staff on the formation of the policy, and any changes made to it when it is reviewed, which will be annually. All parents will be sent an overview of the curriculum and given opportunity to ask questions or engage in a discussion about the content with a member of staff.

Parental right to withdraw children

The Relationship and Sex policy acknowledges the right of parents to withdraw their child from some, or all of the sex education provided. (except for sex education taught under the science curriculum). Parents, however, do not have the right to withdraw their child from the relationship's education.

If a Parent wishes to withdraw their child from Sex Education the following process will take place:

- The Senior Vice Principal will discuss with the parent (and, if appropriate, the child) to ensure their wishes are understood and to clarify the nature and purpose of the curriculum and the content that will be covered.
- The Senior Vice Principal will discuss with the parent the benefits of the child receiving this important education and any detrimental effects that withdrawal might have on the child, including social or emotional effects of being excluded as well as the likelihood of the child hearing from their peers what was covered (and having the content channelled through a child's voice rather than a teacher's).
- Once discussions have taken place, except in exceptional circumstances (e.g. safeguarding concerns), the Academy will respect the parents' request to withdraw the child, up to and until three terms before the child turns 16. After that point, if the child wishes to receive sex education rather than be withdrawn, the Academy will make arrangements to provide the child with sex education during one of those terms.
- For the vast majority of students with SEND, their SEND does not need to be considered in deciding whether to grant a parental request. However, there may be exceptional circumstances where the Senior Vice Principal will want to take a students' SEND into account when making this decision.

If a student is withdrawn from sex education, the Academy will ensure that the student receives appropriate purposeful education during the period of work.

Key Topics

The content of the programme has been decided through consultation. RSE is delivered to year groups by a team of suitable staff. Learning also takes place in other aspects of the curriculum as per the requirements of the National Curriculum and GCSE specifications. Students are generally taught in mixed gender groups and single gender groups are used when appropriate. Contraception and Sexual Health topics are delivered by staff who have received training and deliver a core package designed by Health Professionals and the United Learning Subject Leader for PSHE.

	YEAR 7	YEAR 8	YEAR 9	YEAR 10	YEAR 11
Designated Personal Development lessons	Puberty (Health) Physical and Emotional Changes (Health) Self-esteem and Body image (Health) Personal Hygiene (Health) FGM (Health) Importance of friendship within a romantic relationship (Relationships) Role of parents within family life (Relationships) Consent (Relationships/ Sex) Sexting (Relationships) RespectEd Visit Friendship Peer Pressure Sexting Grooming	Positive and Stable relationships (Relationships) Pressure (Relationships/ Sex) Consent (Relationships/ Sex) Contraception (Health/Sex/ Relationships) STIs (Sex/Health) Internet Safety/ Relationships (Relationship) Grooming (Relationships/ Sex) LGBTQ rights (Relationships) RespectEd Visit Social Media Body Image Pornography Healthy Relationships	Consent (Relationships/ Sex) STIs (Sex/Health) Consequences of sex: Teenage Pregnancy (Relationships/ Health) Consequences of Sexting (Relationships) Dangers of Pornography (Sex) RespectEd Visit Pregnancy Contraception STIs Emotional Well being	LGBTQ relations hips (Relationships) Consent (Relationships/ Sex) Coercion and Controlling Behaviour (Relationships) Victim Blaming (Health/ Relationships) Sexual Harassment (Health/Sex) Child on Child Abuse (Health/ Relationships) Honour Based Violence/Forced Marriage (Relationships/ Health)	Consent (Relationship/ Sex) Sexual Exploitation (Sex/ Relationships/ Health) Contraception re-cap (Health and Sex) Self-examination and screening (single sex session) (Health) Pornography (Sex/Relationship/ Health) RespectED visit Consent Pornography Commitment Respect
Cross curricular delivery	Science	Science Computer studies	Science RE - Medical Ethics/ Abortion	GCSE Religious Studies - Human Relationships. Contraception and Sex Before Marriage.	

The Organisation of RSE

All staff teaching RSE receive appropriate training from a designated expert.

Teaching methods used are:

- Setting ground rules.
- Distancing techniques.
- Questioning & discussion.
- Listening and talking to informed visitors.
- Use of professional groups for advice and guidance.
- Investigative work.
- Opportunities for reflection.

The religious background of all students will be taken into account when planning teaching and materials. Sensitive topics will be handled appropriately, and all relationship education teaching will meet the requirements of equality law.

All of the content will be made accessible to all students, with bespoke packages in place for students with SEND.

The resources used in RSE

- Resources are created by Dorset Health Professionals (Core Package) EC resources (approved by PSHE association) and United Learning (Year 7 and 8)
- **Use of visitors.** The Cornerstone Academy makes use of visitors sometimes to help with all aspects of education and we believe that health workers and Theatre in Education groups to name but two examples have much to offer our students in RSE. RespectEd have been working with the school for 7 years now delivering and supporting our RSE lessons. More information about them can be found on their website <https://www.respected.org.uk/> This information is sent out to Parents/Carers prior to visits into the academy.

Procedures for dissemination, monitoring and evaluation

Dissemination of the policy.

The RSE policy will be disseminated as follows:

Students – During PD lessons or lead assemblies
Parents – In letters home
Staff – Training for RSE teachers

Governors – Full Governors meetings and Committees
School Website – This policy will be on the school website

Monitoring & Evaluation

Students and staff will be asked to evaluate each programme after it has been taught and to evaluate the whole RSE programme at the end of the year.

Complaints

Any complaints about the relationships and sex education program should be made in accordance with the Academy’s usual complaint procedure.

Date of this review:	Autumn Term 2 2025	Review Period:	Yearly
Date of next review:	Autumn Term 2 2026	Author:	N. Pitman
Type of policy:	Cornerstone		
Approval By Principal: Mr C Phillips			