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LAURENCE JACKSON SCHOOL

Relationships and Sexual Health Education

POLICY

OCTOBER 2026

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Review Cycle: Annually
Responsible Body: Laurence Jackson Local Governance Committee

Version Control

Review Date	Updates
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V2 October 2026	

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Introduction

This policy outlines Spark Education Trust's approach to delivering Relationships, Sex and Health Education (RSHE) across all schools within our Trust. It is informed by the Department for Education's Relationships Education, Relationships and Sex Education (RSE) and Health Education Statutory Guidance (July 2025) and will be followed from September 2025.

Legal Framework

This policy has been developed in accordance with:

- Education Act 2002, Section 80A
- Education Act 1996, Section 403
- Department for Education statutory guidance: Relationships Education, RSE and Health Education (July 2025)
- Keeping Children Safe in Education 2025
- Equality Act 2010
- Other relevant Trust policies (Safeguarding, SEND, Online Safety & Behaviour).

Aims and Objectives

The aims of RSHE at Spark Education Trust are to:

- Provide a comprehensive, age-appropriate curriculum that reflects students' needs and experiences.
- Promote the physical, emotional, and social development of students.
- Equip students with knowledge and skills to make informed decisions about their health and relationships.
- Foster a safe and supportive environment for discussing sensitive issues.
- Ensure teaching is inclusive, respectful, and sensitive to diverse beliefs and backgrounds.

Curriculum Content

Relationships Education (Primary)

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe

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Relationships and Sex Education (RSE) (Secondary)

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

Health Education (Primary & Secondary)

- Mental wellbeing
- Internet safety and harms, including AI and deepfakes
- Physical health and fitness
- Healthy eating
- Drugs, alcohol, and tobacco
- Health and prevention
- Basic first aid
- The changing adolescent body
- Suicide prevention and self-harm awareness

Teaching and Learning Strategies

RSHE will be taught using:

- Class discussions and debates
- Group work and role-playing
- Multimedia resources
- Guest speakers and external agencies where appropriate
- Interactive workshops

Teachers will establish ground rules to ensure discussions remain appropriate, respectful, and safe.

Guiding Principles

RSHE delivery is underpinned by:

1. Engagement with students to ensure relevance
2. Engagement and transparency with families, providing access to materials
3. Positivity, promoting healthy relationships and lifestyles
4. Careful sequencing of age-appropriate topics
5. Relevance and responsiveness to student needs
6. Skilled delivery and staff training
7. Whole school approach embedding RSHE in all aspects of school life

Inclusion and Equality

- RSHE is inclusive of all students, and reflects different family structures, faith backgrounds, cultures, genders and sexual orientations.

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- Curriculum adaptations are made for students with SEND.
- LGBT+ inclusive content is mandatory and is delivered in an age-appropriate, factual and respectful manner.
- Teaching respects and considers religious and cultural backgrounds while meeting statutory requirements.

Parental Engagement and Right to Withdraw

- Parents/carers will be informed of RSHE curriculum content and may request to view teaching materials
- **Primary:** No right to withdraw from Relationships Education or Health Education**.**
  Sex Education: Headteachers/Heads of School must automatically grant parental requests to withdraw from Sex Education which is not statutory until KS3.
- **Secondary:** Parents/carers may request withdrawal from non-statutory sex education beyond biological reproduction. Requests must be made in writing.
- The Headteacher (or Senior Leader) will meet with parents/carers (and the student, where appropriate) before making a decision. Notes and decisions will be recorded.

Safeguarding and Pupil Welfare

- RSHE will be delivered safely and in line with safeguarding procedures.
- Staff are trained to manage sensitive discussions appropriately, respond to disclosures and follow safeguarding policy and procedures.
- Students are informed of confidentiality limits and staff reinforce confidentiality boundaries.
- Staff teach sensitive topics (e.g. abusive relationships, harmful online behaviours, misogyny, self-harm, illegal acts such as strangulation) in a factual and protective way.

Roles and Responsibilities

- **Trustees/Trust Board:** Ensure statutory compliance, approve policy, allocate resources.
- **Headteacher/Governors:** Implement and monitor RSHE, ensure staff training, evaluate effectiveness.
- **RSHE Coordinators:** Curriculum development, resource selection, parental liaison, monitoring.
- **Teaching Staff:** Deliver RSHE safely and effectively, maintain safe environment, respond appropriately to disclosures.
- **Parents/Carers:** Support learning, engage in consultation, communicate concerns.

Parents/carers may contact the following with RSHE queries:

- RSHE Lead: Miss Russell
- Headteacher: Catherine Juckes
- Designated Safeguarding Lead: Matthew Bayston

Printed copies of policies/materials available upon request.

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Training and Professional Development

All teachers of RSHE receive regular training on covering statutory guidance, safeguarding, inclusive practice, LGBT+ and inclusion, SEND adaptations and online safety. New staff and supply teachers receive relevant induction training.

External Agencies and Support Contacts

Each school list relevant services:

- Local sexual health services

Sexual Health and Wellbeing - Brook

Teesside Together Sexual Health Service Teesside Together - Home

- School nurse

Helen Carr – Thursday lunchtime Pastoral Meeting Room – 01642 444011

- Mental health support

A Time 4 You – Suite 10-13, Your Workspace, 6 to 8 West Dyke Road, Redcar, TS10 1DZ TEL: 01642294383

Inside Out – Mental Health Support Team

Children and Adolescence Mental Health Services (CAMHS)

- National helplines

The National Sexual Health Helpline Call 0300 123 712

NHS Sexual Health Support - LINK

- RSHE Lead contact

Paula Russell

01287 636361

russellp@laurencejackson.org

- Safeguarding contacts

Designated safeguarding lead – Matthew Bayston

01287 636361

baystonm@laurencejackson.org

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Deputy DSL - Lindsey Sarginson

01287 636361

Sarginsonl@laurencejackson.org

Monitoring, Evaluation, and Review

- Monitoring through lesson observations, learning walks, student surveys, assessment of knowledge and attitudes.
- Feedback from students, parents, and staff informs curriculum improvement.
- Annual policy review or sooner if legislative updates occur.
- Annual reporting to Trust on RSHE provision and compliance.

Complaints

- Complaints follow the Trust's complaints procedure.
- Alleged breaches of policy are investigated by school leadership and reported to the Trust central team.

Appendix A: RSHE Curriculum Map Template

Key Stage/Year Group	Relationships Education/ Relationships & Sex Education	Health Education	Notes / School Adaptations
Year 7	**Friendships** • Consent and boundaries • what it means to be a man • Respect and relationships • what makes a good friend? • Friendships and managing them, • Being positive and self-esteem	**Puberty & Body Development** • changes that occur during puberty and how personal hygiene links to a healthy body • how to respect own and others personal boundaries • three key elements to giving consent • how to communicate with others in an assertive way • strategies to boost self-esteem	**Sex Education - External Provider details (Yr 9-11)** Brook Annual parental survey / Right to withdraw (Sept/Oct) **Drugs Edu – External Provider details (Yr 7-11)** Redcar and Cleveland Borough Council – 3 R's Roadshow

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Year 8	**Identity, Relationships and Sex Education (RSE)** • What is a healthy and unhealthy relationship? • what is contraception and why is it important • strategies to manage conflict • Healthy, respectful relationships • Harmful sexist jokes • What is love • Being yourself and self-love	**Physical Health & Mental Well-being** • healthy and unhealthy habits • strategies to improve wellbeing/mental health and self-esteem • impact of bullying and banter and different types of bullying • unhealthy and healthy snacks, strategies to relieve stress • importance of consent and boundaries, where to access support and help regarding abuse • Menstrual and genealogical health	
Year 9	**Sex, the law and consent** • Sexual consent and the law • FGM and the law • delaying sexual activity • Why have sex? • Relationships and partners • HIV and aids • Domestic abuse and domestic violence **External Provider Content** • Sexual health • Understand the benefits and risks of masturbation • Understand the benefits of delaying sexual activity	**Body Confidence** • impact HBT bullying has on society • how to support someone who is grieving, unrealistic images online • strategies to manage self-esteem • self-harm and strategies to deal with stress, anger and trauma • latest research on cancer prevention, how diet, stress and life situations impact on physical health • How diet, stress and life situations impact on physical health	

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		• Effects of loneliness and strategies to tackle loneliness	
Year 10	**Exploring relationships and sex ed** • Consequences linked to sending and receiving sexts • Ways to protect yourself from sextortion • The law relating to cyber flashing and sexting • Difference between examples of healthy and unhealthy masculinity • The law in regard to sexual assault and rape • What marriage and civil partnerships are, including rights and responsibilities • Qualities to look for in a future partner • Ways to end a relationship • Impact of sexualisation of the media • Domestic abuse and domestic violence • Types of financial abuse **External Provider content** • Sexual Health and contraception	**Mental Health & Well-being** • the difference between mental health and mental illness • Strategies to support someone with their mental health • How to improve my emotional wellbeing • the differences • between self-harm and suicidal thoughts • Child Sexual Abuse and where to access support • Available local healthcare	

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Year 11	**Sexual Health** • the risks associated with house parties • how drinking alcohol impacts decision making • unhealthy features of a relationship • what impacts fertility for men and women • the process of IVF treatment **External Provider Content** • What is and is not legal in terms of pornography • Explore how access to pornographic material can affect attitudes and beliefs towards sex, relationships and self	**Adult Health and Looking After Yourself** • signs and symptoms of testicular and breast cancer and how to conduct a self-examination • significance of a smear test and cervical screening • different forms of organ donation and importance of giving blood • signs that someone may be pregnant • range of options available to someone who is pregnant • range of methods to prevent pregnancy • possible consequences of violent behaviour and ways to deal with conflict	

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Appendix B: Parental Withdrawal Procedure

1. Parent/carer submits written request to the Headteacher/
2. A meeting is arranged with the parent/carer (and student where appropriate).
3. The Headteacher/ Senior Leader explains lesson content and discusses concerns.
4. Decision confirmed in writing and recorded.
5. Alternative supervised provision arranged.
6. Re-entry to lessons may be requested at any time.

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Appendix C: RSHE Resource Vetting Checklist

Resources must:

- Align with DfE statutory guidance.
- Be age-appropriate.
- Be inclusive and respectful of protected characteristics.
- Be factually accurate.
- Be free from stereotypes.
- Be safeguarding appropriate.
- Be shareable with parents when requested.

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