



Twycross House School

Relationships Education, Relationships and Sex Education Policy - September 2025

This policy is written in accordance with Relationships Education, Relationships and Sex Education (RSE) and Health Education Statutory guidance for governing bodies, proprietors, head teachers, principals, senior leadership teams, teachers. July, 2025.

RSE at Twycross is delivered as part of the PSHE programme and complements the science curriculum.

It has as its specific aims:

1. To help pupils understand and develop friendships and relationships
2. To promote an understanding of sexuality
3. To promote a positive attitude to one's own sexuality and in one's relationship with others
4. To promote knowledge of and respect for reproduction
5. To enable pupils to develop attitudes and values toward their sexuality in a moral, spiritual and social framework in keeping with the policy of the school
6. To provide opportunities for pupils to learn about relationships and sexuality in ways that help them think and act in a moral, caring and responsible way.

It is acknowledged that in a course of limited duration these aims are aspirational.

The topics covered in this part of the curriculum are similar throughout the Key Stages with age appropriate content being included at each level. The core areas of the PSHE Curriculum are Living in the Wider World, Relationships, and Health & Wellbeing.

Parents are the primary educators of their children and their role in education concerning relationships and sexuality is seen by the school as very important. This policy is designed as a document to be under regular review and views expressed by parents will be taken into account when reviewing the policy. A copy of this policy will be made available to any parent on request to the school Office.

Parents have a right to request the removal of their children from any aspects of the sex education as outlined in this policy but not from Relationship or Health Education (Outlined in Gov.uk: statutory guidance: Relationships Education, Relationships and Sex Education (RSE) and Health Education). More details on the subject content and its delivery in each year group can be accessed by parents for review and discussion.

RSE is delivered in the majority through designated form times by the students' form teacher but is supported by SLT-led assemblies, external guest speakers and workshops together with SMSC topics delivered in other curriculum areas.

Staff members have the flexibility to deliver the material in a method which they assess to be the most beneficial to their group. This could be through group work, whole class discussion, individual reflection,



written work, active learning or role plays etc. Resources are provided for teaching in electronic and paper format.

Students are asked to evaluate their learning and the material covered at the end of each topic area. Observations of sessions will also enable the evaluation of students' learning. In most cases, it will be possible to observe and assess how students apply their knowledge, skills and understanding in simulated or real life situations.

The PSHE co-ordinator requests feedback from form tutors to enable a review of the course and the suitability of the resources.

APPENDIX

Subject Content for Relationships and Sex Education (RSE)

Swallows Hill (Key Stage 2)

Form 3	Personal Identity, Families, Friendships, Groups and Belonging
Form 4	Managing Emotions, Online Safety, Hurtful Behaviour and Bullying, Physical Changes During Puberty, Safe Relationships
Form 5	Digital Wellbeing, Online Relationships and Behaviour, Managing Puberty and Emotional Changes, Respecting Self and Others

Key Stage 3

Senior 1	Diversity, Prejudice and Stereotypes, FGM and Unwanted Contact, Self-worth, Romance and Friendships, Relationship Boundaries
Senior 2	Discrimination and the Equality Act 2010, Body Image and Emotional Wellbeing, Gender Identity, Sexual Orientation, Consent, 'Sexting', Online Safety
Senior 3	Healthy and Unhealthy Friendships, Assertiveness, Family Conflicts, Consent, Assumptions About Sexual Behaviour

Key Stage 4

Senior 4	Mental Health, Relationships and Sex Expectations, Impact of Media and Pornography, Contraception, Sexually Transmitted Infections
Senior 5	Relationship Challenges and Abuse, Fertility and Pregnancy, Pregnancy Choices,



	Commitment and Marriage including Forced Marriage, Parental Responsibilities
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Supporting documents

Senior School PSHE and RSE Statutory Guidance - Parent Overview

Swallows Hill PSHE and RSE Statutory Guidance - Parent Overview

Review

This policy will be reviewed as part of our ongoing review cycle.

Updated September 2025