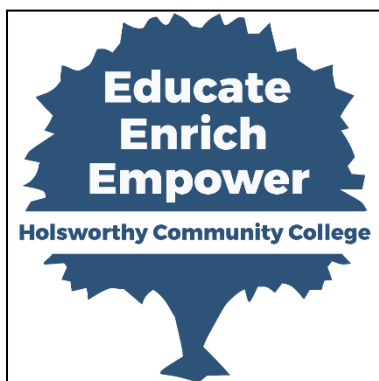


Holsworthy Community College

Relationships and Sex Education and Health Education Policy

2026-2027



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1.0	November 2025	A Sweeney	First published version considering guidance shared in July 2025.
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Policy Statement

This policy outlines the approach to Relationships and Sex Education and Health Education (RSHE) at Holsworthy Community College. RSHE is a vital part of the Personal Development of young people, helping them to navigate the complexities of relationships, health, and wellbeing in a modern society.

It is our belief that effective RSHE has a positive impact on self-esteem and enables our students to have a positive view of relationships, sexuality and sex and embeds a culture of both personal and mutual acceptance and respect. Although it is important that the RSHE programme recognises that there may be different cultural or faith - based views relating to this area of the curriculum, it is essential that what is taught reflects the diverse society in which we live, which includes LGBT+, and that all children have access to age appropriate information free from stereotyping or discrimination. At HCC our cooperative values have shaped and informed our delivery of this curriculum.

Statutory Requirements

- The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019
- Sections 34 and 35 of the Children and Social Work Act 2017
- The Equality Act 2010
- DfE Statutory Guidance (updated July 2025, effective from September 2026)

Relationships and Sex Education at secondary has always been an important part of the education we provide to our students. The DfE carried out an extensive national consultation and these, along with Health Education, became a compulsory part of the curriculum for all schools from September 2020. At Holsworthy Community College we teach RSHE as set out in this policy. We also follow the PSHE Association thematic model as a curriculum intent and implementation.

Our Aims of RSHE

At Holsworthy Community College, the aims of our Relationships and Sex Education policy are to:

- Provide a framework in which sensitive discussions can take place
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- Prepare students for puberty and give them an understanding of sexual development and the importance of health and hygiene
- Help students develop feelings of self-respect, confidence and empathy
- Create a positive culture around issues of sexuality and relationships
- Teach students the correct vocabulary to describe themselves and their bodies
- Educate older students on sexual harassment and abuse within and external to school
- Be flexible and representative of our contextual needs to safeguard our students.
- Ensure that all students, including those with Special Educational Needs and/or Disabilities are able to access the Relationships and Sex Education curriculum in a developmentally appropriate way so that they can keep themselves safe.
- Strengthen students' resilience and coping strategies to navigate modern social and emotional challenges.
- Encourage boys to identify and emulate positive male role models and foster respectful relationships.
- Promote awareness of online grooming tactics and empower students to critically assess digital content.
- Equip students to identify and challenge misogynistic myths and harmful online content, including incel culture and deepfake pornography.

Curriculum Content

- RSHE will be delivered through PSHE lessons, assemblies, and cross-curricular links (e.g., Science and Computing). Topics include:
- Healthy relationships and consent
- Online safety and digital literacy
- Puberty and reproduction
- Contraception and sexual health
- Gender identity and sexual orientation
- Mental wellbeing and emotional resilience
- Addressing harmful behaviours (e.g., harassment, misogyny, deepfakes)

Delivery and Teaching

- Delivered by trained staff in a safe, inclusive, and respectful environment.
- Differentiated to meet the needs of all learners, including those with SEND.

- Supported by external agencies where appropriate, following safeguarding protocols.

Safeguarding and Confidentiality

- RSHE will be delivered in line with the school's safeguarding policy. Staff will handle disclosures sensitively and follow safeguarding procedures.

Working with Parents

- Parents/carers will be consulted during policy development and review.
- The policy and curriculum overview will be published on the school website.
- Parents have the right to withdraw their child from non-statutory sex education, following discussion with the Headteacher.

Monitoring and Evaluation

- The policy will be reviewed every three years or in response to statutory changes.
- Student voice, staff feedback, and parental consultation will inform evaluation.
- The Personal Development Lead will oversee curriculum delivery and quality assurance. Weekly session check-ins with feedback to staff supports ongoing improvement in delivery.

Roles and Responsibilities

- Governing Body: Approves the policy and ensures statutory compliance.
- Headteacher: Ensures implementation and staff training.
- Personal Development Lead: Coordinates curriculum, monitors delivery and supports staff CPD through training and regular knowledge audits.
- Teachers: Deliver RSHE in line with policy and training.

Curriculum Content from Year 7 to 11

Year 7	Year 8	Year 9	Year 10	Year 11
Sleep relaxation and mental health Puberty - In girls and the menstrual cycle Puberty in boys' Personal hygiene	What is mental health? Positive body image	Social media and online stress	What is sexual abuse? Where to get help and support	Teenage pregnancy choices Abortion laws Parenthood for teenagers
Consent and boundaries Respect and relationships Friendships and online relationships	Relationships: Being yourself and self-love. Healthy respectful relationships What is love? Dealing with conflict	What is a penis? What is a vulva?	What are the benefits of delaying sexual activity and what do we mean by pleasure?	Testicular and prostate cancer Breast cancer and cervical screening
What makes a good friend? Friendships and online relationships What does it	Introduction to contraception Sexual orientation	Dealing with grief, loss and loneliness Mental health (including new extended content on	How can we campaign against FGM? What are the dangers of sexting?	Love and abuse What is peer on peer abuse? What impacts fertility? (including new

mean to be a man today? (new and extended topic introduction to misogyny)		suicide and self-harm) Sexual consent and the law (including new extended content online risks and sextortion) FGM and the law	Personal safety and crime including illegal online behaviour, exploitation by gangs and personal safety (new extended topic)	and extended content on menstrual and reproductive health) Why is sexual health important?
Staying safe including online (New and extended topic) Alcohol and the risks. Nicotine and smoking E cigarettes and vaping	Cyber Bullying Online grooming (new extended content on online risks) County lines Substance abuse.	Relationships and Partners (Including new extended content on incels and misogyny) Domestic abuse Why have sex? Delaying sexual activity Sexual harassment and stalking What are STIs and how can they be treated? The importance of Contraception	How can pornography damage relationships? (including new extended guidelines) How can we recognise unhealthy relationships? What is the impact of the sexualisation of the media? What is honour based violence? What is forced marriage?	What are the best forms of contraception throughout life? Respect love and relationships.