	Relationship, Sex and Health Education	
VERULAM SCHOOL	Last reviewed: November 2026	Next review: November 2028

1. STATUTORY FRAMEWORK

We are required to teach RSHE (Relationship, Sex & Health Education) as part of statutory guidance that states from September 2020, all schools must deliver relationships, sex and health education in secondary schools.

The parental right to withdraw pupils from RSHE remains in primary and secondary education, for aspects of sex education, which are not part of the Science curriculum.

Documents that inform the school's RSHE policy include:

- Equality Act (2010),
- Keeping children safe in education – Statutory safeguarding guidance (2026)
- Relationships Education, Relationships and Sex Education (RSE) and Health Education (2019, updated 2026)

2. EVERY CHILD MATTERS (ECM) & SPIRITUAL, MORAL, SOCIAL AND CULTURAL EDUCATION

The delivery of RSHE at Verulam School is underpinned by the following moral and value statements:

- The delivery of RSHE is factual, sensitive and balanced.
- RSHE within the school promotes meaningful, loving, and healthy relationships.
- Whilst delivering RSHE staff will avoid the imposition of personal opinion.

Lesson delivery will focus on the social, moral, spiritual, health and education aspects of the topics. Across the faiths, there is obviously some variation in attitudes and outlooks in regard to relationships, sex and health. Whilst individual student views will vary, all students are required to respect the teaching of RSHE. Verulam School will ensure that RSHE is respectful of all cultural and religious differences whilst completing its statutory duty.

3. PARENTAL RIGHTS AND THE CURRICULUM

The new legislation brought in through the Children and Social Work Act 2017 brought important changes in relation to parental rights to withdraw children from school RSHE:

1. Parents will not be able to withdraw their child from relationships education in primary school or secondary school.
2. At secondary school level parents will be able to withdraw their child from sex education (other than the sex education which sits in the National Curriculum as part of science in maintained schools).

However, a child will also have a right to opt into sex education from their 15th birthday (specifically three academic terms before they turn 16). If a parent wishes to withdraw their child from aspects of the RSHE programme then they should contact the Head of Personal, Social Health Education, Mr Lewis, either by email or writing stating their reasons for the request.

The relevant staff member will contact parents to discuss their concerns regarding the programme.

4. THE TEACHING OF RELATIONSHIPS, SEX AND HEALTH EDUCATION

RSHE will be taught across the curriculum but specifically in Personal Development and Science. Teaching will be undertaken by a range of teaching staff. Members of the pastoral team and external professionals may teach certain aspects of the programme.

Safety and Confidentiality

Within the teaching of RSHE, we make it clear to students what our expectations are surrounding respect, safety and confidentiality. Teachers are aware that effective RSHE, which brings an understanding of what is and what is not appropriate in a relationship, can lead to possibilities of safeguarding disclosures. Staff will follow the school policy on safeguarding, recording concerns on CPOMS and consult with the lead DSL or another member of the safeguarding team as necessary.

How are resources used with reasons for their selection?

RSHE resources are chosen and checked for:

- Being inclusive – acknowledging the full spectrum of diversity in society
- Positive, healthy and unbiased messages
- Age and understanding appropriateness

How will Verulam School deal with sexually explicit questions?

The school will:

- Allow individual staff to use their professional judgement as to answering questions in front of the whole class or individually taking into account the school Safeguarding Policy.
- Encourage learners to ask their parents/carers any question outside the planned programme.
- Set out clear ground rules regarding personal questions, which are agreed by staff beforehand.
- Have designated adults that learners know of to go to if they wish to talk.

What kind of language will be considered acceptable and appropriate for use in RSHE lessons?

Staff will:

- Use the correct terms for all body parts
- Use clear, unequivocal language in an objective manner
- Discuss what 'slang' words mean and say that some can be seen as offensive.

Staff will use their judgement in discussion depending on the understanding and maturity level of learners.

What Ground Rules specific to RSHE will Verulam School use?

- Respect will be shown at all times.
- The creation and agreement of ground rules will be completed as a class at the beginning of RSHE lessons, facilitated by the teacher.

5. MONITORING AND EVALUATION OF RSHE

The Head of PSHE will be responsible for monitoring the delivery of the RSHE programme within Personal Development lessons and ensure that all aspects of RSHE are covered as defined in government guidance. The curriculum is reviewed on an annual basis. Lessons are observed through lesson visits by the Head of PSHE and members of the leadership team, through regular book looks while staff and students may be consulted on the delivery and effectiveness of the lessons.

The programme of study followed at Verulam School is provided by both the PSHE Association and a combination of quality assured resources from:

- Barclays Life Skills
- EC Publishing
- CEOP
- SurvivorsUK
- Self-Esteem Dove resources
- Youth and Police Education Hub
- NSPCC
- Child Net – Crossing the Line
- NatWest Money
- The Hertfordshire Grid
- YCKE Education

The UK government has provided grant funding to the PSHE Association to advise schools in developing their own PSHE curriculums and improve the quality of teaching. The association focuses on signposting schools to resources and in expanding their Chartered Teacher of PSHE programme.

6. RSHE POLICY REVIEW

As part of effective RSHE provision, the RSHE policy should be reviewed at least every 2 years to ensure that it continues to meet the needs of students, staff and parents and that it is in line with current Department for Education advice and guidance.