

# RSE POLICY

Pendle Vale College



**Last reviewed: June 2025**

**Next review: June 2026**

## Table of Contents

### RSE policy at a glance

1. Definition
2. Statutory Requirements
3. Aims
4. Content
5. Roles and Responsibilities
6. Parents' Right to Withdraw
7. Monitoring and Evaluation
8. Policy Development

## RSE at a Glance

### 1. Definition

RSE supports students' emotional, social, and cultural development, covering relationships, health, sexuality, diversity, and identity. It builds on primary education, promotes family values, and aligns with safeguarding and equality policies. RSE is not about promoting sexual activity.

#### Core Elements of RSE

| Knowledge & Understanding  | Attitudes & Values   | Personal & Social Skills  |
|--|--|---|
| <ul style="list-style-type: none"><li>• Physical development</li><li>• Sexuality &amp; emotions</li><li>• Consent &amp; boundaries</li><li>• Contraception &amp; services</li><li>• Delaying activity</li><li>• Preventing pregnancy</li></ul> | <ul style="list-style-type: none"><li>• Respect for values</li><li>• Awareness of explicit content</li><li>• Moral reasoning</li></ul> | <ul style="list-style-type: none"><li>• Managing emotions</li><li>• Respect &amp; empathy</li><li>• Avoiding prejudice</li><li>• Conflict management</li><li>• Avoiding abuse</li></ul> |

### 2. Statutory Requirements

RSE is compulsory from Year 7 (National Curriculum 3.6). Schools must follow the Education Act 1996, Section 403.

#### Aims

RSE provides accurate information, promotes confidence and positive relationships, builds awareness of consent, challenges discrimination, and links to risk behaviours like drugs and online safety.

#### Inclusivity

- SEND: Differentiated content
- LGBTQA: Inclusive and supportive
- Families: Ensures accurate and sensitive delivery

#### Content Delivery

Weekly PSHCE lessons + Science & RS.

#### Key Roles

Governors approve policy. Headteacher leads. Assistant Head ensures compliance. PSHCE Lead manages content. Staff deliver. Parents support. Students engage respectfully.

#### Withdrawal Rights

Parents can request withdrawal from sex education only (not relationships/health). Requests must be in writing. Students may opt in from age 15.

## **Full Relationships and Sex Education Policy**

### **Definition**

RSE encompasses the emotional, social, and cultural development of students, including learning about relationships, health, sexuality, diversity, and identity. It involves sharing information and exploring values.

This policy builds on primary school learning and supports family values. It was developed in consultation with staff and community, and aligns with safeguarding, British Values, and equality policies.

RSE is not about promoting sexual activity. It includes:

#### **1. Knowledge and Understanding**

Physical development; Human sexuality and emotions; Consent and personal boundaries; Contraception and health services; Delaying sexual activity; Preventing unplanned pregnancy.

#### **2. Attitudes and Values**

Respect for individual values and family life; Awareness of explicit content; Moral reasoning and critical thinking.

#### **3. Personal and Social Skills**

Managing emotions and relationships; Respect and empathy; Avoiding prejudice; Conflict management; Avoiding exploitation and abuse

### **3. Statutory Requirements**

Under section 3.6 of the National Curriculum, RSE is compulsory from Year 7 onwards. Schools must follow guidance from the Secretary of State as outlined in Section 403 of the Education Act 1996. Pendle Vale delivers RSE in line with this policy.

For further information on statutory guidance:

<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education>

<https://www.legislation.gov.uk/ukpga/1996/56/section/403>

### **Aims**

Relationships and Sex Education aims to help students understand the facts about sex and sexuality, develop self-esteem, respect for others, and confidence in decision-making. The development of self-esteem is central, as young people who feel positive about themselves are more likely to form happy and caring relationships. Pendle Vale College aims to provide this. RSE provision is age-appropriate and aims to:

- Provide accurate and up-to-date information.
- Encourage confident, open discussion.

- Develop understanding of puberty, reproduction, and sexuality.
- Promote positive attitudes and self-respect.
- Ensure understanding of legal frameworks around consent and abuse.
- Emphasise the value of respect, trust, and love.
- Foster understanding of diverse perspectives on gender and sexuality.
- Build awareness of responsibility and consequences related to sexual activity.
- Advocate delaying sexual activity and resisting pressure.
- Challenge discrimination and equip pupils to address bullying.
- Correct myths and misunderstandings from peers or media.
- Link RSE to risk-related behaviours (e.g., drugs, alcohol, online safety).
- Encourage seeking help when needed.

### **Inclusivity**

- *SEND*: RSE is differentiated for students with specific needs.
- *LGBTQA*: Content is inclusive of all identities and supportive of students with LGBTQA connections.
- *Families*: Recognising not all families provide RSE at home, the College ensures accurate, sensitive delivery.

## **4. Content**

RSE is mainly delivered through weekly PSHCE lessons, led by specialists and occasionally supported by visiting speakers. Reproduction is also covered in science, and moral issues in Religious Studies. Cross-curricular links are encouraged where relevant.

### **KS3 & KS4 Overview**

Students learn:

- How relationships affect mental health.
- Managing emotions and changing relationships.
- Legal issues around sexual behaviour, consent, sexting, and abuse.
- Assertiveness, peer pressure, and stereotypes.
- Online safety and sources of advice.

Full content is detailed in planned schemes of work aligned with national guidance.

## 5. Roles and Responsibilities

### **Governing Body**

Approves the RSE policy and holds the Headteacher accountable.

### **Headteacher**

Ensures consistent RSE delivery, leadership, and resourcing.

### **Assistant headteacher of Personal Development**

Ensure accuracy of content and the meeting of statutory requirements.

### **PSHCE Coordinator**

Leads RSE development, ensures staff training, monitors provision, and liaises with external agencies.

### **Staff**

Trained to deliver RSE through PSHCE, science, and relevant curriculum areas. They play a key pastoral role, supported by safeguarding teams.

### **Outside Agencies**

Specialists may contribute to lessons and support services. External speakers may support RSE delivery where appropriate. These visitors follow a college code of practice and are supported by staff during sessions.

### **Parents/Carers**

Have the right to view the policy and are encouraged to discuss RSE topics with their children.

### **Students**

Entitled to age appropriate RSE and are expected to engage respectfully and thoughtfully.

## 6. Parents' Right to Withdraw

Since 2020, Relationships and Sex Education is compulsory.

Parents may not withdraw children from relationships or health education, or science curriculum content. They may request withdrawal from sex education only.

Requests must be submitted in writing to the Headteacher, who has discretion over the final decision. Students may opt in from three terms before their 16th birthday.

## 7. Monitoring and Evaluation

The PSHCE coordinator regularly evaluates the programme to ensure effectiveness and relevance.

## 8. Policy Development

This policy was developed in consultation with staff, pupils, and parents:

- **Review:** Existing guidance reviewed.
- **Staff consultation:** Input from all staff.
- **Parent/stakeholder consultation:** Meetings held.
- **Pupil consultation:** Explored pupil expectations.
- **Ratification:** Finalised by governors.