KING EDWARD VI FOUNDATION BIRMINGHAM

Educational excellence for our City

KING EDWARD VI ACADEMY TRUST BIRMINGHAM

Relationships, Sex and Health Education Policy

Responsible Board/ Committee	Academy Trust Foundation Trust
Policy Type	KECHG Policy
Foundation/Academy Policy Owner	n/a
Statutory	No
Publish Online	No
Last Review Date	June 2026
Review Cycle	Annual This policy will not expire but will be reviewed as per its designated cycle. This policy remains effective whilst the review is taking place and will only become non-applicable once the updated version has been approved.
Next Review Date	June 2027
Version	3
School	King Edward VI Camp Hill School for Girls
School Policy Owner	DSL, Vicky Ridley
ISGB/SGB Approval Date	19th October 2026

Sex, Relationships and Health Education (RSHE) Policy

1. Policy Statement

This policy presents a true and accurate reflection of current practice and is reviewed regularly as part of our ongoing school improvement. At King Edward VI Camp Hill School for Girls, we believe RSHE is a lifelong process of acquiring information, developing skills, and forming positive beliefs and attitudes about sex, sexuality, relationships, and feelings. RSHE supports positive self-esteem, self-respect, and respect for others.

This policy has been developed in consultation with pupils, parents/carers, staff, and governors, in line with statutory requirements.

2. Aims

- To present factual information in an objective, balanced, non-judgmental, and sensitive manner, set within a clear framework of values, including moral considerations, family values, and understanding the law relating to sexual behaviour.
- To develop skills and attitudes that allow students to manage relationships in a responsible and healthy manner.
- To enable students to develop an understanding of positive self-image and responsibility for their own health.
- To help pupils develop feelings of self-respect, confidence, and empathy.
- RSHE is embedded within our PSHE curriculum, which underins our school ethos and values to enrich the wider world beyond the classroom.
- ***To ensure RSHE is accessible and inclusive for all pupils, including those with SEND and from all backgrounds, in accordance with the Equality Act 2010.***

3. Statutory Requirements

As a secondary academy, we provide RSHE to all pupils as per section 34 of the Children and Social Work Act 2017. In teaching RSHE, we have regard to the statutory guidance issued by the Secretary of State (effective September 2026).

Our policy and curriculum are compliant with the DfE's statutory guidance on RSHE, and are published on our school website in accordance with requirements.

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4. Definition

RSHE is about the emotional, social, and cultural development of pupils and involves learning about relationships, sexual health, sexuality, healthy lifestyles, diversity, and personal identity.
It involves a combination of sharing information and exploring issues and values.
RSHE is not about the promotion of sexual activity.
Our RSHE curriculum and policy is in line with the Government guidance:
https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-RSHE-and-health-education

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5. Curriculum: Delivery and Content

5.1 Curriculum Content

RSHE is delivered through the Science curriculum at KS3 & KS4, GCSE Religious Studies, and the PSHE programme.
The Head of School has oversight for PSHE and Heads of Year are responsible for developing and delivering the RSHE programme.
As appropriate, external agencies are invited to deliver specific aspects.
Our RSHE curriculum covers the following key areas as outlined in statutory guidance:

- Families
- Respectful relationships, including friendships
- Online and media, including the impact of AI
- Being safe
- Intimate and sexual relationships, including sexual health]
- Health content including gynaecological and reproductive health.

- Tackling misogny, incel culture and the negative effects in young people
- ***The law, including consent, exploitation (including financial exploitation and sextortion), abuse, grooming, coercion, harassment, rape, domestic abuse, forced marriage, honour-based violence, and FGM***
- ***LGBTQ+ inclusion, ensuring all types of relationships are covered***

A detailed curriculum map is available on request and published on the school website.

5.2 Year Group Overview

Year 7: Puberty and menstruation
Year 8: Female health issues, body image, and family values
Year 9: Relationships, contraception, physical and emotional health
Year 10: Contraception, relationships, social impact of teenage pregnancy, families, values, and STI education
Year 11: Sexual activity in relation to alcohol and risk-taking behaviour, emotional health
Year 12: STI education and contraception
Year 13: Health issues for young

We ensure our RSHE curriculum is age-appropriate, inclusive, and regularly updated to reflect new guidance, pupil needs, and current issues impact the local area and national concerns (e.g. online safety, consent, and mental health).

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6. Delivery of RSHE

- RSHE is primarily delivered through PSHE, supported by Science and Religious Studies.
- Sessions are age-appropriate and differentiated to individual needs.
- External agencies support delivery where appropriate.
- ***All staff involved in RSHE receive regular training to ensure up-to-date knowledge and confidence in delivering sensitive content.***
- ***Staff are supported in handling questions and discussions sensitively and with regard for safeguarding protocols.***

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7. Roles and Responsibilities

7.1 The Governing Body

- Holds the Headteacher to account for implementation of this policy.

7.2 The Headteacher (or Head of School)

- Responsible for ensuring RSHE is taught consistently and for managing requests to withdraw pupils from non-statutory components of RSHE (see section 8).
- ***Leads on policy consultation and publication.***

7.3 Staff

- Deliver RSHE in a sensitive, inclusive way.
- Model positive attitudes to RSHE.
- Monitor pupil progress.
- Respond to individual needs and withdrawal requests.
- ***Undertake regular training in RSHE delivery and safeguarding.***
- ***Signpost pupils to further support or a trusted adult if needed.***

7.4 Students

- Expected to engage fully in RSHE and treat others with respect and sensitivity.

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8. Parental Right to Withdraw

Parents have the right to withdraw their children from the non-statutory components of sex education within RSHE up to three terms before the child turns 16.
After this point, the child can opt in.
Requests should be made in writing using the form which is available on request using the enquiries school email and addressed to the Headteacher.
A copy of withdrawal requests will be placed in the pupil's record.
The Headteacher (or Head of School) will discuss requests with parents and with the student's Head of Year. In exception circumstances, the Headteacher (or Head of School) can refuse a request to withdraw a pupil. School will keep records of the

request, discussion and outcome.
Alternative work will be provided for withdrawn pupils.
Parents do not have the right to withdraw their child from relationships or health education.

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9. Safeguarding and Confidentiality

Students have the right to a safe and secure environment.
Effective RSHE may lead to disclosures of child protection issues.
Staff cannot offer absolute confidentiality and will pass concerns to the designated safeguarding lead, Ms. V Ridley.
All RSHE is delivered in line with our safeguarding and child protection policy.
For more detail, refer to the school's Confidentiality Policy.

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10. Monitoring, Evaluation, and Review

- The course is evaluated by teachers and students.
- Feedback informs curriculum development.
- Teachers are responsible for assessment and reporting.
- ***Pupil, parent, and staff feedback is gathered as part of regular review and consultation.***

The policy is reviewed annually in consultation with stakeholders.

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11. Policy Availability

This policy is published on the school website and available on request from the school office.
Signed:
Lyndsey
Head of School

Summary of Significant Changes & Additions

1. **Reference to the DfE 2019 guidance** and explicit compliance statement added.
2. **Consultation with parents, pupils, staff, and governors** included as statutory requirement.
3. **Reference to the Equality Act 2010** and inclusivity for SEND and all backgrounds.
4. **Enhanced safeguarding section** aligning with statutory requirements and school policy.
5. **LGBTQ+ inclusion and specific reference to the law, consent, and online safety**.
6. **Clarity on parental withdrawal rights** and what is covered by statutory entitlement.
7. **Annual review** and feedback mechanisms strengthened.
8. **Curriculum map publication** and regular updates.
9. **Staff training and support** for delivering RSHE.