



**KING EDWARD VI
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Educational excellence for our City



**KING EDWARD VI
ACADEMY TRUST
BIRMINGHAM**

Relationship & Sex Education (RSE) Policy

Responsible Board/Committee	Education & Welfare Committee
Policy Type	School Policy
Policy Owner	Headteacher
Statutory	Yes
Publish Online	Yes
Last Review Date	January 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	January 2027
Version	1

Date Agreed: January 2026	Date for review: January 2027
Chair of Governing body: Nicola Smith	Date signed: January 2026

Relationship & Sex Education (RSE) Policy

Rationale and Objectives

Rationale:

Sex education provides an understanding that positive, caring environments are essential for the development of a good self-image and that individuals are in charge of and responsible for their own bodies. It ought to provide knowledge about the processes of reproduction and the nature of sexuality and relationships. It should encourage the acquisition of skills and attitudes which allow pupils to manage their relationships in a responsible and healthy manner.

Aims

To enable pupils to acquire knowledge, skills, responsible attitudes and behaviour with regard to sex education, King Edward VI Northfield School for Girls aims to:

Provide a worthwhile educational experience for all its pupils which will present opportunities:

- to enable pupils to recognise the physical, emotional and moral implications, and risks, of certain types of behaviour and to accept that both sexes should behave responsibly in sexual matters;
- to support the personal development and social skills of the pupils;
- to ensure that pupils have an understanding of their own and others' sexuality;
- to enjoy relationships based upon mutual respect and responsibility which are free from abuse and exploitation;
- Ensure pupils understand it is important to report abuse (in all its forms) for themselves and others
- to actively offer support to young people suffering from abusive relationships, both with pastoral support and by effective sign-posting of external agencies;
- to develop an understanding of risk and to promote strategies for personal safety;
- to enable pupils to be aware of the sources of help and to acquire the skills and confidence to use them.

Objectives:

- To enable pupils to understand the biological aspects of reproduction;
- To consider the advantages and disadvantages of various methods of family planning in terms of personal preference and their social and moral implications;
- To recognise and be able to discuss sensitive and controversial issues such as conception, virginity, birth, child-rearing, abortion, sexually transmitted diseases, all forms of sexual exploitation, FGM, LGBTQAI+ and technological developments such

as the sending of sexual images and sex on the internet and in doing this involve consideration of attitudes, values, beliefs and morality;

- To make pupils aware of the range of sexual attitudes and behaviour in present day society and recognise the importance of personal choice in managing relationships so that they do not present risks to health and personal safety;
- To challenge negative attitudes towards sexual and gender identity, including discrimination and bullying, and encouraging respect of personal choice;
- To positively present same sex relationships as equally legitimate and healthy as mixed sex relationships, as part of our school ethos of tolerance and respect. To discuss gender identity and both the physical and emotional implications of a change of gender identity on the individual and those around them.
- To make pupils aware that feeling positive about sexuality and sexual activity is important in relationships and that people have the right not to be sexually active;
- To understand the changing nature of sexuality over time and its impact on life stages, e.g. the menopause;
- To recognise that parenthood is a matter of choice;
- To critically analyse moral values and explore those held by different cultures and groups;
- To understand the concept of stereotyping and to discuss issues such as sexual harassment in terms of their effects on individuals;
- To understand aspects of legislation relating to sexual behaviour, gender and equal opportunities and to make aware the availability of statutory and voluntary organisations which offer support in human relationships.

Delivery

Sex education at King Edward VI Northfield School for Girls is taught in a cross curricular way through Science and Personal and Social Education. Teachers involved in the delivery of RSE will follow detailed lesson plans to ensure that there is a consistent approach to delivery of the subject across both key stages. Lesson plans will be updated regularly to reflect the ever-changing nature of the subject. The provision of sex education is seen as progressive in terms of language, concepts and content which increases in depth and complexity as pupils progress through the school.

It is intended that pupils will be given up-to-date information on a wide variety of contraceptive methods and whilst general statements about the efficiency of these methods will be given, specific advice and guidance to individuals will not be made without consultation with the parents. Outside agencies, such as the NHS in partnership with Umbrella Sexual Health and Loudmouth theatre company, are used to keep teaching staff up to date and to work with pupils

Sex Education in the Curriculum

We view the partnership of home and school as vital in providing the context to relationships and sex education. We recognise that parents are key figures in helping their children cope with the emotional and physical aspects of growing up and in preparing them for the challenges and responsibilities which sexual maturity brings. The teaching offered by schools should be seen as complementary and supportive to the role of parents. From September 2020, all local authority maintained schools in England are obliged to teach sex and relationships education (RSE) from age 11 upwards, and must have regard to the Government's RSE guidance. The curriculum at King Edward VI Northfield School for Girls is compliant with these requirements and will be compliant with the updates to the statutory guidance for Relationships, Sex and Health Education which come into effect from September 2026 (see attached annex). It is recognised that sex education is a difficult issue which will place demands on schools and teachers. However, the purpose of sex education should be to provide knowledge about loving relationships, the nature of sexuality and the processes of human reproduction. At the same time it should lead to the acquisition of understanding and attitudes which prepare pupils to view their relationships in a responsible and healthy manner.

Definition of Sex Education:

The law does not give a definitive statement as to what sex education is. Among the things it will concentrate on are knowledge of the facts of human reproductive processes and behaviour, HIV and AIDS and other sexually transmitted diseases, contraception and abortion, sexual and gender identity, healthy relationships, sexual exploitation and a consideration of the broader emotional and ethical dimensions of sexual attitudes.

The Parental Right to withdraw their child from Sex Education Lessons:

According to the Department of Education's RSE and PSHE policy statement published in March 2017, on the passing of the Children & Social Work Act, the DoE stated that:

We have committed to retain a parents' right to withdraw their child from sex education within RSE (other than sex education in the National Curriculum as part of science), as currently, but not from relationships education at primary. This is because parents should have the right to teach this themselves in a way which is consistent with their values. The Secretary of State will consult further in order to clarify the age at which a young person may have the right to make their own decisions.

Government guidance on the new RSE requirements also states:

Parents will continue to have a right to request to withdraw their child from sex education delivered as part of RSE in secondary schools which, unless there are exceptional circumstances, should be granted up to three terms before their child turns 16. At this point, if the child themselves wishes to receive sex education rather than be withdrawn, the school should make arrangements for this to happen in one of the three terms before the child turns 16 - the legal age of sexual consent.

It is realised that, under exceptional circumstances, a very small number of parents may wish to withdraw their children from this programme. In this case, such parents should write to the Headteacher, stating their objections. The schemes of work for PSHE published on the school website will enable parents to estimate the point at which specific aspects of sex education will be delivered to their child.

Annex

Key Updates for September 2026:

- **Online Safety & Digital Citizenship:** Expanded to cover AI-generated content, deepfakes, online financial harms (gaming scams), privacy, consent (location settings), and critical engagement with online information.
- **Misogyny & Harmful Beliefs:** New content addressing misogyny, incel ideology, sextortion, online influencers, and teaching pupils to challenge harmful beliefs while promoting respect.
- **Puberty & Body Education:** Recommends earlier teaching about periods and correct body part names, reducing stigma and improving safeguarding.
- **Consent & Healthy Relationships:** Focus on power dynamics, setting boundaries, ending relationships kindly, and recognising sex can be enjoyable, with emphasis on kindness and respect.
- **Health Topics:** Includes facts about vaping, risks of nicotine addiction, vaccine information, and understanding mental health (worrying/feeling down).
- **Safeguarding:** Stronger emphasis on preventing sexual violence and abuse from primary school, addressing harassment, and teaching pupils how to access services.
- **LGBTQ+ Content:** Age limits on certain topics won't be implemented, with a focus on inclusive, age-appropriate teaching.
- **Parental Engagement:** Schools must consult parents and allow them to see resources when requested when developing policies.