PARK ASPIRE
AP Academy

RELATIONSHIPS, SEX and HEALTH EDUCATION (RSHE) POLICY

2026-2027

Approved by LA:	Autumn 2026
Internal review due:	September 2027
Full review and ratification due:	September 2027
Signed on behalf of the Local Advisory Board (LAB) by the Headteacher	

This statutory policy will be reviewed annually, following legislative change, following safeguarding audits or following incidents where lessons can be learned.

Statement of Intent

Park Aspire is committed to providing a high-quality Relationships, Sex and Health Education (RSHE) and Personal Development curriculum for all pupils across Key Stages 1, 2 and 3.

We recognise that RSHE forms a vital part of the school's curriculum and makes a significant contribution to pupils' personal development, wellbeing, safeguarding and preparation for adult life. Through a broad, balanced and age-appropriate curriculum, pupils are supported to develop the knowledge, skills, understanding and confidence needed to build healthy relationships, maintain positive physical and mental health, stay safe and become responsible members of society.

At Park Aspire, we define RSHE as learning about relationships, emotional wellbeing, physical health, online safety, growing up, personal responsibility and preparation for adulthood. We believe that all pupils should have access to learning that is relevant to their age, stage of development and individual needs, enabling them to make informed decisions and develop resilience in an ever-changing world.

The school recognises that RSHE is a key component of its safeguarding curriculum. Effective teaching supports pupils to recognise abuse, exploitation, unhealthy relationships, online risks and other safeguarding concerns whilst equipping them with the knowledge and confidence to seek help and support when needed. Keeping Children Safe in Education 2026 identifies opportunities to teach safeguarding through the curriculum as an important part of a whole-school approach to safeguarding.

We are committed to delivering an inclusive curriculum that reflects the diversity of modern Britain and promotes equality, respect and tolerance. Teaching will support pupils to value themselves and others, understand and celebrate difference, challenge discrimination, and develop positive attitudes towards healthy relationships and responsible citizenship.

Through our RSHE and Personal Development curriculum, we aim to ensure that all pupils:

- Develop healthy, respectful and positive relationships.
- Understand how to keep themselves physically, emotionally and mentally safe.
- Recognise and respond appropriately to risks, including those encountered online.
- Know how and when to seek help and support.
- Develop self-confidence, resilience and emotional literacy.
- Understand their rights, responsibilities and place within society.
- Are prepared for the opportunities, responsibilities and experiences of adult life.

The school will work in partnership with parents, carers and external agencies where appropriate to ensure pupils receive accurate, inclusive and supportive learning that promotes their wellbeing, safety and future success.

Legal Framework

This policy is informed by:

- Relationships Education, Relationships and Sex Education (RSE) and Health Education Statutory Guidance (2026).
- Education Act 2002.
- Education Act 1996.
- Equality Act 2010.
- Keeping Children Safe in Education 2026.
- Working Together to Safeguard Children

Role and Responsibilities:

Local Advisory Board

The Local Advisory Board is responsible for:

- **Ensuring statutory requirements are met.**
- **Monitoring the effectiveness of the policy.**
- **Reviewing the impact of the curriculum.**

Senior Leaders

Senior leaders are responsible for:

- **Curriculum oversight.**
- **Policy implementation.**
- **Quality assurance.**
- **Staff training and support.**

Staff

Staff are responsible for:

- **Delivering the curriculum professionally and sensitively.**
- **Creating a safe learning environment.**
- **Following safeguarding procedures.**
- **Reporting concerns appropriately.**

Designated Safeguarding Lead

The Designated Safeguarding Lead will:

- **Support staff with safeguarding concerns arising from RSHE.**
- **Manage disclosures.**
- **Liaise with external agencies when necessary.**

Aims

The RSHE and Personal Development curriculum aims to:

- Promote positive physical, emotional and mental wellbeing.
- Develop healthy, respectful and safe relationships.
- Enable pupils to recognise and manage risk.
- Promote equality, diversity and inclusion.
- Develop resilience, self-esteem and confidence.
- Prepare pupils for life in modern Britain.
- Support safeguarding and personal development.
- Prepare pupils for adulthood and independence.

The curriculum is inclusive and adapted where necessary to meet the needs of all pupils, including those with SEND.

Curriculum Content

Curriculum content is delivered through a progressive, spiral curriculum and is adapted to reflect pupils' age, stage of development, individual needs and understanding.

Key Stages 1 and 2

Pupils will learn about:

- Families and people who care for us.
- Caring friendships.
- Respectful relationships.
- Online relationships.
- Being safe.
- Mental wellbeing.
- Physical health and fitness.
- Healthy lifestyles.
- Internet safety.
- Growing and changing.
- Economic wellbeing and citizenship.

Key Stage 3

Pupils will build upon earlier learning and explore:

- Healthy and unhealthy relationships.
- Intimate and romantic relationships.
- Consent, boundaries and respect.
- Sexual harassment and harmful sexual behaviour.
- Child-on-child abuse.
- Online safety, including artificial intelligence, deepfakes and online manipulation.
- Mental health and emotional wellbeing.
- Physical and sexual health.
- Puberty and adolescent development.
- Equality, diversity and protected characteristics.
- Financial education and economic wellbeing.
- Preparing for adulthood, independence and future relationships.

Detailed curriculum plans and progression documents are maintained separately and reviewed annually.

Teaching and Learning

Teaching will:

- Be age-appropriate and developmentally appropriate.
- Reflect pupils' individual needs.
- Be inclusive and accessible.
- Promote respect, tolerance and understanding.
- Take account of SEND and additional vulnerabilities.
- Be delivered through a range of engaging teaching approaches.

Teaching may include discussion, reflection, role play, scenario-based learning, assemblies, themed events and external visitors where appropriate.

External visitors will complement, not replace, the school's planned curriculum and will always be supervised by school staff.

Parents and Carers

The school recognises the important role parents and carers play in supporting children's personal development.

We will:

- Share curriculum information.
- Consult on policy development and review.
- Respond to questions and concerns.
- Support communication between home and school.

Parents do not have the right to withdraw pupils from Relationships Education or Health Education.

Any requests regarding secondary sex education content delivered as part of Key Stage 3 RSHE will be managed in accordance with current statutory guidance

Safeguarding

RSHE forms an important part of the school's safeguarding curriculum.

Through RSHE, pupils will learn:

- How to recognise safe and unsafe situations.
- How to identify trusted adults.
- How to seek support.
- How to recognise unhealthy relationships.

- How to stay safe online.
- How to respond to safeguarding concerns.

Any disclosures or safeguarding concerns arising from RSHE lessons will be managed in accordance with the school's Safeguarding Policy

Monitoring and Review

The effectiveness of RSHE will be monitored through:

- Curriculum reviews.
- Learning walks and observations.
- Pupil voice.
- Staff feedback.
- Safeguarding monitoring.

This policy will be reviewed annually or sooner in response to changes in legislation, statutory guidance or school practice.

Linked Policies

This policy should be read alongside:

- Safeguarding Policy
- Online Safety Policy
- Relationships (Behaviour) Policy
- Equality Policy
- Hate Incident and Anti-Bullying Policy
- Mental Health and Wellbeing Policy
- Attendance and Absence Policy
- SEND Policy