

Delivery of RSHE

Relationships, Sex and Health Education (RSHE) is taught primarily through the Personal, Social, Health and Economic (PSHE) education curriculum. Biological aspects of sex education, including human reproduction and development, are taught within the science curriculum, while wider discussions relating to relationships, ethics, values and beliefs may also be explored within Religious Education (RE).

Our RSHE curriculum reflects the Statutory Department for Education guidance effective from September 2026 and is planned using guidance and resources from the PSHE Association.

RSHE focuses on providing students with the knowledge, understanding and skills they need to develop healthy, respectful and safe relationships of all kinds, both online and offline. This includes learning about:

- families and caring relationships
- respectful relationships and friendships
- online safety and awareness, including online behaviour, image sharing, harmful online content, exploitation and grooming
- consent, boundaries and being safe
- intimate and sexual relationships, including sexual health
- physical health, mental wellbeing and emotional literacy
- equality, diversity and respect for others
- safeguarding, including recognising abuse and knowing how to seek support

These areas of learning are taught within the context of family life and relationships, taking care to ensure that there is no stigmatisation of students based on their home circumstances or family structure. Teaching recognises that families and support networks may take many forms, including single-parent families, adoptive families, foster families, kinship care arrangements, families headed by grandparents, LGBTQ+ parents and looked after children.

As a Church of England school, our RSHE curriculum is rooted in the Christian vision of “Flourishing for All”. Teaching promotes dignity, compassion, inclusion and mutual respect, while recognising and valuing the diversity of experiences, beliefs and identities within the school community.