

RSHE

Policy

Document Management Information

Applicable to:	All staff and pupils at The Abbey School, Faversham
Dissemination:	The document will be available to staff via the Academy's Policy Centre on the shared area of the IT system. The document will also be published and shared electronically within the school.
Training:	Available to staff on request
Review frequency:	This document will be reviewed annually
Policy Author:	Mrs Alyce Le Brunn-Healey
School Policy Owner:	Rowland Speller - Principal / Jackie Lucas - Vice Principal / Sara Spring - Vice Principal
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Contents Page

1	Introduction	4
2	Aims and Intent	4
3	Definition of RSHE	4
4	Legal and Statutory Framework	4
5	Development and Review of Policy	5
6	Curriculum Overview	5
	6.1 Relationships Education	
	6.2 Sex Education	
	6.3 Health Education	
7	Delivery of RSHE	6
8	Creating a Safe Learning Environment	6
9	Inclusion, Equality and SEND	7
10	Use of External Providers	7
11	Student Voice and Responsiveness	7
12	Parent and Carer Engagement	8
13	Right to Withdraw from Sex Education	8
14	Staff Responsibilities and Training	8
15	Monitoring, Evaluation and Review	8
16	Access to Materials and Policy	9
17	Linked Policies	9
18	Appendices	9

The Abbey School Relationships, Sex and Health Education (RSHE) Policy

1. Introduction

From September 2020, it has been a statutory requirement for all schools to deliver Relationships, Sex and Health Education (RSHE). This policy outlines how RSHE is taught at The Abbey School, aligning with statutory guidance and reflecting our commitment to promoting the safety, wellbeing and healthy development of all students.

2. Aims and Intent

Our aims for RSHE are to:

- Deliver high-quality, age-appropriate and inclusive RSHE.
- Promote pupils' spiritual, moral, cultural, mental and physical development.
- Equip pupils with knowledge, skills and values to form healthy, respectful relationships.
- Safeguard young people by preparing them to recognise abuse, coercion and unsafe behaviours.
- Ensure a safe learning environment where pupils can engage in open discussion and ask questions.
- Prepare students for adult life and responsible decision-making.

3. Definition of RSHE

RSHE is the learning about:

- Emotional, social and physical development
- Healthy relationships and family structures
- Sexual health, consent, and personal identity
- Online behaviours and digital safety
- Physical and mental wellbeing

RSHE is not about the promotion of sexual activity. It is factual, values-driven, and age-appropriate.

4. Legal and Statutory Framework

This policy is informed by:

- Keeping Children Safe in Education (DfE, 2023)
- Relationships Education, Relationships and Sex Education (RSE) and Health Education (DfE, 2025)

- Sexual Violence and Sexual Harassment between Children in Schools (DfE, 2018)
- Ofsted Review of Sexual Abuse in Schools and Colleges (2021)
- Sexting in Schools and Colleges (UKCCIS, 2016)
- SEND Code of Practice: 0-25 Years (DfE, 2015)
- Equality Act 2010 (DfE, 2014)
- National Curriculum in England (KS3-4) (DfE, 2014)

5. Development and Review of Policy

- This policy was developed by the Assistant Principal for Personal Development and SLT in consultation with students, staff, governors, and parents.
- A public consultation process took place in September 2025.
- The policy was reviewed and approved by the Governing Body on:
- It will be reviewed annually.

6. Curriculum Overview

RSHE is delivered through a weekly Personal Development assembly and curriculum-linked topics in science and ICT.

6.1 Relationships Education

Focuses on:

- Respectful relationships, friendship and empathy
- Boundaries, privacy and consent
- Stereotypes, discrimination and prejudice
- Coercive control, harassment and abuse
- Online safety and digital communication
- Healthy romantic relationships

Newer online risks, including deepfakes, disinformation, scams, and generative AI, are addressed specifically within teaching on online relationships, in line with guidance from Keeping Children Safe in Education (KCSIE, 2023)

6.2 Sex Education

Covers:

- Reproduction and contraception
- STIs and sexual health services
- Consent and the law

- Online pornography and its impact
- Risk, coercion and safety
- LGBTQ+ inclusion and representation

6.3 Health Education

Includes:

- Mental health and emotional regulation including Stress, anxiety and resilience
- Sleep, hygiene and physical health
- Menstrual health and reproductive wellbeing
- Alcohol, vaping and drug education
- Online gaming, gambling and digital wellbeing
- Suicide prevention and help-seeking
- Eating disorders
- Self-harm

These topics are delivered within the framework of our whole-school wellbeing strategy, supported by safe spaces and pupil voice mechanisms; pupils are taught how to seek help, and any disclosures are managed with DSL involvement, parental engagement, and referrals to CAMHS or Early Help where appropriate.

7. Delivery of RSHE

- Lessons are delivered by trained staff with input from external experts.
- Teaching incorporates the use of filtering and monitoring systems to safeguard pupils and staff, supporting safe engagement with online content.
- Content is sequenced age-appropriately from Year 7 to Year 13.
- Teaching methods include discussion, video clips, case studies and opportunities to reflect.
- Teachers use approved and inclusive resources (mostly from the platform Wellio) and they can be shared with parents on request.

8. Creating a Safe Learning Environment

To ensure safe learning:

- Most sessions are delivered in an assembly-style format, while more sensitive topics are taught in a classroom setting to provide a safer, more supportive environment.
- Students may be taught in gender-based groups for sensitive topics.
- Teachers are trained to manage disclosures and respond appropriately.
- Students can ask questions anonymously or seek 1:1 support.
- Every pupil is explicitly taught who their trusted adults are (DSL, deputies, pastoral leads, tutors).

- All RSHE/PSHE risk-related topics consistently link back to how pupils can raise a concern, with visible reinforcement of reporting routes through safeguarding boards, assemblies, posters, and staff lanyards.

All forms of bullying and harassment, including prejudice-based, sexual harassment, and child-on-child abuse, are treated as safeguarding concerns and are not tolerated.

9. Inclusion, Equality and SEND

- RSHE is accessible to all, including students with SEND.
- Content is adapted using visual aids, simpler language and additional support.
- Assemblies are respectful of students' faith, culture, and identities.
- Discriminatory language or behaviour is not tolerated and student are given firm 'ground rules' at the start of every term.
- Bullying and harassment (including prejudice-based bullying, sexual harassment, and child-on-child abuse) are treated as safeguarding concerns and never tolerated.

The commitments outlined above regarding Inclusion, Equality, and SEND are underpinned by, and should be read alongside, the school's Behaviour Policy and Anti-Bullying Policy. For more information, these documents can be accessed via the school's website: [The Abbey School Policies](#)

10. Use of External Providers

We may invite trusted external experts to deliver sessions on:

- Consent and safety
- Sexual health and reproduction
- Online risks and pornography
- Mental health and wellbeing
- Healthy masculinity and gender stereotypes

All external content is vetted in advance and aligns with DfE guidance.

11. Student Voice and Responsiveness

- We regularly consult students through:
 - Student surveys
 - Student voice groups
 - House Council and Peer Mentors

RSHE content is regularly updated based on student needs and emerging risks (e.g., AI-enhanced pornography, online abuse trends), with feedback used to strengthen trusted adult messaging across all RSHE topics and ensure student voice informs delivery.

12. Parent and Carer Engagement

We engage parents by:

- Consulting them on policy updates
- Notifying them ahead of sensitive topics
- Offering access to materials and overviews

Hosting parent workshops, with a particular focus on supporting parents of children with SEND.

13. Right to Withdraw from Sex Education

- Parents/guardians may request the withdrawal of their child from non-statutory sex education.
- Requests must be submitted in writing after a meeting with the Principal, Dr Speller.
- To arrange an appointment, you must complete the online form here: [Sex Education Withdrawal Request Form](#).

Withdrawal is not permitted from:

- Sex education taught as part of the statutory Science curriculum
- Relationships Education or Health Education

From three terms before a child's 16th birthday, the student has the legal right to choose to receive sex education, even if previously withdrawn by a parent/guardian.

14. Staff Responsibilities and Training

- RSHE is led by the **Assistant Principal for Personal Development**.
- All staff receive CPD in:
 - Safeguarding disclosures
 - SEND accessibility
 - Online harm trends and trauma-informed teaching
- The Designated Safeguarding Lead (DSL) supports with training and incident response and the Assistant Principal for Personal Development regularly attends safeguarding meetings.

15. Monitoring, Evaluation and Review

We monitor RSHE through:

- Student and parent surveys
- Assembly observations
- Staff feedback
- Safeguarding incident analysis

- External audits (Ofsted, Trust reviews)

16. Access to Materials and Policy

- This policy is published on the school website.
- A printed copy is available on request.
- Curriculum resources can be previewed by parents or shared on request.

17. Linked Policies

This policy should be read alongside:

- Safeguarding and Child Protection Policy
- Behaviour Policy
- Anti-Bullying Policy
- Equality and Diversity Policy
- SEN Policy
- PSHE at The Abbey School
- Online Safety Policy

Appendix A: Statutory RSHE Curriculum Overview

Year 7			
	Area	Code	Lesson
Autumn Term 1	Relationships & Sex Education	R1	Connecting With Your Teachers
		R2	From Strangers to Friends
		R3	How To Have Healthy Relationships
		R4	Tackling Cyberbullying
		R5	Understanding Bullying
		R6	Safe & Healthy Relationships
Autumn Term 2	Living in the Wider World	L1	Examining the Equality Act 2010
		L2	The Role of Courts & Tribunals
		L3	Making Sense of Money
		L4	Budgeting Basics
		L5	Bank Accounts
		L6	Smart Saving Strategies
Spring Term 1	Health and Wellbeing	HW1	Combat Worry, Stress & Anxiety
		HW2	Dealing With Worry
		HW3	The Stress Scale
		HW4	Controlling Our Emotions
		HW5	Five-Minute Meditation
		HW6	Rewiring Your Brain
Spring Term 2	Health and Wellbeing	HW7	Managing Privacy Online
		HW8	The Dangers Of Your Internet Algorithm
		HW9	Social Media Addiction
		HW10	Alcohol And Your Health
		HW11	Smoking and Nicotine Addiction
		HW12	Vaping: A Global Dilemma
Summer Term 1	Relationships & Sex Education	R7	Different Types of Families
		R8	Positive Parenting

		R9	The Changing Adolescent Body
		R10	Body Changes During Puberty
		R11	Sexual Consent
		R12	Building Healthy Relationships
Summer Term 2	Health and Wellbeing	HW13	The Balanced Diet
		HW14	Sleep Essentials
		HW15	Phones And Sleep
		HW16	Investing In Your Health
		HW17	Healthy & Balanced Lifestyles
		HW18	Healthy Eating, Healthy Living

Year 8			
	Area	Code	Lesson
Autumn Term 1	Relationships & Sex Education	R13	Managing Unhealthy & Toxic Relationships
		R14	Repairing Relationships
		R15	Peer Pressure Survival Guide
		R16	Together Against Bullying
		R17	Online Relationships
		R18	The Many Forms of Relationships
Autumn Term 2	Health and Wellbeing	HW19	Sharing Information Online
		HW20	The Limitless Internet
		HW21	Viewing Harmful Content
		HW22	Gender-Based Discrimination
		HW23	Racism and Discrimination
		HW24	Homophobia
Spring Term 1	Living in the Wider World	L7	Exploring the Democratic Process
		L8	Respecting and Celebrating Religious Diversity
		L9	The Evolution of Money
		L10	Taking control of my money
		L11	Introducing the Economy
		L12	Fundamentals of Business
Spring Term 2	Health and Wellbeing	HW25	First Aid Beyond Emergencies
		HW26	Oral Hygiene
		HW27	Health & Hygiene
		HW28	The Mind-Body Connection
		HW29	Drug Awareness
		HW30	Alcohol and Social Inhibitions
Summer Term 1	Relationships & Sex Education	R19	Understanding Consent
		R20	Power Dynamics & Consent
		R21	Contraceptive Essentials
		R22	Discussing Pornography
		R23	Assessing The Trustworthiness of Others
		R24	Introduction to FGM
Summer Term 2	Health and Wellbeing	HW31	Overcoming Limiting Beliefs
		HW32	Optimising Character Strengths
		HW33	Strengths-Based Thinking
		HW34	Taking Control With Worry Time
		HW35	Changing Emotions

Year 9			
	Area	Code	Lesson
Autumn Term 1	Health and Wellbeing	HW37	The Happiness Trap
		HW38	Managing Anxiety
		HW39	Combating Negative Self Talk
		HW40	Thinking Traps
		HW41	Mental Benefits of Exercise
		HW42	Expressing Gratitude
Autumn Term 2	Relationships & Sex Education	R25	Safe & Healthy Sex
		R26	Sexually Transmitted Infections
		R27	Reproductive Health
		R28	Pregnancy Choices
		R29	Forced Marriages
		R30	Respecting Transgender Identities
Spring Term 1	Health and Wellbeing	HW43	Saving Lives With First Aid
		HW44	Substance Addiction
		HW45	Informed Drug & Alcohol Choices
		HW46	Drugs and County Lines
		HW47	The Truth About Vaping
		HW48	Instagram vs Reality
Spring Term 2	Living in the Wider World	L13	Volunteering In My Community
		L14	How laws are made
		L15	Budgeting and Long Term Goals
		L16	Introduction to Investment
		L17	Financial Risk
		L18	Fraud and Theft
Summer Term 1	Health and Wellbeing	HW49	The Positivity Mindset
		HW50	Healthy Food Choices
		HW51	Evaluating Eating Habits
		HW52	Character Strengths In Focus
		HW53	Understanding Eating Disorders
		HW54	Organ Donation
Summer Term 2	Relationships & Sex Education	R31	Empowering Positive Masculinity
		R32	Relationships & Their Legal Status
		R33	Avoiding & Preventing Harassment
		R34	Online Grooming
		R35	Rising Above Cyberbullying
		R36	Positive vs Negative Humour

Year 10			
	Area	Code	Lesson
Autumn Term 1	Health and Wellbeing	HW55	Is It Worth A Gamble?
		HW56	Phone Addiction
		HW57	Keeping Your Online Data Safe
		HW58	The Hidden Scars of Knife Crime
		HW59	The Rule of Law
		HW60	The UK's Relationship with the World
Autumn Term 2	Relationships & Sex Education	R37	The Spectrum of Relationships
		R38	Recognising Signs of Coercive Control
		R39	Sexting
		R40	The Distorted Reality of Pornography
		R41	Fertility & Reproductive Health
		R42	Self-Examination and Screening
Spring Term 1	Living in the Wider World	L19	Multi-Cultural Society
		L20	Understanding Democracy
		L21	Wages & Payslips
		L22	Different Types of Employment & Income Sources
		L23	Living Independently
		L24	Savings and pensions
Spring Term 2	Relationships & Sex Education	R43	Understanding Sexual Consent
		R44	Different Kinds of Intimacy
		R45	Gender Identity & Sexual Orientation
		R46	Female Genital Mutilation
		R47	Sharing Illegal Images
		R48	The Psychology of Bullies
Summer Term 1	Health and Wellbeing	HW61	Unrealistic Online World
		HW62	Online Radicalisation
		HW63	Extremism
		HW64	Violence and exploitation by gangs
		HW65	Fake News & Misinformation
		HW66	R.E.S.P.E.C.T
Summer Term 2	Health and Wellbeing	HW67	Understanding Vaccination And Immunisation
		HW68	Drugs
		HW69	Prescription Medication Misuse
		HW70	Vaping Crackdown
		HW71	Sleep, Exercise & Diet
		HW72	Inclusivity & Belonging

Year 11			
	Area	Code	Lesson
Autumn Term 1	Health and Wellbeing	HW73	Stereotypes & Prejudice
		HW74	Gender Biases
		HW75	Gambling Addiction
		HW76	Striving For Equality
		HW77	Discrimination and the Equality Act
		HW78	Respecting Human Rights
Autumn Term 2	Relationships & Sex Education	R49	Fertility & Pregnancy
		R50	Differences Between Forced & Arranged Marriages
		R51	Contraception Considerations
		R52	Sex & Substances
		R53	Safe Relationships Online
		R54	Sexual Violence & Abuse
Spring Term 1	Living in the Wider World	L25	Public Money (Government and Economy)
		L26	The Role of Banks and Financial Institutions
		L27	Stock Market
		L28	Cryptocurrency and Digital Currencies
		L29	Credit & Debt
		L30	Insurance
Spring Term 2	Health and Wellbeing	HW79	Building Resilience
		HW80	Party Drugs
		HW81	Alcohol Dependence & Excessive Drinking
		HW82	Reframing Failure
		HW83	Setting Goals that Drive Success
		HW84	Exam Stress
Summer Term 1			
	Exams		
Summer Term 2			
	Exams		

Year 12		
	Area	Lesson
Autumn Term 1	Living in the Wider World	Democracy v Autocracy
		Gay Rights
		Religious Freedom in the UK
		Online Radicalisation
		Extremism
		Illegal and Imitation Weapons
Autumn Term 2	Health and Wellbeing	Caring for Your Mental Health
		Optimism
		Exploring Emotional Intelligence
		Help-Seeking and Peer Support
		The Science of Flow
Spring Term 1	Living in the Wider World	Navigating Conflict
		Entrepreneurship
		Advanced Budgeting
		Credit Cards
		Solutions for Homelessness
		Gang Violence
Spring Term 2	Relationships & Sex Education	Navigating Conflict
		Attitudes Towards Sexualisation and Pornography
		Consent & Coercion
		Safe Sharing Online
		Harmful Stereotypes
		Examining Sexual Violence
Summer Term 1	Health and Wellbeing	Domestic Abuse
		Values in Action
		Problem-Solving Framework
		Build Agency & Find Purpose
		Moving Towards Your Ideal Self
		Impulse Control
Summer Term 2	Exams	Organised & Efficient

Year 13			
	Area	Lesson	
Autumn Term 1	Relationships & Sex Education	Domestic Conflict	
		Understanding Self-Harm	
		Preventing Sexual Harassment	
Autumn Term 2	Health and Wellbeing	Substance Use & The Law	
		Overcoming Mob Mentality	
		Criminal Exploitation	
Spring Term 1	Living in the Wider World	The Advanced Economy	
		Taxation	
		Mortgages	
Spring Term 2	Health and Wellbeing	Catastrophising & Thinking Traps	
		Lifelong Growth Mindset	
		Safeguarding Democratic Systems	
Summer Term 1	Exams		
			Exams
Summer Term 2	Exams		