



Burnside College

Relationships, Sex and Health Education Policy 2026 - 2027

Reviewed by ABW – September 2026
Ratified by Governors - October 2026

Introduction

All maintained secondary schools in England have a statutory requirement to teach a programme of relationships, sex and health education. We ensure that the compulsory subject content is age appropriate and developmentally appropriate.

It is taught in a sensitive and inclusive way with respect to backgrounds and beliefs of all students and parents. Also, we provide students with the knowledge they need of the law and the ability to support their own and others' wellbeing whilst becoming successful adults who make a meaningful contribution to society.

Relationships, sex and health education is set within a wider legislative context. The Children and Social Work Act 2017 states that we must teach RSHE, in line with the terms set out in [statutory guidance](#). These make Relationships and Sex Education (RSE) compulsory for all pupils receiving secondary education. Health Education is also a statutory requirement. Following updated Department for Education (DfE) statutory guidance in 2025, the school updated its Relationships, Sex and Health Education (RSHE) framework to ensure full alignment ahead of mandatory implementation. The revised, fully compliant RSHE curriculum is now fully embedded and taught across all year groups as of September 2026.

Objectives:

Through the RSHE Curriculum, we aim to:

- Build upon the knowledge acquired at primary school
- Develop pupils' understanding of health with an increased focus on risk areas such as drugs and alcohol
- Introduce knowledge about intimate relationships and sex
- Meet the needs of all students including SEND students (as set out in the SEND Code of Practice) and the needs of the community
- Develop the Burnside Character skills in all students
- Develop students personal attributes such as kindness, integrity, generosity and honesty in line with the school ethos
- To promote the spiritual, moral, social, cultural, mental and physical development of students and school and in society
- Develop student's ability to form healthy relationships
- Comply with the Equality Act 2010 and not unlawfully discriminate against students because of their age, sex, race, disability, religion or belief, gender reassignment or sexual orientation when planning and teaching the RSE curriculum

Right to withdraw

Parents have the right to request that their child be withdrawn from some or all of sex education delivered as part of statutory RSE. **There is no right to withdraw from Relationships Education or Health Education.** This can be requested as follows:

- Parents are to contact Mrs A Welch (Assistant Headteacher) who will discuss the request with parents and the child. The request will be documented.
- The benefits of receiving sex education and any negative effects that withdrawal might have on the child will be discussed.

- Once those discussions have taken place, except in exceptional circumstances, the school will respect the parents' request to withdraw the child, up to and until three terms before the child turns 16.
- After that point, if the child wishes to receive sex education rather than be withdrawn, the school will make arrangements to provide the child with sex education during one of those terms.
- This process is the same for pupils with SEND. However there may be exceptional circumstances where a pupil's specific needs arising from their SEND are taken into account when making this decision.
- If a pupil is excused from sex education, it is the school's responsibility to ensure that the pupil receives appropriate, purposeful education during the period of withdrawal.

Relationships, sex and health education curriculum

The RSHE curriculum and resources are produced, planned and monitored and evaluated by:

- Miss A Hunter (Guidance Coordinator)
- Mrs A Welch (SLT Link for Personal Development)

The RSE curriculum is taught in Lesson Zero every morning during the first 25 mins of the school day by Form Tutors.

The resources are differentiated by staff to meet the needs of students, especially SEND students. Some elements of the RSE curriculum are also embedded and taught across specific national curriculum subjects such as Science, Computing, Religious Studies and PE.

CPD for staff delivering the RSE curriculum is provided through Achievement Team briefing with the schools CPD programme. Additionally the school has further CPD available for staff to access through the PSHE association.

The RSHE curriculum is available for all stakeholders to view on the school website and is broken down into topics so all stakeholders are aware of what is being covered and when. Variations to timings may occur due to unforeseen circumstances.

The RSHE curriculum content is reviewed annually.

All members of staff at Burnside College are expected to be aware of this policy.

Burnside RSE Curriculum Subjects Covered

[Burnside RSE curriculum 2026 - 2027](#)

[DFE Statutory RSE Objectives and coverage](#)

Monitoring and Evaluating Procedures

The RSHE curriculum delivery is monitored through the performance appraisal process through scheduled:

- Learning walks
- Lesson observations

- Work samples
- Impact is measured through student voice

The governors of Burnside College will review this policy annually. The Assistant Headteacher in charge of RSHE will report bi-annually to Governors (at Full Governors once per year and at Achievement Sub Committee once per year)

Resourcing

An annual budget is set and agreed between the Head, School Business Manager and the Assistant Headteacher in charge of RSHE. This allocation is used to fund RSHE activities across the school. Any external agency or third party speakers that are used are vetted through checking the content that they are delivering is age appropriate and fulfils appropriately the statutory requirements of the RSE curriculum.

Governor Responsibilities:

The Governing Body will ensure that the school fulfils their their legal obligations as follows:

- all pupils make progress in achieving the expected educational outcomes of the RSHE curriculum
- the RSHE curriculum is well led, effectively managed and well planned
- the quality of provision is subject to regular and effective self-evaluation
- teaching is delivered in ways that are accessible to all pupils with SEND
- clear information is provided for parents on the subject content and the right to request that their child is withdrawn
- the RSHE curriculum is resourced, staffed and timetabled in a way that ensures that the school can fulfil its legal obligations.