



Northampton Relationship and Sex Education Policy

Approved by:	Penny Harris (Director) Jane Cox (Director) Sally O'Connor (Head of School)	Date: 1 st September 2026
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Last reviewed on:	1 st September 2025
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Next review due by:	1 st September 2027
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All policies are generated and reviewed with an awareness of equality and diversity in relation to pupils, staff and visitors. All policies are generated and reviewed placing safeguarding and wellbeing at the heart of all that we do.

1. Aims

The aims of relationships and sex education (RSE) at our school are to:

- Provide a framework in which sensitive discussions can take place
- Prepare pupils for puberty, and give them an understanding of sexual development and the importance of health and hygiene
- Help pupils develop feelings of self-respect, confidence and empathy
- Create a positive culture around issues of sexuality and relationships
- Teach pupils the correct vocabulary to describe themselves and their bodies

2. Statutory requirements

This policy meets the requirements of the Education (Independent School Standards) Regulations 2014.

3. Policy development

This policy has been developed in consultation with staff, pupils and parents. The consultation and policy development process involved the following steps:

- Review – the directors pulled together all relevant information including relevant national and local guidance
- Staff consultation – all school staff were given the opportunity to look at the policy and make recommendations

- Parent/stakeholder consultation – parents and any interested parties were consulted by letter and during parents’ days/evenings
- Pupil consultation – we investigated what exactly pupils want from their RSE
- Ratification – once amendments were made, the policy was approved by the Directors

4. Definition

RSE is about the emotional, social and cultural development of pupils, and involves learning about relationships, sexual health, sexuality, healthy lifestyles, diversity and personal identity. RSE involves a combination of sharing information, and exploring issues and values.

RSE is not about the promotion of sexual activity.

5. Curriculum

Our curriculum is set out as per Appendix 1 but we may need to adapt it as and when necessary.

We have developed the curriculum in consultation with parents, pupils and staff, taking into account the age, needs and feelings of pupils. If pupils ask questions outside the scope of this policy, teachers will respond in an appropriate manner so they are fully informed.

6. Delivery of RSE

RSE is taught within the personal, social, health and economic (PSHE) education curriculum. Biological aspects of RSE are taught within the science curriculum. Where possible, pupils also receive stand-alone sex education sessions delivered by a trained health professional.

Relationships education focuses on teaching the fundamental building blocks and characteristics of positive relationships including:

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe

For more information about our RSE curriculum, see Appendix 1.

RSE focuses on giving young people the information they need to help them develop healthy, nurturing relationships of all kinds including:

- Families
- Respectful relationships, including friendships
- Online and media
- Being safe
- Intimate and sexual relationships, including sexual health

For more information about our RSE curriculum, see Appendices 1 and 2.

We may amend our curriculum content to respond to the needs and context of our pupils, to discuss issues affecting them in an age-appropriate manner. We will inform parents and carers of any deviation from our published policy in advance, and share any relevant materials on request.

These areas of learning are taught within the context of family life taking care to ensure that there is no stigmatisation of children based on their home circumstances (families can include single parent families, LGBT parents, families headed by grandparents, adoptive parents, foster parents/carers amongst other structures) along with reflecting sensitively that some children may have a different structure of support around them (for example: looked after children or young carers).

Across our school, we will also be mindful of the law and legal requirements, taking care not to condone or encourage illegal activity, such as violent action against people, criminal damage to property or hate crime.

7. Roles and responsibilities

7.1 The directors

The directors will approve the RSE policy, and hold the head teacher to account for its implementation.

7.2 The SLT

The School Manager and Education Manager are responsible for ensuring that RSE is taught consistently across the school, and for managing requests to withdraw pupils from non-statutory/non-science components of RSE (see section 8).

7.3 Staff

Staff are responsible for:

- Delivering RSE in a sensitive way
- Modelling positive attitudes to RSE
- Monitoring progress
- Responding to the needs of individual pupils
- Responding appropriately to pupils whose parents wish them to be withdrawn from the non-statutory/non-science components of RSE
- Modelling positive behaviour and avoiding language that might perpetuate harmful stereotypes, and being conscious of everyday sexism, misogyny, homophobia and stereotypes
- Reporting any safeguarding concerns or disclosures that pupils may make as a result of the subject content to the school's designated safeguarding lead

Staff do not have the right to opt out of teaching RSE. Staff who have concerns about teaching RSE are encouraged to discuss this with the head teacher.

7.4 Pupils

Pupils are expected to engage fully in RSE and, when discussing issues related to RSE, treat others with respect and sensitivity.

8. Parents' right to withdraw

Parents do not have the right to withdraw their children from relationships education. Parents have the right to withdraw their children from the non-statutory/non-science components of sex education within RSE up to and until 3 terms before the child turns 16. After this point, if the child wishes to receive sex education rather than being withdrawn, the school will arrange this.

Requests for withdrawal should be put in writing using the form found in Appendix 3 of this policy and addressed to the head teacher. A copy of withdrawal requests will be placed in the pupil's educational record. The head teacher will discuss the request with parents and take appropriate action. Alternative work will be given to pupils who are withdrawn from sex education. In exceptional circumstances, for example because of a safeguarding concern or a pupil's specific vulnerability, the head teacher can refuse a request to withdraw the pupil from sex education.

9. Training

Relevant staff are trained on the delivery of RSE as part of their induction and it is included in our continuing professional development calendar.

The school will also invite visitors from outside the school, such as school nurses or sexual health professionals, to provide support and training to staff teaching RSE.

10. Monitoring arrangements

The delivery of RSE is monitored by the directors through regular visits to the school. Work scrutinies, learning walks and lesson observations are carried out. Pupils' development in RSE is monitored by teachers as part of our internal assessment systems.

This policy will be reviewed by the directors annually. At every review, the policy will be approved by the SLT.

11. Curriculum Map

For each pupil the delivery of the curriculum will be differentiated in order to support progress at all starting points, and support a range of diverse learning needs. Therefore, pupils will not necessarily move through the curriculum according to their year group.

Appendix 1: Curriculum map

Relationships and sex education curriculum map

YEAR GROUP	TERM	TOPIC/THEME DETAILS	RESOURCES
Year 7	Spring 1	Relationships: Diversity, prejudice and bullying including cyber bullying. Managing on and off line friendships. To develop the concept of diversity through exploring rights and responsibilities. To explore the nature of prejudice and discrimination and ways to challenge and manage them. To explore the nature of bullying and to develop strategies for responding to situations where bullying is, or is perceived to be taking place. To recognise and manage social risks of using the internet. To understand that there are different types of positive relationships and that they share common features. To understand conflict resolution strategies within the context of personal relationships. To be aware that the media portrayal of relationships may not reflect real life.	Bespoke lesson plans EC resources Power point presentations Relevant video clips Sort cards PSHE association resources Disrespect nobody Sexwise Stonewall

YEAR GROUP	TERM	TOPIC/THEME DETAILS	RESOURCES
Year 7	Summer 1	Relationships Self-esteem and romance, and exploring family life. To explore the positive qualities that people might bring to relationships and to promote self-esteem. To understand the importance of friendship as a basis for romantic relationships. To explore the role of parents and the importance of stable long term relationships for family life.	Bespoke lesson plans EC resources Power point presentations Relevant video clips Sort cards PSHE association resources Disrespect nobody Sexwise Stonewall
Year 8	Spring 1	Relationships: Tackling racism and religious discrimination, promoting human rights. Online safety and digital literacy. To enable students to reflect on their responsibilities towards those who are being discriminated against, with a particular focus on racism and religious discrimination. To support students to understand the impact of peer influence on tolerance and respect towards others. To support students to recognise the need to balance being tolerant of others with protecting their own rights and promoting the values they believe are important. To support young people to manage their online safety and to support young people to take increased responsibility for their online safety and digital literacy.	Bespoke lesson plans EC resources Power point presentations Relevant video clips Sort cards PSHE association resources Disrespect nobody Sexwise Stonewall

YEAR GROUP	TERM	TOPIC/THEME DETAILS	RESOURCES
Year 8	Summer 1	Introduction to sexuality and consent. Introduction to contraception including condom and the pill. To analyse positive and stable relationships and to understand what expectations might be of having a partner. To learn about the consequences of different levels of intimacy, consent and 'readiness' for sex, including the benefits of delaying sex. To develop knowledge and skills related to the condom and pill.	Bespoke lesson plans EC resources Power point presentations Relevant video clips Sort cards PSHE association resources Disrespect nobody Sexwise Stonewall
Year 9	Spring 1	Relationships: Respectful relationships Families and parenting, healthy relationships, conflict resolution, and relationship changes about different types of families and parenting, including single parents, same sex parents, blended families, adoption and fostering About positive relationships in the home and ways to reduce homelessness amongst young people About conflict and its causes in different contexts, e.g. with family and friends Conflict resolution strategies How to manage relationship and family changes, including relationship breakdown, separation and divorce How to access support services	Bespoke lesson plans EC resources Power point presentations Relevant video clips Sort cards PSHE association resources Disrespect nobody Sexwise Stonewall

YEAR GROUP	TERM	TOPIC/THEME DETAILS	RESOURCES
Year 9	Summer 1	Relationships: Intimate relationships Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography about readiness for sexual activity, the choice to delay sex, or enjoy intimacy without sex About myths and misconceptions relating to consent About the continuous right to withdraw consent and capacity to consent About STIs, effective use of condoms and negotiating safer sex About the consequences of unprotected sex, including pregnancy How the portrayal of relationships in the media and pornography might affect expectations How to assess and manage risks of sending, sharing or passing on sexual images How to secure personal information online	Bespoke lesson plans EC resources Power point presentations Relevant video clips Sort cards PSHE association resources Disrespect nobody Sexwise Stonewall

YEAR GROUP	TERM	TOPIC/THEME DETAILS	RESOURCES
Year 10	Spring 1	Relationships: Tackling relationship myths and expectations, managing romantic relationship challenges including breakups about relationship values and the role of pleasure in relationships About myths, assumptions, misconceptions and social norms about sex, gender and relationships About the opportunities and risks of forming and conducting relationships online How to manage the impact of the media and pornography on sexual attitudes, expectations and behaviours About the ethical and legal implications in relation to consent, including manipulation, coercion, and capacity to consent How to recognise and respond to pressure, coercion and exploitation, including reporting and accessing appropriate support How to recognise and challenge victim blaming About asexuality, abstinence and celibacy	Bespoke lesson plans EC resources Power point presentations Relevant video clips Sort cards PSHE association resources Disrespect nobody Sexwise Stonewall

YEAR GROUP	TERM	TOPIC/THEME DETAILS	RESOURCES
Year 10	Summer 1	Relationships: Addressing extremism and radicalisation: community cohesion and challenging extremism about communities, inclusion, respect and belonging About the Equality Act, diversity and values About how social media may distort, mis-represent or target information in order to influence beliefs and opinions How to manage conflicting views and misleading information How to safely challenge discrimination, including online How to recognise and respond to extremism and radicalisation	Bespoke lesson plans EC resources Power point presentations Relevant video clips Sort cards PSHE association resources Disrespect nobody Sexwise Stonewall
Year 11	Spring 1	Relationships about core values and emotions About gender identity, gender expression and sexual orientation How to communicate assertively How to communicate wants and needs? How to handle unwanted attention, including online How to challenge harassment and stalking, including online? About various forms of relationship abuse About unhealthy, exploitative and abusive relationships How to access support in abusive relationships and how to overcome challenges in seeking support	Bespoke lesson plans EC resources Power point presentations Relevant video clips Sort cards PSHE association resources Disrespect nobody Sexwise Stonewall

YEAR GROUP	TERM	TOPIC/THEME DETAILS	RESOURCES
Year 11	Summer 1	Relationships Families, different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships. About different types of families and changing family structures How to evaluate readiness for parenthood and positive parent qualities? About fertility, including how it varies and changes. About pregnancy, birth and miscarriage. About unplanned pregnancy options, including abortion. About adoption and fostering. How to manage change, loss grief and bereavement? About honour based violence and forced marriage and how to safely access support.	Bespoke lesson plans EC resources Power point presentations Relevant video clips Sort cards PSHE association resources Disrespect nobody Sexwise Stonewall

Appendix 2: By the end of secondary school pupils should know

TOPIC	PUPILS SHOULD KNOW
Families	That there are different types of committed, stable relationships How these relationships might contribute to wellbeing, and their importance for bringing up children Why marriage or civil partnership is an important relationship choice for many couples. The legal status of marriage and civil partnership, including that they carry legal rights, benefits and protections that are not available to couples who are cohabiting or who have, for example, undergone a non-legally binding religious ceremony That 'common-law marriage' is a myth, and cohabitants do not obtain marriage-like status or rights from living together or by having children That forced marriage and marriage before the age of 18 are illegal How families and relationships change over time, including through birth, death, separation and new relationships. The roles and responsibilities of parents with respect to raising children, including the characteristics of successful parenting and the importance of the early years of a child's life for brain development. How to judge when a relationship is unsafe and where to seek help when needed, including when pupils are concerned about violence, harm, or when they are unsure who to trust
Respectful relationships, including friendships	About the characteristics of positive relationships of all kinds, online and offline, including romantic relationships. For example, pupils should understand the role of consent, trust, mutual respect, honesty, kindness, loyalty, shared interests and outlooks, generosity, boundaries, tolerance, privacy, and the management of conflict, reconciliation and ending relationships How to evaluate their impact on other people and treat others with kindness and respect, including in public spaces and including strangers. Pupils should understand the legal rights and responsibilities regarding equality, and that everyone is unique and equal The importance of self-esteem, independence and having a positive relationship with oneself, and how these characteristics support healthy relationships with others. This includes developing one's own interests, hobbies, friendship groups, and skills. Pupils should understand what it means to be treated with respect by others What tolerance requires, including the importance of tolerance of other people's beliefs The practical steps pupils can take and skills they can develop to support respectful and kind relationships. This includes skills for communicating respectfully within relationships and with strangers, including in situations of conflict The different types of bullying (including online bullying), the impact of bullying, the responsibilities of bystanders to report bullying and how and where to get help Skills for ending relationships or friendships with kindness and managing the difficult feelings that endings might bring, including disappointment, hurt or frustration The role of consent, including in romantic and sexual relationships. Pupils should understand that ethical behaviour goes beyond consent and involves

TOPIC	PUPILS SHOULD KNOW
	kindness, care and attention to the needs and vulnerabilities of the other person, as well as an awareness of power dynamics. Pupils should understand that just because someone says ‘yes’ to doing something that doesn’t automatically make it ethically okay How stereotypes, in particular stereotypes based on sex, gender, gender reassignment, race, religion, sexual orientation or disability, can cause damage (e.g. how they might normalise non-consensual behaviour or encourage prejudice). Pupils should be equipped to recognise misogyny and other forms of prejudice How inequalities of power can impact behaviour within relationships, including sexual relationships. For example, how people who are disempowered can feel they are not entitled to be treated with respect by others or how those who enjoy an unequal amount of power might, with or without realising it, impose their preferences on others How pornography can negatively influence sexual attitudes and behaviours, including by normalising harmful sexual behaviours and by disempowering some people, especially women, to feel a sense of autonomy over their own body and providing some people with a sense of sexual entitlement to the bodies of others How some sub-cultures might influence our understanding of sexual ethics, including the sexual norms endorsed by so-called ‘involuntary celibates’ (incels) or online influencers
Online safety and awareness	Their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online About online risks, including that any material they provide provides to another has the potential to be shared and circulated online and the difficulty of removing potentially compromising material placed online. They should also understand the difference between public and private online spaces and related safety issues Not to provide material to others that they would not want to be distributed further and not to pass on personal material which is sent to them. Pupils should understand that any material provided online might be circulated, and that once this has happened there is no way of controlling where it ends up. Pupils should understand the serious risks of sending material to others, including the law concerning the sharing of images About the characteristics of social media, including that some social media accounts are fake, and/or may post things which aren’t real or have been created with AI. They should also know that social media users may say things in more extreme ways than they might in face-to-face situations, and that some users present highly exaggerated or idealised profiles of themselves online That keeping or forwarding indecent or sexual images of someone under 18 is a crime (even if the photo is of themselves or someone who has consented, and even if the photo was created by that child and/or using AI). That there are potentially serious consequences of acquiring or generating these images. That sharing indecent images of people over 18 without their consent is also a crime How to seek support. They should also understand that they will not be in trouble for asking for help, either at school or with the police, if an image of themselves has been shared What to do and how to report when they are concerned about material that has been circulated, including personal information, images or videos, and how to manage issues online

TOPIC	PUPILS SHOULD KNOW
	About the prevalence of deepfakes including videos and photos, how deepfakes can be used maliciously as well as for entertainment, the harms that can be caused by deepfakes and how to identify them That the internet contains inappropriate and upsetting content, some of which is illegal, including unacceptable content that encourages misogyny, violence or use of weapons Where to go for advice and support about something they have seen online. Pupils should understand that online content can present a distorted picture of the world and normalise or glamourise behaviours which are unhealthy and wrong That social media can lead to escalations in conflicts, how to avoid these escalations and where to go for help and advice How to identify when technology and social media is used as part of bullying, harassment, stalking, coercive and controlling behaviour, and other forms of abusive and/or illegal behaviour and how to seek support about concerns That pornography, and other online content, often presents a distorted picture of people and their sexual behaviours and can negatively affect how people behave towards sexual partners. That this can affect people who see pornographic content accidentally, as well as those who see it deliberately. That pornography can also portray misogynistic behaviours and attitudes which can negatively influence those who see it How information and data is generated, collected, shared and used online That websites may share personal data about their users, and information collected on their internet use, for commercial purposes (for example, to enable targeted advertising) That criminals can operate online scams, such as using fake websites or emails to extort money or valuable personal information. This information can be used to the detriment of the person or wider society. About risks of sextortion, how to identify online scams relating to sex, and how to seek support if they have been scammed or involved in sextortion That AI chatbots are an example of how AI is rapidly developing, and that these can pose risks by creating fake intimacy or offering harmful advice. That it is important to be able to critically think about new types of technology as they appear online and how they might pose a risk
Being safe	How to recognise, respect and communicate consent and boundaries in relationships, including in early romantic relationships (in all contexts, including online) and early sexual relationships that might involve kissing or touching. That kindness and care for others requires more than just consent That there are a range of strategies for identifying, resisting and understanding pressure in relationships from peers or others, including sexual pressure, and how to avoid putting pressure on others How to determine whether other children, adults or sources of information are trustworthy, how to judge when a relationship is unsafe (and recognise this in the relationships of others); how to seek help or advice, including reporting concerns about others if needed How to increase their personal safety in public spaces, including when socialising with friends, family, the wider community or strangers. About ways of seeking help when needed and how to report harmful behaviour. That there are strategies they can use to increase their safety, and that this does not mean they will be blamed if they are victims of harmful behaviour. About the importance of trusting their instincts when something doesn't feel right, and they should understand that in some situations a person might appear trustworthy but have harmful intentions

TOPIC	PUPILS SHOULD KNOW
	What constitutes sexual harassment or sexual violence, and that such behaviour is unacceptable, emphasising that it is never the fault of the person experiencing it That sexual harassment includes unsolicited sexual language, attention or touching, taking and/or sharing intimate or sexual images without consent, public sexual harassment, pressuring other people to do sexual things, and upskirting About concepts and laws relating to: ○ Sexual violence, including rape and sexual assault ○ Harmful sexual behaviour, which includes all types of sexual harassment and sexual violence among young people but also includes other forms of concerning behaviour like using age-inappropriate sexual language ○ Domestic abuse, including controlling or coercive behaviour, emotional, sexual, economic or physical abuse, and violent or threatening behaviour ○ Harms which are exploitative, including sexual exploitation, criminal exploitation and abuse, grooming, and financial exploitation ○ Forced marriage ○ Female genital mutilation (FGM), virginity testing and hymenoplasty That fixated, obsessive, unwanted and repeated behaviours can be criminal, and where to get help if needed That strangulation and suffocation are criminal offences, and that strangulation (applying pressure to the neck) is an offence, regardless of whether it causes injury That any activity that involves applying force or pressure to someone's neck or covering someone's mouth and nose is dangerous and can lead to serious injury or death That pornography presents some activities as normal which many people do not and will never engage in, some of which can be emotionally and/or physically harmful How to seek support for their own worrying or abusive behaviour, or for worrying or abusive behaviour they have experienced from others, including information on where to report abuse and where to seek medical attention when required, for example after an assault
Intimate and sexual relationships, including sexual health	That sex, for people who feel ready and are over the age of consent, can and should be enjoyable and positive The law about the age of consent, that they have a choice about whether to have sex, that many young people wait until they are older, and that people of all ages can enjoy intimate and romantic relationships without sex About sexual consent and their capacity to give, withhold or remove consent at any time, even if initially given, as well as the considerations that people might take into account prior to sexual activity, such as the law, their faith and family values. That kindness and care for others require more than just consent That all aspects of health can be affected by choices they make in sex and relationships, positively or negatively, e.g. physical, emotional, mental, sexual and reproductive health and wellbeing

TOPIC	PUPILS SHOULD KNOW
	That some sexual behaviours can be harmful The facts about the full range of contraceptive choices, efficacy and options available, including male and female condoms, and signposting towards medically accurate online information about sexual and reproductive health to support contraceptive decision making That there are choices in relation to pregnancy. Pupils should be given medically and legally accurate and impartial information on all options, including keeping the baby, adoption, abortion and where to get further help How the different sexually transmitted infections (STIs), including HIV/AIDs, are transmitted. How risk can be reduced through safer sex (including through condom use) About the use and availability of the HIV prevention drugs pre-exposure prophylaxis (PrEP) and post exposure prophylaxis (PEP), and how and where to access them. The importance of, and facts about, regular testing and the role of stigma About the prevalence of STIs, the short and long-term impact they can have on those who contract them, and key facts about treatment How the use of alcohol and drugs can lead people to take risks in their sexual behaviour How and where to seek support for concerns around sexual relationships including sexual violence or harms How to counter misinformation, including signposting towards medically accurate information and further advice, and where to access confidential sexual and reproductive health advice and treatment

TO BE COMPLETED BY PARENTS			
Name of child		Class	
Name of parent		Date	
Reason for withdrawing from non-statutory/non-science components of sex education within relationships and sex education			
Any other information you would like the school to consider			
Parent signature			

TO BE COMPLETED BY THE SCHOOL	
Agreed actions from discussion with parents	

Appendix 4: Letter to Parents/Carers



Unit 6-8
Quarry Park Close
Moulton Park
Northampton
NN3 6qb
Telephone: 01604 645934
Email: pdavies@ontrackededucation.com
soconnor@ontrackededucation.com

Dear Parents/Carers

As you may already be aware, Relationships and Sex Education (RSE) along with Health Education, will soon be forming part of the National Curriculum. This change begins as of September 2020.

As part of our school's wider Personal, Social and Health Education program, in the coming academic year all pupils will be receiving lessons on Relationships, Sexual health and personal safety.

This will be taught at an age/ability appropriate level.

The Key concepts will include:

- Relationships/Healthy Un-Healthy Relationships
- Drugs and Alcohol and their effects
- Mental Health and Wellbeing
- Internet Safety/ Consent and the dangers of digital content
- Sex Education/ Sexual Health
- Human Rights
- Family/Types of family
- Citizenship
- Your Community
- Careers/ Life Skills

The main aim of this program is to provide knowledge and understanding of the world around them, the communities that they live in, the laws and governments that serve us their goals, ambitions and careers options and their personal, social and mental wellbeing.

Please can you also share the contents of this letter with your child.

If you or your child would like more detailed information about the areas covered or if you have any concerns, please contact us by email or phone using the contact details in the letter heading.

Yours Sincerely,

Sally O'Connor (School Manager)

& Pete Davies (Teaching and Learning Manager)