



Belvue High School

RSE Policy



Reviewed: September 2025

Reviewed by: S Kaur (RSHE Lead) and K Waterton (DHT/DSL)

This policy explains the approach to Relationships and Sex Education (RSE) at Belvue School. We recognise that our pupils have a wide range of learning needs, so our teaching is carefully adapted to match the level of understanding, communication, and social needs of our pupils.

We follow the [Department for Education \(DfE\) statutory guidance \(2019\)](#) and the [updated July 2025 guidance](#), which all schools must follow by September 2026.

2. Aims of RSE

Our RSE curriculum aims to:

- Help pupils build safe, healthy, and respectful relationships.
- Teach pupils about their bodies, feelings, and how to look after themselves.
- Support pupils to understand and manage changes in their lives (e.g. puberty, friendships, growing independence).
- Prepare pupils for adulthood in a way that is realistic, supportive, and age appropriate.
- Keep pupils safe by teaching them how to recognise unsafe behaviour and how to get help.

3. What Pupils Will Learn

Relationships Education (statutory for all pupils)

All pupils will be taught, at their level, about:

- **Families:** who cares for us, different family types, and the importance of love and care.
- **Friendships:** kindness, sharing, trust, and what makes a good friend.
- **Respectful relationships:** understanding rules, boundaries, and respecting others.
- **Staying safe:** recognising private and public spaces, safe and unsafe touch, and who to talk to if worried.
- **Online safety:** simple rules about safe use of phones, internet, and social media (adapted for ability level).

Sex Education (non-statutory, but recommended)

We will teach some pupils about:

- **Growing up and puberty:** body changes, periods, hygiene, managing feelings.
- **How babies are made and born** (simplified where appropriate).
- **Private parts and body autonomy:** that their body belongs to them.
- **Consent:** saying yes or no in simple, practical situations.

We always adapt language and resources to meet the needs of SLD and MLD learners, using symbols, visuals, social stories, role play and repetition.

3.3 New Topics from July 2025 Guidance, in place for September 2026.

We will gradually introduce new areas required by the updated guidance, through an adaptive and differentiated approach.

- **Online risks:** keeping safe from strangers, fake images, and harmful videos (explained simply).
- **Respect for others:** why some messages online are unkind, unsafe, or untrue.
- **Mental wellbeing:** learning to name feelings (sad, lonely, worried) and knowing who to talk to.
- **Gender identity and equality:** learning about respect for differences and avoiding stereotypes.

4. How and When RSE Will Be Taught

- RSE will be taught once a week as part of the school curriculum.
- Learning will be practical and visual, using pictures, symbols, discussions and role play.
- Pupils will learn in class groups or smaller group sessions when sensitive topics need more support.
- Topics will be repeated regularly so pupils can remember and practise skills.
- For pupils with SLD, the focus will be on safety, independence, and communication. For pupils with MLD, more detailed content may be introduced as appropriate.

5. Who Will Teach RSE

- The **RSE Lead (Miss Kaur)** is responsible for planning and delivering the curriculum. Mr Baldwin also delivers RSE lessons to Key stage 3 and 4.
- **External professionals** (e.g. school nurse, health workers) may support with specific areas such as puberty, hygiene, or online safety.
- All external visitors are supervised and resources checked to ensure they are SEN-appropriate.

6. Parents' Right to Withdraw

- Parents **cannot withdraw** their child from Relationships Education or Health Education.
- Parents **can withdraw** their child from some or all Sex Education lessons
- Requests must be emailed to the curriculum lead.
- If withdrawn, the pupil will complete alternative safe learning activities.