Sex, Relationships and Health Education (RSHE)

Ratification Date: ___12/09/25_____

Signed: ___AJHawkins_____

Review Date: _____10/09/26_____

Date of next review: September 2027

Version Control

Version	Date	Changes
1	12/09/25	Original, replaces RSE policy
1.1	10/09/26	P5 SLT changed to Head of Centre.

This policy will be reviewed annually, or more frequently, if necessary, to ensure that it remains up-to-date and effective. The review will take into account changes in legislation, guidance, and best practice. The review will also consider feedback from Young people, staff, and parents.

1. Introduction and Purpose

This policy outlines Liminal Education's approach to Relationships, Sex, and Health Education (RSHE). It is designed to ensure that all Young people receive comprehensive and age-appropriate education on these crucial topics, enabling them to develop healthy relationships, stay safe, and lead fulfilling lives. This policy is informed by the statutory guidance on Relationships Education, Relationships and Sex Education (RSE) and Health Education (July 2025).

2. Aims and Objectives

The aims of this RSHE policy are to:

- Provide Young people with the knowledge, understanding, and skills necessary to navigate relationships safely and healthily.
- Promote respect, equality, and inclusivity in all relationships.
- Equip Young people with the skills to make informed decisions about their health and well-being.
- Provide Young people with an understanding of safeguarding issues and how to seek help if needed.
- Support Young people's personal and social development.
- Ensure all Young people at every key stage have the opportunity to access a high-quality RSHE curriculum.

The objectives of this RSHE policy are to:

- Deliver a planned, age-appropriate RSHE curriculum across all key stages.
- Create a safe and supportive learning environment where Young people feel comfortable asking questions and sharing their experiences.
- Involve parents and carers in the development and implementation of the RSHE curriculum.
- Provide staff with the training and resources they need to deliver effective RSHE.
- Monitor and evaluate the effectiveness of the RSHE programme.
- Ensure the RSHE curriculum is inclusive and meets the needs of all Young people, including those with SEND and those from diverse backgrounds.

3. Legal and Regulatory Framework

This policy is compliant with the following legislation and guidance:

- The Education Act 1996
- The Children Act 1989 and 2004
- Equality Act 2010
- Keeping Children Safe in Education (2025)
- Relationships Education, Relationships and Sex Education (RSE) and Health Education (Statutory Guidance, July 2025)
- OFSTED Inspection Framework

4. Curriculum Content

The RSHE curriculum at Liminal Education will cover the following topics, tailored to the age and developmental stage of the Young people:

Relationships Education (Primary and Secondary):

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

Health Education (Primary and Secondary):

- Mental wellbeing
- Internet safety and harms
- Physical health and fitness
- Healthy eating
- Drugs, alcohol and tobacco
- Basic first aid
- Changing adolescent body

Sex Education (Secondary):

- Puberty and adolescent development
- Sexual health and relationships
- Contraception
- Pregnancy and parenthood
- Sexually transmitted infections (STIs)
- Consent and sexual exploitation
- Pornography and its impact
- Respectful relationships, including issues of consent, abuse, and exploitation.

Specific Considerations for Liminal Education:

- **Alternative Provision Context:** The curriculum will be adapted to meet the specific needs of Young people who may have experienced trauma, exclusion, or other challenges.
- **SEND:** The curriculum will be accessible to all Young people, including those with SEND, through differentiated instruction and appropriate resources.
- **SEMH, SLCN, SPLD:** The curriculum will address the significant barriers to learning that Young people with SEMH, SLCN, and SPLD experience.
- **Careers Provision:** The curriculum will link to meaningful and effective careers provision, helping Young people to make informed choices about their future.
- **Safeguarding:** All topics will be taught in a way that promotes safeguarding and encourages Young people to seek help if they are concerned about their own or someone else's safety.

5. Delivery and Teaching Methods

- RSHE will be delivered through a variety of methods, including:
    - Discrete lessons
    - PSHE (Personal, Social, Health and Economic) education
    - Tutor time
    - Workshops
    - Guest speakers
    - Online resources
- Teaching methods will be interactive and engaging, and will encourage Young people to participate actively in their learning.
- Teachers will use a variety of resources, including:
    - Books
    - Videos
    - Websites
    - Guest speakers
    - Case studies
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- Teachers will be trained to deliver RSHE in a sensitive and respectful manner.
- Teachers will be aware of Liminal Education's safeguarding policy and procedures.
- Teachers will be trained to respond appropriately to Young people who disclose sensitive information.

6. Roles and Responsibilities

- **Head of Centre:**
    - Overall responsibility for the implementation of this policy.
    - Ensuring that sufficient resources are allocated to RSHE.
    - Monitoring the effectiveness of the RSHE programme.

- **COO:**
    - Developing and implementing the RSHE curriculum.
    - Providing training and support to staff.
    - Liaising with external agencies.
    - Monitoring and evaluating the RSHE programme.

- **Teachers:**
    - Delivering RSHE in a sensitive and respectful manner.
    - Creating a safe and supportive learning environment.
    - Responding appropriately to Young people who disclose sensitive information.
    - Following organisational safeguarding policy and procedures.

- **SENDCO:**
    - Providing advice and support to teachers on how to adapt the RSHE curriculum to meet the needs of Young people with SEND.
    - Liaising with parents and carers of Young people with SEND.

- **Pastoral Staff:**
    - Providing support to Young people who are experiencing difficulties with relationships or health issues.
    - Liaising with external agencies.
- **Young people:**
    - Participating actively in RSHE lessons.
    - Respecting the views of others.
    - Seeking help if they are concerned about their own or someone else's safety.
- **Parents/Carers:**
    - Supporting their child's learning about relationships, sex, and health.

- Communicating with Liminal Education about any concerns they may have.

7. Parental Engagement

- Liminal Education recognises the importance of working in partnership with parents and carers to deliver effective RSHE.
- Parents and carers will be consulted on the development and implementation of the RSHE curriculum.
- Parents and carers will be informed about the content of the RSHE curriculum.
- Parents and carers will be given the opportunity to discuss any concerns they may have with Liminal Education.
- Parents have the right to withdraw their child from sex education lessons (but not relationships or health education).
- Liminal Education will provide information to parents about the benefits of RSHE.

8. Safeguarding

- Liminal Education is committed to safeguarding and promoting the welfare of Young people.
- The RSHE curriculum will be delivered in a way that promotes safeguarding and encourages Young people to seek help if they are concerned about their own or someone else's safety.
- All staff will be trained to recognise and respond to safeguarding concerns.
- Liminal Education will follow its safeguarding policy and procedures in all cases of suspected abuse or neglect.

9. Monitoring and Evaluation

- The effectiveness of the RSHE programme will be monitored and evaluated on a regular basis.
- Monitoring and evaluation will include:
    - Young person feedback
    - Staff feedback
    - Parent feedback
    - Lesson observations
    - Data analysis
- The results of monitoring and evaluation will be used to improve the RSHE programme.

10. Resources

- Liminal Education will provide sufficient resources to support the delivery of effective RSHE.
- Resources will include:
    - Training for staff
    - Curriculum materials
    - Websites
    - Guest speakers

11. Confidentiality

- Young people will be informed that while teachers will treat disclosures with sensitivity, they cannot guarantee complete confidentiality if there are safeguarding concerns.
- Staff will Liminal Education's confidentiality policy and procedures.

12. Equality and Inclusion

- The RSHE curriculum will be inclusive and will meet the needs of all Young people, including those with SEND and those from diverse backgrounds.
- The curriculum will promote respect for diversity and will challenge stereotypes.

13. External Agencies

- Liminal Education may work with external agencies to deliver RSHE.
- External agencies will be carefully vetted to ensure that they are suitable to work with Young people.
- External agencies will be required to follow the organisational safeguarding policy and procedures.

14. Complaints

- Any complaints about the RSHE programme will be dealt with in accordance with Liminal Education's complaints policy.