Wrekin College

Relationships and Sex Education Policy

2026/2027

Updated September 2026 - CDX and BSH

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Introduction

This policy has been written in accordance with all relevant legislation and the Department for Education (DfE) Statutory Guidance on Relationships Education, Relationships and Sex Education (RSE) and Health Education (2019), alongside the updated statutory guidance published in July 2025, which will become mandatory from September 2026.

It has been reviewed and approved by the Leadership Team and relevant School Governors.

The RSE Policy is reviewed annually by the Deputy Head (Pastoral) The RSE Policy is made available to all parents and guardians on the school website.

RSE is part of the PSHE curriculum. It plays a vital role in safeguarding pupils. In line with Keeping Children Safe in Education (KCSIE), the programme supports pupils in recognising healthy and unhealthy relationships, understanding issues such as consent, exploitation and abuse, and knowing how and when to seek help. RSE contributes to the school's wider safeguarding culture by ensuring pupils feel safe, informed and able to report concerns.

Our school's mission for our pupils is to help every pupil discover and become their best self and our PSHE education programme aims to give our pupils the knowledge, understanding, strategies and practical skills to live safe, healthy, productive lives and meet their full potential. PSHE is underpinned by the values of the school.

Definition of Relationships and Sex Education (RSE)

Relationships and Sex Education (RSE) at Wrekin College forms part of the Personal Social Development (PSHE) Programme within the School Curriculum. It aims to give pupils the information they need to help them develop healthy, nurturing relationships of all kinds, not just intimate relationships. It enables pupils to understand what a healthy relationship looks like and what makes a good friend or partner or a successful long-term relationship.

Wrekin College builds on the foundation of RSE taught at Wrekin Prep, and other primary schools from which our pupils arrive.

As pupils grow up, teaching is extended to include intimate relationships. Alongside this, pupils are taught about family relationships, friendships and other important social connections. This enables pupils to distinguish between healthy relationships and those that are distorted or harmful.

Through effective RSE lessons and dedicated talks, Pupils are supported in understanding the reasons for making informed and responsible choices.

Subject Content

An overview of the RSE components of the School's PSD course is set out in Appendix A, mapped against statutory requirements outlined in the DfE Statutory Guidance.

The RSE curriculum also addresses relationships in a digital context, including online behaviour, the impact of social media, catfishing and AI. Pupils are supported in developing the skills to critically evaluate online influences and to stay safe in an increasingly digital world.

How RSE is delivered at Wrekin

RSE is delivered in a range of ways:

Through PSHE lessons within the timetable:

- **First Form (Year 7):** one 55-minute lesson per week
- **Second Form (Year 8):** one 55-minute lesson per week
- **Third Form (Year 9):** one 55-minute lesson per week
- **Fourth Form (Year 10):** one 55-minute lesson per week
- **Fifth Form (Year 11):** one 55-minute lesson per fortnight
- **Lower Sixth (Year 11):** one 55-minute lesson per week
- **Upper Sixth (Year 12):** one 55-minute lesson per week

Additional provision:

- Assemblies dedicated to Online Safety and Mental Wellbeing
- Year group presentations with specialist RSE speakers (e.g. Bereavement and addiction)
- Input from the school Wellbeing Centre, including our school nurse who delivers sessions on Sexual Health and CPR
- Whole-school event days such as Anti-Bullying Week and Mental Health Awareness Day

These sessions take place during the school day.

Who is Responsible for Teaching RSE?

PSHE education is led by Caroline Desvaux and delivered by tutors, as well as our school nurse and specialist external speakers.

Teachers responsible for teaching PSHE receive training through in-school staff training during INSET days and online training provided by the PSHE Association. Each member of staff has access to the PSHE Association hub of training resources.

Additional reinforcement is provided by House pastoral teams and our school counsellor

How is RSE Monitored and Evaluated?

RSE is monitored and evaluated through:

- Termly meetings between the Deputy Head (Pastoral) and Head of PSHE
- Termly safeguarding review meetings
- Ongoing support and communication with RSE teaching staff
- Annual teacher feedback questionnaires
- Pupil voice (feedback, surveys, question boxes)
- Pupil feedback informs ongoing curriculum development and adaptation
- Annual subject content review
- Use of high-quality resources (e.g. The PSHE Association, NSPCC)
- Pupil assessment (including baseline assessments)
- The impact of the RSE programme is evaluated through a combination of pupil outcomes, safeguarding trends and pupil confidence in reporting concerns. This ensures that the curriculum remains responsive, relevant and effective in meeting pupils' needs.

Explanation of the Right to Withdraw

Pupils may not be withdrawn from the statutory elements of Relationships and Sex Education. However, as described in Government guidance, parents have a right to withdraw their child from Sex Education delivered as part of RSE, up to three terms before their child turns 16- the legal age of consent. In such cases a meeting with the Deputy Head (Pastoral) is required.

Owner: DB – Deputy Head (Pastoral)
CDX – Head of PSHE

Updated: November 2026

Next review: November 2027

Appendix A – Overview of Subject Content

Wrekin School RSE Curriculum Overview 2026/27

Year Group	Key Topics Covered
1st Form (Year 7)	Relationships, managing change, loss and grief, families, consent, puberty sexual health basics
2nd Form (Year 8)	Relationships, managing change, loss and grief, families, consent, manipulation, coercion, puberty, sexual health basics
3rd Form (Year 9)	Relationships, managing feelings, emotional wellbeing & mental health abuse, sexting, misogyny, puberty, sexual health basics
4th Form (Year 10)	Managing change, loss and grief, unhealthy relationships, , consent, extremism and radicalisation, puberty, sexual health basics
5th Form (Year 11)	Managing change, loss and grief, power and control, setting boundaries, sexual health basics
L6 (Year 12)	Misogyny, unwanted, inappropriate and illegal behaviours Consent, contraception, managing change, loss and grief Modern families - formalising relationships
U6 (Year 13)	Relationships, Managing change, loss and grief, safety and wellbeing

Appendix B – Government Guidance

Keeping children safe in education 2022

Relationships and sex education (RSE) and health education

Personal, social, health and economic (PSHE) education

New RSHE guidance: what parents need to know