RSE and Health Education Policy

Date Approved	January 2026
Date of Next Review	January 2028

1. Policy statement

IET is committed to delivering a high-quality, age-appropriate and inclusive Relationships, Sex and Health Education (RSHE) programme. The programme supports pupils' physical, emotional, mental and social wellbeing and reflects the specific needs of learners educated in alternative provision.

We recognise that pupils in AP may have experienced trauma, exclusion, disrupted education, unmet SEND, or adverse childhood experiences. RSHE is therefore delivered in a trauma-informed, flexible and therapeutic manner, enabling pupils to develop the knowledge, skills and attitudes required to stay safe, build healthy relationships and prepare for adulthood.

RSHE contributes directly to safeguarding, personal development and successful reintegration or transition to post-16 education, employment or training.

2. Statutory context

This policy complies with the following legislation and guidance:

- Children and Social Work Act 2017
- DfE statutory guidance: *Relationships Education, Relationships and Sex Education (RSE) and Health Education* (2019)
- Keeping Children Safe in Education (KCSIE)
- Equality Act 2010
- Education Act 2002

Statutory requirements

- **Health Education:** statutory for all pupils
- **Relationships Education:** statutory for all pupils of compulsory school age
- **Sex Education:** statutory in secondary AP; optional in primary AP (except puberty content within science)

3. Aims of RSHE in Alternative Provision

The RSHE curriculum aims to:

- Support pupils to develop healthy, respectful and safe relationships
- Promote emotional literacy, self-regulation and resilience
- Equip pupils with knowledge and strategies to manage risk and keep themselves safe
- Address behaviours linked to vulnerability, including exploitation, online harm, substance misuse and unhealthy relationships
- Support preparation for adulthood, employability and independent living

- Promote equality, respect and understanding of protected characteristics

4. Delivery model

RSHE is delivered through a flexible and responsive model, including:

- Small group teaching and 1:1 sessions
- Flexible timetabling to reflect pupils' engagement and readiness
- PSHE lessons, mentoring and therapeutic interventions
- Cross-curricular links (e.g. science, PE, citizenship)

Teaching approaches are:

- Trauma-informed and relationship-based
- Non-judgemental and inclusive
- Adapted to pupils' age, maturity, SEND and SEMH needs
- Delivered by trained, trusted and appropriately supported staff

5. Curriculum content
Relationships Education

Pupils learn about:

- Healthy and unhealthy relationships
- Respect, kindness, boundaries and consent
- Managing emotions, conflict and peer pressure
- Online relationships, social media and digital safety
- Bullying, coercion, exploitation and abuse

Sex Education (secondary)

Content is age-appropriate and includes:

- Puberty and physical development
- Sexual health, contraception and STI awareness
- Consent, the law and healthy sexual relationships
- Grooming, sexual exploitation and abuse
- Sexual orientation and gender identity, in line with the Equality Act 2010

Health Education

Pupils learn about:

- Mental health and emotional wellbeing
- Healthy lifestyles (sleep, nutrition, physical activity)
- Drugs, alcohol, tobacco and vaping
- Personal hygiene and self-care
- Managing stress and accessing support

6. Safeguarding and sensitive issues

Staff delivering RSHE:

- Do not promise confidentiality
- Follow safeguarding procedures where a disclosure is made
- Establish clear ground rules to create a safe learning environment
- Avoid sharing personal experiences or opinions

Any safeguarding concerns arising from RSHE are managed in line with the Child Protection and Safeguarding Policy.

7. SEND and inclusion

RSHE is accessible to all pupils and:

- Differentiated to meet individual needs
- Adapted for pupils with SEND, SEMH and neurodiversity
- Delivered using visual, practical and discussion-based methods
- Supported by multi-agency professionals where appropriate

8. Parental engagement and right to withdraw

Parents and carers are informed about the RSHE curriculum.

- There is **no right to withdraw** from Health Education or Relationships Education
- Parents may request withdrawal from **sex education** (secondary only), except where content is part of the science curriculum
- Requests are considered on a case-by-case basis, in the best interests of the pupil

9. Staff training

Staff delivering RSHE:

- Receive regular safeguarding and RSHE training
- Are supported by senior leaders
- Understand the vulnerabilities and lived experiences of AP pupils

10. Links to other policies

This policy should be read alongside:

- Safeguarding / Child Protection Policy
- Behaviour Policy
- Equality Policy
- SEND Policy
- Online Safety Policy

11. Monitoring and review

This policy will be reviewed every two years, or sooner if there are changes to legislation or statutory guidance. Review will be led by the Director of Education in consultation with relevant staff.