



Leigh Academy
Milestone

RELATIONSHIP AND SEX EDUCATION POLICY

(RSE)

RELATIONSHIP AND SEX EDUCATION POLICY (RSE)

Introduction

Leigh Academy Milestone educates pupils aged 3–19 years of both sexes, all of whom have special educational needs (SEN) such as severe learning difficulties, profound and multiple learning difficulties, and/or complex needs. Relationships and Sex Education (RSE) is taught within the Personal, Health and Social Education curriculum.

This policy complies with the Department for Education statutory guidance on Relationships, Sex and Health Education (RSHE), updated 2025, effective from September 2026.

Statutory Requirements

As an all through academy we must provide relationships education to primary pupils and relationships and sex education to secondary pupils under section 34 of the Children and Social Work Act 2017.

We do follow the National Curriculum, including requirements to teach science. This includes the elements of sex education contained in the science curriculum.

In teaching RSE, we are required by our funding agreements to have regard to guidance issued by the secretary of state, as outlined in section 403 of the Education Act 1996.

We also have regard to legal duties set out in:

- Sections 404 to 407 of the Education Act 1996
- Part 6, chapter 1 of the Equality Act 2010
- The Public Sector Equality Duty (PSED) (as set out in section 149 of the Equality Act 2010). This duty requires public bodies to have due regard to the need to eliminate discrimination, advance equality of opportunity and foster good relations between different people when carrying out their activities

Guidance

Relationships Education, Relationships and Sex Education (RSE) and Health Education - GOV.UK

Definition

The Governors and staff of Leigh Academy Milestone believe that RSE is an essential part of a balanced and broadly based curriculum helping pupils learn about their present and future selves and their relationship with others.

Philosophy

We believe that a basic knowledge of the facts of human reproduction is important, but many of our pupils find it difficult to identify personally with such information. RSE is taught through discrete lessons and also, where appropriate, as part of wider learning from childhood through to adulthood. We encourage exploration of values, moral issues, sexuality, personal

relationships, communication, consent, protected characteristics and decision-making skills. Pupils learn to understand their changing bodies and how to deal with these changes safely.

We aim to foster:

- Self-esteem and self-awareness
- A sense of moral responsibility
- Skills to avoid and resist unwanted sexual experiences
- Respectful, safe and positive relationships

We recognise that working in partnership with parents and carers is vital to the effectiveness of RSE.

Statement of Intent

At Leigh Academy Milestone our aim is to teach our pupils about physical, moral and emotional development. RSE is about understanding the importance of building positive relationships, marriage and family life, stable and loving relationships, respect, love and care. It is also about teaching of sex, sexuality and sexual health. It is not about the promotion of sexual activity or judgement of sexual orientation or sexual activity.

Partnership with Parents and Carers

We believe effective RSE is a partnership between parents, carers and school. Our school will:

- Consult parents/carers on the development and review of this policy
- Provide an information session for parents/carers annually (in-person and virtual) to discuss RSE content
- Share teaching resources and lesson materials in advance (website, teacher email, or upon request)
- Host coffee mornings for parents to discuss curriculum content and how to transfer learning to the home

Right to Withdraw: Parents have the right to withdraw their child from the non-science *sex education* elements of RSE, but not from statutory Relationships or Health Education. Requests should be made in writing to the class teacher. Pupils withdrawn will be provided with alternative supervised work.

Confidentiality and Safeguarding

Pupil confidentiality will always be maintained and respected by the teacher or member of staff concerned. If a member of staff believes a child is at risk or in danger, they will inform the Designated Safeguarding Lead (DSL) who may or may not confer with the Principal, it will be at their discretion as to whether parents or carers should be informed. Safeguarding concerns, including disclosures made during RSE lessons, will be managed in line with the school's Safeguarding and Child Protection Policy.

Equal Opportunities

At Leigh Academy Milestone, Relationship and Sex Education (RSE) is underpinned by the ethos and values of our school and we uphold it as an entitlement for all our pupils. We recognise the need to work as a whole school community to ensure a shared understanding of RSE and the values underpinning it and to deliver an effective programme that meets the needs of our pupils. We are committed to making our RSE curriculum accessible to all pupils. We will differentiate our teaching methods using:

- Visual aids and Social stories
- Role play and scenarios
- One-to-one and small group support
- Adapted resources

We explicitly include reference to LGBTQ+ families and individuals, and teach respect for diversity in relationships and identities.

Moral and values Framework

Our school teaching promotes:

- Self respect
- Respect and tolerance towards others who may have different backgrounds, cultures, feelings, views and sexuality
- An awareness of the way others feel
- British values such as mutual respect, individual liberty and the rule of law
- Mutual support and co-operation
- Honesty and openness
- The acceptance of the responsibility for and the consequences of personal actions
- The right of people to hold their own views within the boundaries of respect for the rights of others
- The right not to be abused by or taken advantage of by other people
- The right to protection from drug and alcohol abuse, eating disorders, gang culture, child sexual exploitation, extremism, female genital mutilation and forced marriage
- The right to accurate information about relationship
- The value of stable loving relationships.

Organisation and Delivery

Leigh Academy Milestone delivers RSE through:

- SEAL (social and emotional aspects of learning)
- All teachers supported by teaching assistants
- The medical team
- Quality assured external agencies and visitors (supervised, consistent with policy, and approved in advance)

Leigh Academy Milestone teaches RSE through:

- A wide range of teaching methods to enable pupils to actively participate in their own learning.

- Using a variety of active learning methods: quizzes, case studies, research, role play, video and small group discussion.
- RSE is assessed alongside our PSHE summative assessment framework in alternate terms by the class lead.
- RSE is assessed and recorded daily as part of a formative assessment questioning, praise, feedback forms and evidence of learning.
- Visual and sensory approaches suitable for SEN
- Age and stage appropriate resources

RSE Programme of Study

Leigh Academy Milestone aims to provide young people with an understanding of the physical, biological, emotional, social, spiritual, legal and moral aspects of sex and sexuality. We teach RSE within the wider context of building self-esteem, emotional well-being, relationships and healthy lives beginning in the early years through to year 14. This prepares our pupils for the opportunities, responsibilities and experiences of adult life.

Exemplar learning outcomes in relation to pupil maturity and age:

Attitudes and Values

- to learn the value of respect, love and care
- to learn to value and respect ourselves and others
- to develop and understand the valuing of diversity
- to promote a positive attitude to healthy lifestyle and keeping safe
- to develop an understanding of the value of family life and an appreciation of the many different types of family

Personal and Social Skills

- to learn how to identify and manage emotions confidently and sensitively
- to develop self-respect and empathy for others
- to develop communication skills with peers, school and family
- to learn how to assess risk and to develop strategies for keeping safe
- to develop the ability to give and secure help
- to develop an understanding of difference and an absence of prejudice
- to develop an understanding of safe online behaviours

Knowledge and Understanding

- to recognise and name the main external parts of the body including agreed names for sexual parts
- to know the basic rules for keeping themselves safe and healthy
- to know about human life processes such as conception, birth and puberty
- to develop an understanding of the physical and emotional aspects of puberty
- to learn that safe routines can stop the spread of viruses such as HIV
- to know who can provide help and support
- to know the age of criminal responsibility

Health and Safety

Pupils should develop awareness and a real understanding of Health and Safety issues as an integral part of Leigh Academy Milestone's PSHE 3 year rolling programme, Curriculum

Pathway and age specificity. Other aspects will be covered within all other policies i.e. School Journeys, Curricular Policies, Health and Safety Policy.

Legal Aspects

Leigh Academy Milestone will ensure that the governing body of the school keeps an up-to-date RSE Policy that describes the organisation of RSE provided outside the National Curriculum science order. They will also allow parents/carers to withdraw their children from RSE lessons in accordance with statutory guidance.

The Governing Body ensures this policy is:

- Up to date with statutory guidance (2025, effective 2026)
- Published on the school website and available free on request
- Reviewed biennially, with parent consultation
- Clear about parental right to withdraw from *sex education* (not statutory relationships/health education)
- Linked to safeguarding, Equality Act 2010, and relevant laws on consent, harassment, and abuse

Next Review: September 2026 (or earlier if required by updated guidance).

Policy updated by Lucy Kenton

Signed: L.Kenton
PSPD Leader
Date: October 2025

Approved by Sarah Goosani