



# **Onside Education**

**Relationships, Sex and Health  
Education (RSHE) Policy**

**September 2025**

## **1. Statement of Intent**

Onside Education is committed to delivering high-quality, age-appropriate and developmentally appropriate Relationships, Sex and Health Education (RSHE) that supports pupils' wellbeing, safety and personal development.

As an Alternative Provision (AP) provider supporting children and young people with SEND, SEMH and complex life experiences, our RSHE approach is:

- trauma-informed
- inclusive and respectful
- flexible and needs-led
- firmly rooted in safeguarding

This policy reflects and complies with the DfE Statutory RSHE Guidance (July 2025) and recognises RSHE as a key component of safeguarding, personal development and preparation for adult life.

## **2. Statutory and Policy Context**

This policy is informed by and aligned with:

- **DfE Statutory Guidance: Relationships, Sex and Health Education (July 2025)**
- **Keeping Children Safe in Education (KCSIE) 2025**
- **Education Act 1996**
- **Equality Act 2010**
- **Children Act 1989 & 2004**
- **Independent School Standards (Part 2 & Part 3)**
- **DfE Online Safety Guidance**
- **DfE Alternative Provision Guidance**

This policy operates alongside the:

- **Safeguarding and Child Protection Policy**
- **Behaviour Policy**
- **Online Safety Policy**
- **SEND Policy**

### **3. Purpose of RSHE at Onside Education**

RSHE at Onside Education aims to ensure that pupils:

- build healthy, respectful and safe relationships
- understand consent, boundaries and respect
- recognise unsafe, abusive or exploitative behaviours
- understand the law relating to relationships, sex and online activity
- know how to seek help and report concerns
- develop emotional resilience and self-esteem
- understand physical and mental health
- are equipped to manage online risks, including harmful sexual content

### **4. RSHE in an Alternative Provision Context**

RSHE delivery reflects the needs of pupils educated in AP and may include:

- small-group or 1:1 delivery
- flexible sequencing and pacing
- repetition and reinforcement where required
- adaptation for emotional maturity and cognitive ability
- trauma-informed strategies
- delivery by trained and trusted staff

Safeguarding vigilance is maintained at all times.

### **5. Curriculum Content (Statutory Requirements)**

#### **5.1 Relationships Education (Statutory)**

Pupils are taught about:

- families and supportive relationships
- healthy and unhealthy relationships
- respect, kindness and empathy
- consent and personal boundaries

- stereotypes, equality and discrimination
- bullying and cyberbullying
- online relationships and behaviour
- grooming, exploitation and coercive control
- how to report concerns and access support

## **5.2 Health Education (Statutory)**

Pupils are taught about:

- physical health and puberty
- menstrual health
- mental health and emotional wellbeing
- drugs, alcohol and tobacco
- healthy lifestyles and body image
- personal hygiene
- online safety and harmful content

## **5.3 Sex Education (Non-Statutory, Provided)**

In line with July 2025 guidance, Onside Education provides age-appropriate sex education, including:

- sexual consent and the law
- sexual health, contraception and STIs
- pregnancy choices
- sexual orientation and gender identity
- pornography and unrealistic representations
- image-sharing and exploitation
- sexual harassment and sexual violence

## **6. Transparency of Curriculum Content and Resources**

Onside Education is committed to transparency.

- Parents/carers can request information about RSHE content and resources
- Curriculum overviews and example materials are available on request
- Teaching resources are age-appropriate, inclusive and evidence-based
- External contributors are vetted and supervised

## **7. Parent/Carer Consultation and Engagement**

In line with July 2025 statutory guidance:

- Parents/carers are informed about RSHE delivery
- Consultation is undertaken when significant curriculum changes are made
- Feedback from parents is welcomed and considered
- Concerns are addressed respectfully and transparently

## **8. Right to Withdraw from Sex Education**

- Parents may request withdrawal only from non-statutory sex education
- Requests must be made in writing to the Head of Provision
- Pupils cannot be withdrawn from:
  - Relationships Education
  - Health Education
  - Online safety
  - Safeguarding content
  - National Curriculum Science

In accordance with law:

- From age 15, pupils may choose to receive sex education regardless of parental request

## **9. Safeguarding, Disclosures and Confidentiality**

RSHE is a key safeguarding tool.

Staff delivering RSHE:

- create a safe and respectful environment

- do not promise confidentiality
- respond calmly and appropriately to disclosures
- report concerns immediately to the DSL
- follow the Safeguarding and Child Protection Policy

Where disclosures indicate risk of harm, exploitation or abuse, safeguarding procedures take precedence over curriculum delivery.

## **10. Inclusivity and Equality**

RSHE at Onside Education:

- reflects diverse families and relationships
- includes LGBTQ+ identities
- respects cultural and religious backgrounds
- is adapted for SEND and SEMH needs
- challenges discrimination and prejudice

All delivery complies with the Equality Act 2010.

## **11. Staff Training and Support**

Staff involved in RSHE receive training on:

- July 2025 statutory RSHE guidance
- trauma-informed delivery
- managing sensitive discussions
- responding to disclosures
- online safety and exploitation risks

Only appropriately trained staff deliver RSHE.

## **12. Implementation Plan (July 2025 Guidance)**

To ensure effective implementation of the updated statutory guidance, Onside Education will:

Autumn Term 2025

- Review and update RSHE curriculum maps
- Audit teaching resources for compliance and suitability
- Deliver staff training on July 2025 guidance

#### Spring Term 2026

- Quality assurance RSHE delivery
- Gather pupil and staff feedback
- Adjust delivery approaches where required

#### Summer Term 2026

- Review safeguarding outcomes linked to RSHE
- Report to senior leadership and proprietor
- Plan refinements for the following academic year

### **13. Monitoring and Quality Assurance**

RSHE is monitored through:

- lesson observations and review
- safeguarding audits
- pupil voice
- staff feedback
- parental engagement

Findings inform continuous improvement.

### **14. Roles and Responsibilities**

Proprietor / Responsible Body

- Ensures statutory compliance and oversight

Senior Leadership Team

- Oversees implementation and quality
- Ensures safeguarding integration

Designated Safeguarding Lead (DSL)

- Manages disclosures and concerns

- Advises staff on safeguarding thresholds

RSHE Lead

- Designs curriculum
- Supports staff
- Ensures consistency and quality

Staff

- Deliver RSHE appropriately
- Follow safeguarding procedures

## **15. Policy Review**

This policy is reviewed:

- annually
- following statutory updates
- following safeguarding concerns

**Next review due: September 2026**