



Onside Education

Relationships, Sex and Health Education (RSHE) Policy

Issue Date: Sept 2025

Review Date: Sept2026

1. Policy Statement

At Onside Education, Relationships, Sex and Health Education (RSHE) forms an integral part of our commitment to safeguarding, personal development and preparing pupils for adulthood.

We recognise that many pupils attending alternative provision may have experienced disrupted education, adverse childhood experiences, trauma, social difficulties, exploitation risks, or barriers to forming healthy relationships. Our RSHE curriculum is designed to provide pupils with the knowledge, understanding and skills necessary to develop safe, respectful and healthy relationships, make informed decisions, protect themselves from harm and contribute positively to society.

The curriculum is delivered in a manner that is:

- Trauma-informed
- Inclusive and respectful
- Age and stage appropriate
- Safeguarding-focused
- Factually accurate
- Evidence-informed
- Politically impartial
- Responsive to individual needs

Through RSHE, pupils are supported to understand themselves, develop resilience, manage relationships effectively, recognise risk, seek support when needed and prepare successfully for adult life.

2. Legislative and Regulatory Framework

This policy has been developed with reference to:

- Relationships Education, Relationships and Sex Education (RSE) and Health Education Statutory Guidance (DfE)

- Keeping Children Safe in Education (KCSIE)
- Education Act 2002
- Equality Act 2010
- Children Act 1989
- Children Act 2004
- Human Rights Act 1998
- Independent School Standards Regulations
- Working Together to Safeguard Children
- DfE Guidance on Online Safety

The Proprietor ensures that RSHE is delivered in accordance with statutory requirements and forms part of the wider safeguarding and personal development curriculum.

3. Aims of RSHE

The aims of RSHE at Onside Education are to enable pupils to:

- Build healthy, respectful and positive relationships.
- Develop self-awareness, self-esteem and emotional resilience.
- Understand consent, boundaries and personal safety.
- Recognise abuse, exploitation and unhealthy behaviours.
- Understand physical and emotional health and wellbeing.
- Develop the skills needed to make informed and responsible decisions.
- Respect diversity, equality and individual differences.
- Understand their rights and responsibilities within society.
- Access appropriate support and health services when required.
- Remain safe both online and offline.

4. Alternative Provision Context

Onside Education recognises that many pupils entering alternative provision may have experienced:

- Interrupted educational experiences
- Social, emotional and mental health needs
- Trauma and adverse childhood experiences
- Family instability
- Exploitation risks
- Exposure to inappropriate online content
- Poor peer relationships
- Low self-esteem and confidence

The curriculum therefore places particular emphasis on:

- Emotional literacy
- Healthy relationships
- Consent and personal boundaries
- Online safety
- Managing risk
- Recognising grooming and exploitation
- Self-regulation and resilience
- Respect for self and others

Teaching is delivered within a safe, supportive environment where pupils can explore sensitive issues appropriately and confidently.

5. Curriculum Content

The RSHE curriculum is delivered through timetabled PSHE lessons, enrichment activities, mentoring opportunities, assemblies and wider safeguarding education.

Content is planned progressively to ensure that knowledge and understanding develop over time.

Key curriculum areas include:

Relationships

Pupils learn about:

- Healthy friendships
- Respectful relationships
- Family relationships
- Peer influence
- Conflict resolution
- Communication skills
- Trust and respect
- Recognising unhealthy relationships
- Managing relationship breakdowns

Personal Safety

Pupils learn:

- How to recognise risk
- How to seek support
- Personal boundaries
- Appropriate and inappropriate behaviour
- Consent and the law
- Child-on-child abuse
- Sexual harassment
- Sexual violence
- Harmful sexual behaviour
- Grooming and exploitation

Online Relationships and Digital Safety

Pupils learn about:

- Digital footprints
- Social media safety
- Online relationships
- Sexting and image-sharing
- Cyberbullying
- Online grooming
- Pornography and unrealistic expectations
- Privacy and security

Physical Health

Pupils learn about:

- Healthy lifestyles
- Nutrition and exercise
- Sleep and wellbeing
- Puberty and bodily changes
- Personal hygiene
- Health services
- Substance misuse awareness

Mental Health and Wellbeing

Pupils learn about:

- Emotional wellbeing
- Managing stress and anxiety
- Resilience
- Self-esteem
- Positive coping strategies

- Accessing support

Sex Education

Age-appropriate sex education includes:

- Human reproduction
- Sexual health
- Contraception
- Sexually transmitted infections
- Consent within intimate relationships
- Pregnancy and parenthood
- Legal responsibilities

Content is delivered sensitively, factually and within the context of healthy, respectful relationships.

6. Safeguarding Through RSHE

RSHE contributes significantly to safeguarding by helping pupils recognise abuse, exploitation, coercion and unsafe situations.

Teaching includes:

- Consent and boundaries
- Child-on-child abuse
- Sexual harassment
- Sexual violence
- Exploitation
- County lines
- Online abuse
- Grooming
- Domestic abuse

- Coercive control

Staff maintain clear professional boundaries and create a safe environment for discussion.

Pupils are regularly reminded that:

- They can speak to trusted adults.
- Support is available within school.
- Confidentiality cannot be guaranteed where safeguarding concerns exist.

Any disclosures arising from RSHE lessons will be managed in accordance with the school's Safeguarding and Child Protection Policy.

7. Harmful Sexual Behaviour

Onside Education recognises that some pupils may have experienced, witnessed or displayed harmful sexual behaviour.

The RSHE curriculum supports prevention by teaching:

- Respectful behaviour
- Personal boundaries
- Consent
- Healthy relationships
- The law relating to sexual behaviour
- Consequences of harmful actions

Where concerns arise, staff will follow safeguarding procedures and work closely with the Designated Safeguarding Lead.

8. Equality, Diversity and Inclusion

Onside Education promotes respect, dignity and equality for all.

RSHE teaching:

- Reflects diverse families and communities.
- Challenges prejudice and discrimination.
- Promotes respect for protected characteristics.
- Supports understanding of equality legislation.
- Includes LGBTQ+ content in an age-appropriate and factual manner.
- Encourages respect for different beliefs and lifestyles.

No pupil will be disadvantaged because of their:

- Sex
- Race
- Disability
- Religion or belief
- Sexual orientation
- Gender reassignment
- Pregnancy or maternity

9. SEND and SEMH Adaptations

Many pupils attending Onside Education have identified SEND and/or SEMH needs.

Teaching is adapted through:

- Small group delivery
- Individual support
- Visual resources
- Simplified language where appropriate
- Additional processing time
- Reinforcement of key concepts
- Structured discussion opportunities

- Trauma-informed approaches

Teachers consider pupils':

- Developmental stage
- Communication needs
- Cognitive ability
- Emotional readiness
- Individual risk factors

when planning and delivering RSHE.

10. External Visitors

Appropriately qualified external agencies may contribute to RSHE delivery where this enhances learning.

Visitors may include:

- School nurses
- Sexual health professionals
- Mental health practitioners
- Police officers
- Community organisations
- Safeguarding specialists

All external visitors:

- Are appropriately vetted where required.
- Work under staff supervision.
- Deliver content consistent with this policy.
- Comply with safeguarding expectations.

Responsibility for curriculum content remains with Onside Education.

11. Parental Engagement

Onside Education values positive relationships with parents and carers.

Parents are encouraged to:

- Review this policy.
- Discuss RSHE learning with their child.
- Contact the school with any questions or concerns.
- Request information regarding curriculum content.

Curriculum overviews and resources may be made available upon request.

The school consults with parents when significant changes are made to RSHE provision.

12. Right to Withdraw

Parents have the right to request withdrawal from some or all of the sex education elements delivered as part of Relationships and Sex Education.

Parents cannot withdraw pupils from:

- Relationships Education
- Health Education
- Any content forming part of the statutory science curriculum

Requests for withdrawal should be made in writing to the Head of Provision.

Following receipt of a request:

- A meeting will be arranged with parents.
- The educational rationale for the curriculum will be discussed.
- The scope of the withdrawal request will be clarified.
- A written record of the decision will be maintained.

Alternative supervised educational activities will be provided where withdrawal is agreed.

In accordance with statutory guidance, pupils approaching the age of sixteen may choose to receive sex education regardless of parental withdrawal requests.

13. Staff Training

Staff responsible for delivering RSHE receive appropriate training, including:

- Statutory RSHE guidance
- Safeguarding responsibilities
- Child-on-child abuse
- Harmful sexual behaviour
- Online safety
- Trauma-informed practice
- Equality and diversity
- Managing sensitive discussions
- Responding to disclosures

Training records are maintained and reviewed annually.

14. Monitoring, Evaluation and Quality Assurance

The effectiveness of RSHE is monitored through:

- Lesson observations
- Learning walks
- Curriculum reviews
- Work scrutiny
- Pupil voice
- Parent feedback
- Staff feedback

- Behaviour data
- Attendance data
- Safeguarding trend analysis

The curriculum is reviewed annually to ensure it remains current, effective and compliant with statutory requirements.

15. Roles and Responsibilities

Proprietor

The Proprietor is responsible for:

- Ensuring statutory compliance.
- Approving this policy.
- Monitoring implementation.

Head of Provision

The Head of Provision is responsible for:

- Curriculum oversight.
- Quality assurance.
- Staff training arrangements.
- Parent engagement.

Designated Safeguarding Lead

The DSL is responsible for:

- Managing safeguarding concerns.
- Advising staff.
- Monitoring safeguarding themes.
- Supporting curriculum development where safeguarding needs emerge.

Staff

Staff are responsible for:

- Delivering RSHE appropriately.
- Creating a safe learning environment.
- Following safeguarding procedures.
- Promoting respectful discussion.

16. Impact

Effective RSHE provision at Onside Education will ensure that pupils:

- Understand healthy and unhealthy relationships.
- Recognise risk and know how to seek help.
- Understand consent and personal boundaries.
- Demonstrate respect for diversity.
- Make informed decisions regarding health and wellbeing.
- Recognise abuse and exploitation.
- Access support services appropriately.
- Develop confidence, resilience and independence.
- Are better prepared for adult life.

17. Publication and Review

This policy constitutes the school's written statement on Relationships, Sex and Health Education and is published on the school website.

A copy is available free of charge to parents, carers, local authorities and members of the public upon request.

Policy Review Cycle: Annual

Next Review Date: September 2026

Policy Owner: Head of Provision

Approved By: Proprietor