



BREWOOD C.E. MIDDLE ACADEMY

POLICY STATEMENT

SEX AND RELATIONSHIP EDUCATION

*We value and cherish every member of our community and celebrate their uniqueness.
Our values led curriculum promotes a love of life and learning inspiring every individual to be a respectful, resilient, and faithful global citizen.*

*"Let all that you do be done in love."
1 Corinthians 16:14*

Respect, Faith, Resilience

1. Context

Brewood CE Middle School provides high quality education for approximately 422 pupils aged 9-13 from the villages of Brewood, Wheaton Aston, Coven and Bishopswood.

At Brewood it is our aim to provide a secure, happy and inclusive environment in which learning can flourish. We recognise that pupils' emotional wellbeing, personal development and social understanding are essential to their success both in school and beyond.

The health and social needs of all pupils are supported where necessary through pastoral care, external agencies and individual support plans where appropriate.

Relationships, Sex and Health Education (RSHE) is an important part of the school's Life Curriculum and supports pupils in developing the knowledge, skills and attitudes needed to lead safe, healthy and fulfilling lives.

2. The Process for Policy Development

Name of Coordinator: **Miss R. Gregory**

A working party supports the development and delivery of RSHE within the school. This group may include:

- teaching and support staff
- parents and carers
- a link governor
- external health professionals such as the school nurse

Parents will be informed when RSHE units are delivered and may be consulted where appropriate. Staff views will be sought through staff meetings and professional discussion. Pupils will have opportunities to share their views through the Student Council and other pupil voice activities. This collaborative approach ensures that the RSHE curriculum reflects the needs of the school community.

3. The Policy

Aims for RSHE

At Brewood we aim to create a caring, respectful community built on positive relationships, mutual respect and understanding.

Our RSHE curriculum aims to support pupils to:

- develop self-respect, confidence and resilience
- understand the importance of respectful and healthy relationships
- recognise and manage emotions
- understand personal boundaries, consent and respect for others
- stay safe both online and offline
- recognise unsafe or unhealthy situations and know how to seek help
- understand physical and emotional changes during puberty
- develop knowledge about sexual health in an age-appropriate way

RSHE follows guidance from the **UK Department for Education statutory RSHE guidance** and the programme of study provided by the **PSHE Association**.

The subject supports pupils' **physical, emotional, social and moral development**, helping them move with confidence from childhood into adolescence.

4. School Environment, Relationships and Ethos

RSHE is most effective when taught within a supportive school ethos where pupils feel safe, respected and valued.

At Brewood we:

- provide accurate and age-appropriate information about health, relationships and wellbeing
- encourage pupils to respect the views, backgrounds and beliefs of others
- support pupils in understanding the changes that occur during growing up
- promote kindness, inclusion and empathy in all relationships

The delivery of RSHE reflects the following principles:

- self-respect and respect for others
- tolerance and understanding of different backgrounds and beliefs
- honesty and integrity
- responsibility for one's actions
- cooperation and mutual support
- the right to feel safe and protected from harm or exploitation

Safeguarding is central to RSHE teaching and pupils are supported to understand how to seek help when needed.

5. School Curriculum

RSHE is delivered through the school's **Life Curriculum**, supported by aspects of the **National Curriculum for Science** and other curriculum areas where appropriate.

Learning may take place through:

- LIFE lessons
- Science lessons
- tutor time and pastoral activities
- drama or discussion-based learning

- visits from external health professionals

The RSHE curriculum includes three broad areas:

1. Relationships Education

This includes learning about:

- friendships and respectful relationships
- family life and diversity
- kindness, respect and inclusion
- personal boundaries and consent
- recognising unhealthy or unsafe relationships
- online behaviour and digital safety
- understanding the law relating to relationships and online image sharing
- recognising abuse, coercion and peer pressure

2. Health Education

This includes learning about:

- physical and emotional changes during puberty
- personal hygiene and body care
- emotional wellbeing and mental health
- body image and self-esteem
- managing change and growing independence
- accessing reliable health information and support

3. Sex Education

Some elements of the curriculum include teaching about:

- conception and pregnancy
- sexual health and responsible decision making

Parents have the right to request withdrawal from **Sex Education** that falls outside the **National Curriculum science programme**.

Parents **cannot withdraw** their child from:

- Relationships Education
- Health Education
- National Curriculum Science

Before granting a withdrawal request, the Headteacher or delegated member of staff will discuss the request with parents to ensure they understand the content and purpose of the curriculum.

Alternative supervised learning will be provided for pupils who are withdrawn.

6. Approaches to Teaching and Learning

Our school supports pupils in developing the confidence to talk about relationships, health and wellbeing in a safe and respectful environment.

Teaching strategies may include:

- establishing clear ground rules for discussion
- discussion and reflection activities
- scenario-based learning
- drama or role-play activities
- project work
- opportunities for anonymous questions

To support effective learning:

- the purpose of each lesson is clearly explained
- activities are appropriate to pupils' age and maturity
- pupils are encouraged to reflect on their own learning
- a safe and respectful classroom climate is maintained

- staff receive appropriate training to support delivery of RSHE

Most lessons are delivered in mixed classes, although some topics (such as puberty discussions) may occasionally be taught in single-sex groups where this supports pupil comfort and engagement.

7. Safeguarding and Confidentiality

RSHE lessons may lead pupils to share concerns or sensitive information.

Staff will follow the school's safeguarding and child protection procedures when responding to disclosures.

If a member of staff believes a pupil may be at risk of harm, the **Designated Safeguarding Lead (DSL)** must be informed immediately.

Pupils are made aware that while discussions are treated sensitively, staff cannot guarantee confidentiality where safeguarding concerns arise.

8. Celebration of Achievement – Assessment, Recording and Reporting

Assessment within RSHE focuses on pupils' understanding, reflection and personal development.

Pupils are encouraged to:

- reflect on their learning
- consider their own values and attitudes
- set personal goals

Formal assessment of personal beliefs or values is not appropriate within RSHE.

Work may be acknowledged in line with the school's marking policy and pupils may receive house points or other recognition for engagement, effort and positive behaviour.

9. Working with Parents

The school values strong partnerships with parents and carers.

Parents are informed about RSHE teaching and are encouraged to discuss topics with their children at home.

Parents may request to view curriculum materials and discuss the RSHE programme with staff.

Where appropriate, parents may be consulted when developing or reviewing the curriculum.

The school will always seek to work constructively with parents while ensuring pupils receive the education needed to keep them safe and support their wellbeing.

10. Dissemination and Review

This policy will be shared with staff, governors and parents.

The policy will be reviewed regularly by the Senior Leadership Team and the governing body to ensure it reflects current statutory guidance and the needs of the school community.

Policy review cycle: **Annually in Autumn Term**



Signed Chair of LAC

21 APR 2026

Date

Appendix 1

RSHE Curriculum Overview (Years 5–8)

Relationships, Sex and Health Education (RSHE) is delivered through the school's **Life Curriculum**, supported by learning in Science and pastoral activities. Teaching is progressive and age-appropriate, building pupils' knowledge and understanding as they move through the school.

The curriculum is informed by guidance from the **PSHE Association** and statutory guidance from the **UK Department for Education**.

The programme focuses on three key areas:

- Relationships Education
- Health Education
- Sex Education

Summer Term 1 – Relationships Education

This unit focuses on **respectful relationships, personal boundaries, consent, and safeguarding**.

Year 5 – Friendships and Inclusion

Pupils develop understanding of:

- kindness, respect and inclusion within friendships
- treating others with respect
- the meaning of consent in everyday situations
- personal boundaries
- recognising appropriate and inappropriate touch
- recognising unsafe situations and knowing how to seek help

Year 6 – Family Relationships

Pupils explore:

- healthy family relationships
- different types of families
- respect and safety within families
- managing conflict within relationships
- understanding that families can change
- personal boundaries and privacy
- seeking help and support when needed

Year 7 – Respectful Relationships and Independence

Pupils learn about:

- different types of relationships and how they change
- recognising healthy and unhealthy relationships
- how relationships are portrayed in the media
- understanding consent in relationships
- the law and risks around sharing sexual images
- personal values and boundaries
- recognising coercion, manipulation and abuse

Year 8 – Healthy Relationships and Emotional Development

Pupils explore:

- forming and maintaining respectful relationships
- managing strong emotions in relationships
- the influence of gender roles and expectations
- developing a deeper understanding of consent
- understanding the emotional impact of relationship endings
- accessing support networks and trusted adults

Summer Term 2 – Growing Up and Sexual Health

This unit focuses on **puberty, growing up, and sexual health education.**

Year 5 – Puberty and Growing Up

Pupils learn about:

- physical changes during puberty
- biological changes during puberty
- personal hygiene
- emotional changes during puberty
- identifying trusted adults for support
- reflecting on feelings about growing up

(This content forms part of **statutory Health Education.**)

Year 6 – Growing Up and Reproduction

Pupils explore:

- changes during puberty
 - growing independence and responsibility
 - basic understanding of human reproduction
 - conception and pregnancy
 - reflecting on feelings about growing up and where to seek support
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Year 7 – Growing and Changing

Pupils learn about:

- emotional changes during puberty
 - personal hygiene and health
 - body image and self-esteem
 - body safety and harmful practices such as FGM
 - accessing reliable health information
 - reflecting on personal development
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Year 8 – Sexual Health and Responsibility

Pupils develop understanding of:

- sexual health and wellbeing
- awareness of safe practices and contraception
- emotional readiness and responsibility in relationships
- consent, respect and managing peer pressure