PRENTON HIGH SCHOOL FOR GIRLS

RELATIONSHIPS, SEX AND HEALTH EDUCATION (RSHE) POLICY

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Prenton High School for Girls is committed to delivering a high-quality Relationships, Sex and Health Education (RSHE) curriculum that is inclusive, age-appropriate and responsive to the needs of our pupils. RSHE is a key part of our wider work to safeguard pupils, support personal development and prepare young people for adult life. Through Learning for Life, pupils develop the knowledge, understanding and skills they need to build healthy relationships, stay safe and make informed choices.

1 STATUTORY CONTEXT AND GUIDANCE

This RSHE policy is informed by the Department for Education (DfE) statutory guidance: *Relationships Education, Relationships and Sex Education (RSE) and Health Education* (July 2025). It also reflects the PSHE Association guidance on writing and updating a school RSE policy. Together, these documents have shaped the school's approach to curriculum planning, safe practice, parental engagement and the identification of any sex education content from which withdrawal may be requested.

RSHE is a statutory part of the secondary curriculum and is delivered in line with national requirements and the school's wider curriculum framework.

2 THE AIMS OF RELATIONSHIPS, SEX AND HEALTH EDUCATION

This policy outlines how RSHE is delivered and supported at Prenton High School for Girls, ensuring a relevant, inclusive and age-appropriate curriculum that prepares pupils for life in modern Britain. Our aims are to:

- Enable pupils to understand the nature of relationships, including different family structures and friendships.
- Emphasise the importance of stable, respectful and loving relationships, including marriage, while valuing diversity.
- Prepare pupils for physical, emotional and social changes, equipping them with tools to manage these confidently.
- Equip pupils with the skills and knowledge needed for safe online behaviour, digital media literacy and protection of their online reputation.
- Support all pupils in staying safe, promoting equality and developing resilience in their mental and emotional health.

3 WHAT IS EFFECTIVE RELATIONSHIPS, SEX AND HEALTH EDUCATION?

Effective RSHE gives pupils the knowledge, understanding and skills they need to build healthy, respectful relationships, stay safe and make informed choices. It is age-appropriate, inclusive and responsive to the needs of pupils. RSHE supports personal development, promotes equality, challenges harmful stereotypes and prepares pupils for life both online and offline.

Identified sex education content is clearly signposted in line with parental rights of withdrawal. Teaching will be factual, evidence-informed, age-appropriate and delivered in a balanced and non-judgemental way. Staff will not promote particular political viewpoints or ideological positions and will present information in line with statutory guidance and safeguarding responsibilities. Teaching will reflect the school's duties under the Equality Act 2010 and promote respect for all people, including those with protected characteristics.

3.1 Attitudes and values

The aims of RSHE relate and adhere to our school values of:

- Trust
- Respect

- Integrity
- Kindness
- Endeavour

RSHE involves a combination of exploring issues and sharing information. Pupils are helped to examine the value of family life, marriage, and stable and loving relationships for the nurture of children. They are also encouraged to explore and consider moral dilemmas. RSHE can also help pupils to develop a good self-image and high self-esteem, responsibility and the ability to make informed decisions.

3.2 Personal and social skills

RSHE encourages pupils to manage emotions and relationships confidently and sensitively whilst developing self-respect and empathy for others. Pupils are taught to make choices based on an understanding of difference, with an absence of prejudice and learning how to recognise and avoid exploitation and abuse. It also provides opportunities to develop communication skills and assertiveness within a range of different situations.

3.3 Knowledge and understanding

RSHE focuses on understanding physical development at appropriate stages. The pupils will explore human sexuality, reproduction, sexual health, emotions and relationships. Teaching relating to human reproduction and biological sex will be grounded in factual scientific understanding.

Pupils will also be provided with information on contraception and the range of local and national sexual health advice and support services. Pupils will look at the reasons for delaying sexual activity, the benefits to be gained from such delay and the avoidance of unplanned pregnancy.

This will provide an objective and balanced view of sexual matters, correcting any misconceptions and misinformation pupils may have gained.

4 DELIVERY OF RSHE AT PRENTON HIGH SCHOOL FOR GIRLS

This section explains how RSHE is delivered at Prenton High School for Girls. It sets out who is responsible and how we ensure teaching is safe, inclusive, factual and consistent. It also outlines our approach to specialist resources, sensitive issues, monitoring and work with families.

4.1 Roles, responsibilities and key stakeholders

- Governing Body: approves and reviews this policy; ensures it is published and accessible; holds leaders to account for the quality, safety and impact of RSHE.
- Head Teacher: has overall accountability for RSHE; ensures the policy is implemented; supports safe delivery; oversees decisions on withdrawal requests.
- Learning for Life Lead (PSHE/RSHE Lead): leads curriculum design, sequencing and quality assurance; supports staff and coordinates external agencies; manages the process for withdrawal requests on behalf of the Head Teacher.
- **DSL / safeguarding team:** advise on sensitive content; respond to concerns/disclosures; monitor safeguarding themes and referral pathways.
- **SENDCo / inclusion team:** advise on reasonable adjustments and accessible delivery for pupils with SEND.
- Teaching staff delivering RSHE: create a safe learning environment; follow agreed protocols; respond appropriately to questions; follow safeguarding procedures.
- **Science department:** teaches statutory puberty and human reproduction in science (not subject to parental withdrawal).
- Pastoral / Student Services / wellbeing leads: provide follow-up support and signposting linked to RSHE themes, and work with the Learning for Life Lead to identify and respond to emerging concerns and trends.
- **Health professionals:** provide specialist health input in partnership with staff.

- **External visitors/providers:** are vetted, briefed and supervised; work within this policy and follow safeguarding procedures.
- **Pupils:** contribute through pupil voice so provision remains relevant and responsive.
- **Parents/carers:** are partners; are informed of content and can view materials on request.

4.2 How is RSHE organised?

RSHE is delivered through **Learning for Life**, our PSHE curriculum, across **Years 7–11**. The biological aspects of RSHE are taught in **Science**, with wider themes reinforced through **Religious Education (RE)** and **Information Technology (IT)** where appropriate.

Learning for Life lessons take place in curriculum time and are planned through a **sequenced, spiral curriculum**. To support high-quality and consistent delivery, the school uses the **Wellio platform**, which provides structured, editable lessons across **PSHE, RSHE and Citizenship**. These resources are used alongside teacher guidance and professional judgement to ensure content remains relevant to the needs of Prenton pupils. Lessons are delivered by teaching staff from a range of specialisms, supported by the **Learning for Life Lead**, who provides curriculum guidance, resources and training. **Years 7–9 receive two Learning for Life lessons per fortnightly cycle**, and **Years 10–11 receive one lesson per fortnightly cycle**.

The school's RSHE programme is informed by the **Science National Curriculum**, the **RE curriculum** and the **PSHE curriculum**. Teaching is designed to create a supportive and secure environment in which pupils can develop the confidence to talk, listen and think about relationships, health and sex education. Staff use a range of teaching approaches, including discussion, active learning and reflection, to help pupils explore attitudes, values and beliefs in a respectful and age-appropriate way.

All content is delivered in a timely way and is planned to be **age and developmentally appropriate**, including for pupils with **SEND**. Where needed, learning is adapted and differentiated in collaboration with the **SENDCo** so that all pupils can access the curriculum.

Provision is further enriched through **Personal Development Days** and carefully selected external partners, including **Let's Talk Wirral**. External contributions may include workshops, theatre productions, guest speakers or professional health input to deepen learning on specific issues. Any external contributors will be suitably qualified, work within the aims of the school's RSHE policy, be supervised by school staff, follow the school's safeguarding procedures, and understand how their contribution fits within the wider RSHE programme.

4.3 Dealing with sensitive issues

Learning for Life lessons are taught in a respectful and supportive environment. Staff use appropriate distancing strategies, such as scenarios, case studies and anonymous questions, to help pupils engage safely with sensitive topics. Where sensitive issues such as pornography are discussed, teaching focuses on safeguarding, healthy relationships, consent, online harms and the distinction between online content and healthy real-life relationships.

Teachers respond to questions honestly and appropriately, taking account of age, maturity and need. If a question is not suitable for whole-class discussion, staff may respond individually, defer it, or signpost pupils to speak with a parent/carer or trusted adult. Where questions relate to sex education content not taught in school, or content from which a pupil has been withdrawn, staff will explain that this is best discussed with parents/carers, where appropriate, and will signpost to reliable sources of support.

Staff receive annual safeguarding training and understand confidentiality, professional boundaries and referral routes. Where teaching covers harmful behaviours, including sexual harassment or sexual violence, language and resources are chosen carefully and support routes are clearly signposted. Any disclosure or concern will be managed in line with the school's safeguarding procedures and passed to the Designated Safeguarding Lead (DSL).

4.4 Monitoring

Monitoring and evaluation of RSHE at Prenton takes place through departmental self-evaluation and regular review. This includes reviewing the curriculum against statutory outcomes, gathering pupil voice and parent feedback, staff reflection, and considering safeguarding and behaviour data linked to relationships and safety. This policy is reviewed annually and approved by the Governing Body.

Although RSHE is not an examined subject, it is statutory and all pupils are expected to access the full curriculum. Pupils are supported to develop the knowledge, understanding and skills needed to build healthy, respectful and safe relationships.

Assessment in RSHE is used to check understanding and inform future teaching. This may include low-stakes quizzes, class discussion, scenario-based tasks and extended written responses, allowing pupils to demonstrate their learning and progress.

4.5 Working with families

We recognise that parents/carers have the primary right and responsibility for teaching their children about relationships, growing up and sexual health. Our RSHE curriculum is designed to support this role and to help pupils develop the knowledge and understanding they need to stay safe and healthy.

We are committed to transparency and open dialogue in meeting the needs of our young people. Families can request to view any materials used in RSHE, including identified sex education content, by contacting the school office or the Learning for Life Lead.

Where lessons include identified sex education content, this will be clearly outlined on the school website ahead of the academic year. This information will remain accessible on the website and will signpost families to further information.

This policy has been developed in consultation with families. Any questions or concerns can be discussed with the school.

5 PARENTAL RIGHT TO WITHDRAWAL FROM SEX EDUCATION

Parents have the right to request that their child is withdrawn from some or all of the identified sex education lessons delivered through RSHE. There is no right to withdraw from:

- relationships education
- health education
- content taught as part of the science curriculum

Requests should be made in writing to the Learning for Life Lead and will be managed on behalf of, and overseen by, the Head Teacher. A written record of the request and outcome will be kept. An additional record will be kept on the Learning for Life tracker.

The Head Teacher will normally grant a request for withdrawal in line with statutory guidance. Any discussions with families will focus on the benefits of receiving RSHE and any relevant safeguarding considerations. A request may only be considered differently in very limited circumstances, in line with statutory guidance and where this is necessary to safeguard the pupil. Where a pupil is withdrawn, appropriate, purposeful education will be provided. From three terms before their 16th birthday, a pupil has the right to opt into sex education.

6 POLICY DEVELOPMENT

The Governing Body approves this policy and the policy is published on the school website. The policy will be reviewed at least annually and whenever significant changes to statutory guidance occur.

Policy development process:
a) Review of relevant national and local guidance
b) Consultation with staff
c) Consultation with parents/carers and other stakeholders
d) Pupil voice
e) Ratification by the Governing Body

7 APPENDIX

Appendix 1: Relationship Sex Health Education Lesson Appendix 2026–2027

This appendix outlines the RSHE lessons delivered through the Learning for Life curriculum. It shows where each RSHE lesson appears across Years 7–11, including the year group, term, lesson number, Wellio code and lesson title.

Year Group	Number of RSHE Lessons
Year 7	12
Year 8	14
Year 9	12
Year 10	7
Year 11	4
Total	**49**

Year Group	Term	Area	Lesson	Code	Lesson Title
Year 7	Autumn Term 1	RSHE	1	R1	Connecting With Your Teachers
Year 7	Autumn Term 1	RSHE	2	R2	From Strangers to Friends
Year 7	Autumn Term 1	RSHE	3	R3	How To Have Healthy Relationships
Year 7	Autumn Term 1	RSHE	4	R4	Tackling Cyberbullying
Year 7	Autumn Term 1	RSHE	5	R5	Understanding Bullying
Year 7	Autumn Term 1	RSHE	6	R6	Safe & Healthy Relationships
Year 7	Summer Term 1	RSHE	7	R7	Different Types of Families
Year 7	Summer Term 1	RSHE	8	R9	The Changing Adolescent Body & The Menstrual Cycle
Year 7	Summer Term 1	RSHE	9	R10	Body Changes During Puberty
Year 7	Summer Term 1	RSHE	10	R11	Understanding Consent and Respect
Year 7	Summer Term 1	RSHE	11	R12	Building Healthy Relationships
Year 7	Summer Term 1	RSHE	12	R55	Following People Online
Year 8	Autumn Term 1	RSHE	1	R18	The Many Forms of Relationships
Year 8	Autumn Term 1	RSHE	2	R13	Managing Unhealthy & Toxic Relationships
Year 8	Autumn Term 1	RSHE	3	R14	Repairing Relationships
Year 8	Autumn Term 1	RSHE	4	R15	Peer Pressure Survival Guide
Year 8	Autumn Term 1	RSHE	5	R16	Together Against Bullying
Year 8	Autumn Term 1	RSHE	6	R17	Online Relationships
Year 8	Summer Term 1	RSHE	7	R23	Assessing The Trustworthiness of Others
Year 8	Summer Term 1	RSHE	8	R19	Understanding Consent
Year 8	Summer Term 1	RSHE	9	R20	Power Dynamics & Consent
Year 8	Summer Term 1	RSHE	10	R21	Contraceptive Essentials
Year 8	Summer Term 1	RSHE	11	R22	Discussing Pornography
Year 8	Summer Term 1	RSHE	12	R24	Introduction to FGM
Year 8	Summer Term 1	RSHE	13	R56	Respecting Ourselves
Year 8	Summer Term 1	RSHE	14	R57	Ending Relationships
Year 9	Autumn Term 1	RSHE	1	R25	Safe & Healthy Sex
Year 9	Autumn Term 1	RSHE	2	R26	Sexually Transmitted Infections
Year 9	Autumn Term 1	RSHE	3	R27	Reproductive Health

Year Group	Term	Area	Lesson	Code	Lesson Title
Year 9	Autumn Term 1	RSHE	4	R28	Pregnancy Choices
Year 9	Autumn Term 1	RSHE	5	R29	Forced Marriages
Year 9	Autumn Term 1	RSHE	6	R8	Positive Parenting
Year 9	Summer Term 1	RSHE	7	R31	Empowering Positive Masculinity
Year 9	Summer Term 1	RSHE	8	R32	Relationships & Their Legal Status
Year 9	Summer Term 1	RSHE	9	R33	Avoiding & Preventing Harassment
Year 9	Summer Term 1	RSHE	10	R34	Online Grooming
Year 9	Summer Term 1	RSHE	11	R35	Rising Above Cyberbullying
Year 9	Summer Term 1	RSHE	12	R30	Respecting Transgender Identities
Year 10	Autumn Term 1	RSHE	1	R50	Differences Between Forced & Arranged Marriages
Year 10	Autumn Term 1	RSHE	2	R43	Understanding Sexual Consent
Year 10	Autumn Term 1	RSHE	3	R46	Sexual Harassment and Aggression
Year 10	Autumn Term 1	RSHE	4	R49	Fertility & Pregnancy
Year 10	Autumn Term 1	RSHE	5	R42	Self-Examination and Screening
Year 10	Autumn Term 1	RSHE	6	R40	The Distorted Reality of Pornography
Year 10	Summer Term 1	RSHE	7	R47	Sharing Illegal Images
Year 11	Autumn Term 1	RSHE	1	R51	Contraceptive Considerations
Year 11	Autumn Term 1	RSHE	2	R53	Safe Relationships Online
Year 11	Autumn Term 1	RSHE	3	R60	Female Genital Mutilation
Year 11	Autumn Term 1	RSHE	4	R59	Domestic Abuse

Learning for Life curriculum RSHE lesson map for 2026-2027.

Appendix 2: Sex Education Withdrawal Appendix 2026–2027

This appendix identifies the lessons within the Learning for Life curriculum that are considered sex education. These are the lessons from which parents/carers may request withdrawal, in line with statutory RSHE guidance.

Year 7

Area	Code	Lesson	Withdrawal status
Relationships & Sex Education	R1	Connecting With Your Teachers	Not normally withdrawable
Relationships & Sex Education	R2	From Strangers to Friends	Not normally withdrawable
Relationships & Sex Education	R3	How To Have Healthy Relationships	Not normally withdrawable
Relationships & Sex Education	R4	Tackling Cyberbullying	Not normally withdrawable
Relationships & Sex Education	R5	Understanding Bullying	Not normally withdrawable
Relationships & Sex Education	R6	Safe & Healthy Relationships	Not normally withdrawable
Relationships & Sex Education	R7	Different Types of Families	Not normally withdrawable
Relationships & Sex Education	R9	The Changing Adolescent Body & The Menstrual Cycle	Not normally withdrawable
Relationships & Sex Education	R10	Body Changes During Puberty	Not normally withdrawable
Relationships & Sex Education	R11	Understanding Consent and Respect	Not normally withdrawable
Relationships & Sex Education	R12	Building Healthy Relationships	Not normally withdrawable
Relationships & Sex Education	R55	Following People Online	Not normally withdrawable

Year 8

Area	Code	Lesson	Withdrawal status
Relationships & Sex Education	R18	The Many Forms of Relationships	Not normally withdrawable
Relationships & Sex Education	R13	Managing Unhealthy & Toxic Relationships	Not normally withdrawable
Relationships & Sex Education	R14	Repairing Relationships	Not normally withdrawable
Relationships & Sex Education	R15	Peer Pressure Survival Guide	Not normally withdrawable
Relationships & Sex Education	R16	Together Against Bullying	Not normally withdrawable
Relationships & Sex Education	R17	Online Relationships	Not normally withdrawable
Relationships & Sex Education	R23	Assessing the Trustworthiness of Others	Not normally withdrawable
Relationships & Sex Education	R19	Understanding Consent	Not normally withdrawable
Relationships & Sex Education	R20	Power Dynamics & Consent	Not normally withdrawable
Relationships & Sex Education	**R21**	**Contraception Essentials**	**Parents/carers may request withdrawal**
Relationships & Sex Education	**R22**	**Discussing Pornography**	**Parents/carers may request withdrawal**
Relationships & Sex Education	R24	Introduction to FGM	Not normally withdrawable
Relationships & Sex Education	R56	Respecting Ourselves	Not normally withdrawable
Relationships & Sex Education	R57	Ending Relationships	Not normally withdrawable

Year 9

Area	Code	Lesson	Withdrawal status
Relationships & Sex Education	**R25**	**Safe & Healthy Sex**	**Parents/carers may request withdrawal**
Relationships & Sex Education	**R26**	**Sexually Transmitted Infections**	**Parents/carers may request withdrawal**

Relationships & Sex Education	**R27**	**Reproductive Health**	**Parents/carers may request withdrawal**
Relationships & Sex Education	**R28**	**Pregnancy Choices**	**Parents/carers may request withdrawal**
Relationships & Sex Education	R29	Forced Marriages	Not normally withdrawable
Relationships & Sex Education	R8	Positive Parenting	Not normally withdrawable
Relationships & Sex Education	R31	Empowering Positive Masculinity	Not normally withdrawable
Relationships & Sex Education	R32	Relationships & Their Legal Status	Not normally withdrawable
Relationships & Sex Education	R33	Avoiding & Preventing Harassment	Not normally withdrawable
Relationships & Sex Education	R34	Online Grooming	Not normally withdrawable
Relationships & Sex Education	R35	Rising Above Cyberbullying	Not normally withdrawable
Relationships & Sex Education	R30	Respecting Transgender Identities	Not normally withdrawable

Year 10

Area	Code	Lesson	Withdrawal status
Relationships & Sex Education	R50	Differences Between Forced & Arranged Marriages	Not normally withdrawable
Relationships & Sex Education	R43	Understanding Sexual Consent	Not normally withdrawable
Relationships & Sex Education	R46	Sexual Harassment and Aggression	Not normally withdrawable
Relationships & Sex Education	**R49**	**Fertility & Pregnancy**	**Parents/carers may request withdrawal**
Relationships & Sex Education	R42	Self-Examination and Screening	Not normally withdrawable
Relationships & Sex Education	**R40**	**The Distorted Reality of Pornography**	**Parents/carers may request withdrawal**
Relationships & Sex Education	R47	Sharing Illegal Images	Not normally withdrawable

Year 11

Area	Code	Lesson	Withdrawal status
Relationships & Sex Education	**R51**	**Contraceptive Considerations**	**Parents/carers may request withdrawal**
Relationships & Sex Education	R53	Safe Relationships Online	Not normally withdrawable
Relationships & Sex Education	R60	Female Genital Mutilation	Not normally withdrawable
Relationships & Sex Education	R59	Domestic Abuse	Not normally withdrawable