



St Michael's Church of England Academy
Relationships and Sex Education Policy
2026 - 2027

Approved by:	All Saints Multi-Academy Trust Board
Approved on:	March 2026
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Building on the foundation of Luke 2:52, "Jesus grew in wisdom and stature," students and staff grow spiritually, personally and academically as Christ did. By embodying our Christian values of love, peace, forgiveness, courage and equality, we flourish in a caring Christian community enabling achievement for all God's children.



1. Policy Statement

- 1.1. At St Michael's, we are committed to ensuring that all students should be offered the opportunity of receiving a comprehensive, well-planned programme of relationships and sex education. We believe that high quality relationship and sex education is an essential part of schooling which supports young people's development and prepares them for adult life in order for students to make responsible and well-informed decisions in their lives. Our Academy's vision embraces the spiritual, physical, intellectual, emotional, moral and social development of young people, and through an agreed approach to RSE, we believe that we can promote the development of the whole child so that young people can grow in *wisdom and stature*, as well as understanding the moral aspects of relationships within a context of a Christian vision for the purpose of life.
- 1.2. The purpose of this Relationships and Sex Education (RSE) policy is to set out the ways in which the school's provision supports pupils through their spiritual, moral, social, emotional and physical development, and prepares them for the opportunities, responsibilities and experiences of life.
- 1.3. The DfE's guidance, 'Relationships, Sex and Health Education Guidance 2019,' defines this programme as: "*Learning about physical moral and emotional development: understanding the importance of marriage for family life, stable and loving relationships, respect, love and care. It is also about the teaching of sex, sexuality and health.*"

2. Aims and Purpose

- 2.1. St Michael's Church of England Academy aims to provide a programme that follows the statutory need to include Relationships and Sex Education in their curriculum and within the ethos of our Christian school to all pupils, including those with special educational needs.

St Michael's Church of England Academy aims:

- to promote the spiritual, moral, cultural, mental and physical developments of students so that they may make healthy and safe life choices. Avoid being exploited, exploiting others or being pressured into unwanted or unprotected sex

- To prepare students for the opportunities, responsibilities and experiences of adult life so that they may make a positive contribution to society.
- Develop awareness of their sexuality and understand human sexuality; challenge sexism and prejudice, and promote equality and diversity
- To consider a range of values and moral issues, including the importance of family life.
- To help students understand the biological facts related to human growth and development, including reproduction.
- To focus on the importance of healthy relationships.
- Know how the law applies to sexual relationships including sharing of information online
- To demonstrate and encourage personal responsibility and positive and informed choice, including how to determine whether others are trustworthy or unsafe.
- To encourage high self-esteem and respect for others

3. Legislation and department for education guidance

3.1. Our policy is underpinned by and compliant with:

- DfE Relationship and Sex Education 2019 (updated 2025)
- Personal, social, health and economic (PSHE) education 2020 (updated 2025)
- Children and Social Work Bill 2017
- Keeping Children Safe in Education 2025
- Domestic Abuse Act 2021
- Equality Act 2010

4. Procedures

4.1. All students at St Michael's Church of England Academy have an on-going programme of RSE that develops throughout Year 7 – 13. It is taught via our Curriculum for Life personal development programme. This is thread throughout subject's curriculum models - as well as dedicated PSHE hour lesson once a fortnight. Sex education is a compulsory part of the science curriculum which is then supported by the PSHE lessons taught in an age-appropriate manner with an emphasis on facts rather than opinion or belief and external visitors will support with the delivery of this where appropriate. The curriculum for life programme supports the schools values, the design of sessions incorporates opportunities to support students in reporting concerns, issues or problems with ease.

4.2. We appreciate that the content of RSE lessons may prompt young people to share concerns or problems they are facing. Young people are reassured that they can share issues with members of staff without fear of being judged or reprimanded. However, it is the duty of staff to explain the meaning of confidentiality to young people and to avoid making unconditional promises. If safeguarding issues arise from a disclosure from a child, the member of staff will follow the academy's procedure for handling safeguarding issues. All staff will constantly role-model the highest professional standards, having equal unconditional positive regard for all individuals. Sexism, homophobia and any form of discrimination will not be tolerated and young people will be challenged to communicate in appropriate language and have regard for the rights of others.

5. Covers

5.1. As well as the biological aspects of sex education as covered in the science curriculum, families may expect the following to be covered in an age – appropriate way:

- Different types of relationships (including online) including friendships, family relationships, dealing with strangers and intimate relationship
- How to recognise, understand and build healthy relationships, including self – respect and respect for others; commitment, tolerance, boundaries and consent; how to manage conflict; and also how to recognise unhealthy relationships.
- all aspects of the Equality Act (2010) and the protective characteristics within.
- How relationships may affect health and wellbeing, including mental health
- Factual knowledge around sex, sexual health and sexuality
- Healthy bodies and lifestyles including keeping safe, puberty, drugs and alcohol education
- Healthy minds including emotional wellbeing, resilience, mental health.

5.2. Parents must be aware that, through other curriculum subjects such as English, drama, history and RE, controversial issues may come up and, therefore, require a certain amount of in school discussion. Examples of which could include aspects of bereavement, divorce, marriage, sexuality, birth, abortion, sexism and sexual harassment and domestic abuse. As long as any discussion takes place within the context of the subject, it will not be deemed to be part of the RSE programme and, therefore, not subject

to parental right of withdrawal. Staff will deal both sensitively and professionally with any issues which arise in the classroom.

6. Working with parents

- 6.1. Parents currently have the right to withdraw their children from sex education within Personal Development Studies, but not relationships education and not from those elements which are in the formal science curriculum. If a parent wishes to discuss sex education and possible withdrawal from those classes, they are expected to discuss it with the Principal, Vice Principal or other Assistant Principal for Personal Development to be clear about what the student will do when withdrawn and a realistic expectation of supervision that can be provided. However, up to three terms before a child turns 16 the child can opt to have sex education delivered. It should be made clear, in addition, that if students who are withdrawn from sex education ask questions at other times, these questions will be answered honestly by staff, if age-appropriate.

7. Monitoring and reviewing

- 7.1. The RSE programme will be monitored by the Senior Leadership Team as well as the pastoral, safeguarding and students. Quality Assurance of RSE will take place through learning walks, review of delivery (including those delivered by external visitors) student and staff voice. The policy will be formally reviewed on an annual basis and any changes will be communicated to all stakeholders including governance and trust leaders. However, a review could occur if statutory guidance is added to, changed or altered by the Department of Education.

8. Information and contacts

A copy of policies and procedures can be found here. This includes the curriculum overview broken down into year groups to show development of the key threads of knowledge.

If you wish to view any of the curriculum content and resources, please email admin@stmichaels.allsaintsmat.org or phone 0151 924 6778