



HORNCHURCH
HIGH SCHOOL
EXCELLENCE FOR ALL

Hornchurch High School RSHE Policy

SCHOOL NAME:	HORNCHURCH HIGH SCHOOL
DATE OF ADOPTION:	01/09/2025
DATE OF NEXT REVIEW DUE:	01/09/2026
CHAIR OF GOVERNORS SIGNATURE:	L. Hall
HEAD SIGNATURE:	S.MADHVANI

Introduction

The aims of Relationships, Sex and Health Education (RSHE) at Hornchurch High School are to ensure that students develop the knowledge, skills and understanding they need to lead confident, healthy, and responsible lives. Through a carefully planned and age-appropriate curriculum, students will learn about:

- Different types of relationships, including friendships, family relationships, intimate relationships, and dealing with strangers.
- 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 how to recognise and respond to unhealthy relationships.
- How relationships can affect health and wellbeing, including mental health.
- Healthy relationships and safety online, including managing digital risks and recognising harmful online content.
- Factual knowledge around sex, sexual health and sexuality, set firmly within the context of respectful relationships.
- Broader aspects of personal safety, including understanding misogyny, sexual harassment, knife crime, conflict resolution, and public safety as outlined in the 2025 guidance.
- Respectful discussion of contested issues (e.g. gender identity and biological sex) with factual accuracy and legal context, in line with the updated expectations.
- Mental wellbeing, including content on suicide prevention, self-harm, and eating disorders, delivered at appropriate times with appropriate support.

These aims reflect our school's core values: maintaining a positive attitude, showing respect for all, and displaying high levels of commitment to being the best you can be.

Statutory requirements

Under the updated Department for Education statutory guidance (July 2025), RSHE is compulsory for all secondary pupils in England from **September 2026**, replacing the 2019 guidance.

Secondary schools must have regard to the guidance issued by the Secretary of State under **section 403 of the Education Act 1996**, as well as their duties under the Education Act 2002, the Equality Act 2010, and the Children and Social Work Act 2017.

Hornchurch High School has chosen to begin aligning its curriculum and practices with the new 2025 guidance from October 2025, ensuring a smooth transition and full compliance by the statutory deadline.

Definition

RSHE is about the emotional, social, physical and cultural development of pupils. It involves learning about relationships, sexual health, sexuality, healthy lifestyles, diversity, safety, and personal identity.

RSHE combines factual information with opportunities to explore attitudes, values, and personal experiences in a safe and structured environment.

RSHE is **not** the promotion of sexual activity.

Delivery of RSE

RSHE is taught through the school's Personal, Social, Health and Economic (PSHE) curriculum and through form time. An overview of the PSHE and RSHE curriculum can be found in **Appendices 1 and 2**.

Biological aspects of RSE are taught within the Science curriculum.

In line with the 2025 statutory guidance, our RSHE delivery will also:

- Be sequenced carefully to ensure that topics are introduced at age-appropriate times, preparing pupils before they encounter real-life situations.
- Engage pupil voice to ensure content remains relevant and responsive to their needs.
- Involve parents through transparency and consultation on curriculum content and resources.
- Address modern challenges including online safety, pornography, misogyny, sexual harassment, knife crime, and contested issues with clarity and sensitivity.
- Emphasise kindness, respect, boundaries, and fairness as central principles of healthy sexual ethics.

Across both Key Stages, pupils will develop the following skills:

- Effective communication, including how to manage changing relationships and emotions.
- Recognising and assessing potential risks, including digital risks.
- Assertiveness and decision-making.

- Seeking help and support when required.
- Self-respect, empathy, and tolerance.
- Recognising and maintaining a healthy lifestyle.
- Managing conflict constructively.
- Participating in discussion and group work respectfully.

Roles and responsibilities

The Governing Board

The governing board will approve the RSHE policy and hold the headteacher to account for its implementation, ensuring compliance with statutory guidance.

The Headteacher

The headteacher and Assistant Headteacher in charge of Personal Development are responsible for ensuring that RSHE is taught consistently across the school, and for managing requests to withdraw pupils from non-statutory components of RSHE (see section 6).

Staff

Staff are responsible for:

- Delivering RSHE in a sensitive, inclusive and factual way.
- Modelling positive attitudes and respectful discussion.
- Monitoring progress and pupil engagement.
- Responding appropriately to individual pupil needs.
- Following school procedures when parents request withdrawal from non-statutory components.

Staff do not have the right to opt out of teaching RSHE. Concerns should be discussed with the headteacher or Assistant Headteacher in charge of Personal Development.

Pupils

Pupils are expected to engage fully in RSHE and treat others with respect and sensitivity, in line with our school values.

Parents' right to withdraw

Parents have the right to withdraw their children from non-statutory components of sex education up until three school terms before their 16th birthday. After this point, students can choose to receive this education if they wish.

Requests for withdrawal must be made in writing to the headteacher. A copy of the request will be kept on the pupil's educational record. The headteacher or designated staff member will discuss the request with parents and take appropriate action.

Alternative work will be provided for pupils who are withdrawn.

Training

Staff receive regular training on RSHE through INSET, CPD sessions, and meetings with the PSHE Lead.

The school also works with external agencies, such as the school nursing team and sexual health professionals, to support training and ensure content is delivered safely and effectively.

Monitoring arrangements

The delivery of RSHE is monitored by the Head of Civics through the school's Quality Assurance procedures, including learning walks, book scrutinises, lesson observations, and student voice.

Pupil development is monitored through "I Can..." statements. RSHE is not assessed using the 9–1 grading system.

This policy will be reviewed every two years, or sooner if guidance changes. Each review will be approved by the governing board.

Other signposted publications

This policy is informed by the following:

- Relationships, Sex and Health Education Statutory Guidance (DfE, 2025)
- Relationships Education, Relationships and Sex Education (RSE) and Health Education (DfE, 2019)
- Keeping Children Safe in Education (DfE, 2023)
- Sexual violence and sexual harassment between children in schools and colleges (DfE, 2021)
- Preventing and tackling bullying (DfE, 2017)
- Sexting in schools and colleges: Responding to incidents and safeguarding young people (UKCCIS, 2016)
- SEND Code of Practice (DfE, 2015)
- Equality Act 2010: advice for schools (DfE, 2014)
- National Curriculum in England – Key Stages 1–4 (DfE, 2014)

Appendix I

Topics covered across key stage 3 and 4 are:

Year 7 Topics

- Autumn Term 1 – Bounce forward resilience programme
- Autumn Term 2 – Intro to RSE & drugs
- Spring Term 1 – Intro to religion
- Spring Term 2 – Social Media
- Summer Term 1 – Looking after ourselves
- Summer Term 2 – Growth Mind set

Year 8 Topics

- Autumn Term 1 – World religions
- Autumn Term 2 – RSE and drugs
- Spring Term 1 – Careers
- Spring Term 2 – Living in the wider world
- Summer Term 1 – You, the law and financial literacy
- Summer Term 2 – Health and well being

Year 9 Topics

- Autumn Term 1 – Religious Education
- Autumn Term 2 – First Give
- Spring Term 1 – Citizenship and British Values
- Spring Term 2 – Relationship and Sex Education
- Summer Term 1 – Young enterprise and careers
- Summer Term 2 – Living in the wider world

Key stage 4 Topics

- Autumn Term 1 – Relationship and Sex Education
- Autumn Term 2 – Managing Money
- Spring Term 1 – Religion
- Spring Term 2 – Assessing risks drugs
- Summer Term 1 – Mindfulness .B
- Summer Term 2 – Mindfulness . B & Careers

Appendix II

Week Commencing	Year 7	Year 8	Year 9	KS4	KS4	KS4
	Welcome to RSE!	Welcome to RSE!	Welcome to RSE!	Welcome to RSE!	Welcome to RSE!	
	Stress	Sexual Harrassment	Managing Anxiety	Emergency Contraception	Healthy and Unhealthy Relationships	Vaping
					safe dating	
	How to be a Super Saver!	Stereotypes	Managing Depression	Condoms		Knife Crime
					Sexual Consent	
	Sexist Language	Sexting	Body Confidence	STIs		Stress management
HALF TERM BREAK						
					Condoms	
	Diversity and Difference	Diversity and Difference	Diversity and Difference	Body Confidence		Inequaity
					Emergency Contraception	
	Understanding Depression	Understanding Asexuality	Understanding Asexuality	Understanding Depression		drugs and addiction
					STIs and Getting Tested	
	Managing Conflict	Understanding Pansexuality	Understanding Pansexuality	Understanding Anxiety		Politics
CHRISTMAS BREAK						
CHRISTMAS BREAK						
	Bullying and Mental Health	Managing Stress	Gender Stereotyping	Managing Stress	Abortion and Abortion Services	
						Racism
	Cyber Bullying and Trolling	Sexist Language	Abortion	How to be a Super Saver!	Pornography Part 1	
					Pornography Part 2: Revenge Porn	
	Mental Health First Aid	Period Poverty	Period Poverty	Abortion		Managing Stress
					Sexting	
HALF TERM BREAK						
	Period Poverty	How to be a Super Saver!	Sex and the Law Consent in relation to	Sexting		Body Confidence
					Sexual Harrassment	
	Body Confidence	HPV Vaccine	Sexting	Pornography		Diversity and difference
					Forced Marriage	
	Keeping Active	Mental Health First Aid	Sexual Harrasment	Sex and the Law		Misogony in the Media
EASTER BREAK						
EASTER BREAK						
	Stereotypes	Understanding Asexuality	Condoms	Sexual Hassment		
	Time Management	Understanding Depression	STIs	Sexual Consent		