



# COTTESMORE SCHOOL

## Relationships Education, Relationships and Sex Education (RSE) and Health Education Policy

Cottesmore School recognises its responsibility to promote positive relationships amongst its pupils, to help pupils understand the world in which they are growing up and to prepare pupils for the opportunities, responsibilities and experiences of adolescent and adult life. Cottesmore School seeks to provide a safe and stimulating environment which will enable pupils to learn about spiritual, moral, cultural, mental, physical and emotional development.

The aim of Relationships Education is to teach pupils the fundamental building blocks and characteristics of positive relationships with particular reference to friendships, family relationships and relationships with other children and with adults. The principles of positive relationships also apply in the online world.

The aim of Relationships and Sex Education is to provide pupils with age appropriate information, to explore attitudes and values and develop skills to empower them to make positive decisions about themselves. This will help pupils respect themselves and others and allow them to move with confidence from childhood through adolescence into adulthood by putting in place the building blocks needed for positive and safe relationships of all kinds, starting with family and friends, and moving out to other kinds of relationships, including online.

Reviewed by Compliance Officer April 2026

To be reviewed April 2027



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Cottesmore School will help pupils:

- Value and respect themselves
- Value and respect others for who they are
- Value healthy, stable and caring relationships based on mutual respect as the basis of a society in which people care for one another
- Value and respect difference in religion, culture, sexual orientation, physical and mental ability and social background
- Value and respect their own and others' rights as outlined in the Rights and Responsibilities published document
- Value discussion so that pupils can be active participants and gain confidence in talking about relationships, health and mental well-being

The delivery of RSE should be set within the whole school context and complement and be supported by the wider academic curriculum, by the school's wider policies and documentation, through tutorials, and in the sporting, musical, artistic and boarding environments.

## **Part 1 : Definition of Relationships, Sex and Health Education**

Relationships and sex education (RSE) together with health education is learning about the emotional, social and physical aspects of growing up, relationships, sex, sexuality and sexual health. The policy and its contents should equip pupils with the information, skills and positive values to have safe, fulfilling relationships and to take responsibility for their physical, mental and sexual health and well-being. Good quality RSE is an entitlement for all pupils.

Reference is made to the Protected Characteristics (from Year 5 upwards) to embrace all children and their respective diversities.

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## Part 2 : Subject Content : Primary age Years Reception to Year 6

- Families and people who care : Healthy family life, marriage and civil partnerships
- Caring friendships : Respect, tolerance, trust and understanding
- Religion and belief
- Online relationships and being safe
- Sex education and the National Curriculum KS2 content in Science
- Answering awkward questions about Sex and sexuality
- Physical health and mental well being : Healthy physical lifestyle and healthy eating
- Basic First Aid and how to call for help to the emergency services if necessary
- Drugs, alcohol and tobacco awareness (Yrs 5 & 6)
- Puberty : The changes that take place (Yrs 5 & 6)

## Part 3 : Subject Content : Secondary age Years 7 and 8

- Families : different types of family units, marriage/civil partnerships and the law
- Families : Roles and responsibilities of parents/carers
- Respectful relationships : recognize healthy and unhealthy relationships
- Online, the media and being safe : Grooming and sexual exploitation
- Sexual intimacy (pupils are taught that Cottesmore has a zero tolerance on any type of sexual relationship – this is incredibly important because we are a co-educational boarding school)
- Safe sex
- Sexual relationships, sexual health and respect
- Sexual harassment and sexual violence (Govt guidance Sept 2021/KCSIE 2025)
- Sex and consent : the Law
- Grooming and sexual exploitation
- Sexual orientation and gender identity including LGBT with reference to the Equality Act 2010 and the Protected Characteristics
- Puberty : How it can affect emotions
- Physical Health and mental well being : equal parts to healthy lifestyle
- Healthy eating and dangers of drugs, alcohol and tobacco abuse
- Basic First Aid including treatment for common injuries, how to administer CPR (Yr8) and the purposes of defibrillators

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## **Part 4 : Delivery of the RSE and Health programme including delivery to SEND pupils**

Relationships and sex education (RSE), together with health education must be accessible to all pupils. The programme should also be mindful that some pupils are more vulnerable to exploitation, bullying and other issues due to the nature of their SEND.

Delivery of the programme as outlined in the contents will be via classroom teaching in a range of curriculum areas such as PHSE, Science, PE and Religious Studies, through assemblies, chapel readings, lectures, pupil boarding and food committees, the awarding of pupils responsibilities and via displays around the school.

Any use of visitors will be used to enhance the teaching of a member of staff and not be used as a replacement for it.

## **Part 5 : Working with Parents**

The role of parents in the development of their children's understanding about relationships is vital. The school will work with parents with regard to the RSE and Health education programme and ensure parents know what will be taught. The policy is available on the school's website and on hard copy upon request. The school aims to involve parents closely in promoting RSE and Health Education by:

- Providing information about Relationship and Sex Education including relevant websites and support eg. CEOPS website.
- Parents are sent termly updates about what will be covered in RSE that term.
- The RSE policy is posted on the school website.
- Parents are invited to consult with the school regarding revisions to the RSE Policy; to date, no parent has.

This policy was originally written in-house, and parents were then invited to submit comments or pose questions about the content via email. The policy is up-dated annually and parents are invited to a meeting with the Head of RSE where they are able to raise issues of concern and also request that certain topics be covered/are given more attention if required.

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## **Part 6 : Monitoring, Evaluation**

Monitoring: We started with a consultation phase with parents in September 2021. It was completed in April 2022.

Each body of work has a pre-evaluation at the beginning of term - to be completed by students prior to starting the lessons (this will be completed in the first week back at school).

Evaluation: PSHE/RSE will look at initial concerns/gaps identified with students and address these in the lessons. Then a post evaluation will be completed.

This will be done in the first lesson of the term where students, especially new children, in the top years will be able to voice concerns of not having covered certain subjects – ie. puberty, drugs.

The Head of RSE will then collate the missing subjects and present during a staff meeting where essential information from earlier on in the syllabus which children might have missed. There will also be the opportunity for the Head of RSE to meet with whole year groups, during Prep slots, to continue the lessons.

A range of assessment methods may be used: brainstorming, pupil discussion, portfolios of work. Folders or exercise books are used at the discretion of form teachers.

## **Part 7 : Parental Request for child to be excused/withdrawn from sex education**

Legislation states that *'parents have the right to withdraw their children from any and every aspect of sex education that is not taught as part of the statutory curriculum'*.

Whilst parents will not be able to withdraw their child from relationships education, parents will be able to request withdrawal of their child from primary age group classes which address sex education ie those that do not sit within the relationships education delivery.

Before granting any request for withdrawal, particularly if a pupil is in the secondary age range ie Years 7 and 8, the Headmaster will discuss the request sensitively with the parent. Once those discussions have taken place, outlining the benefits of receiving this important aspect of the RSE programme, unless there are exceptional circumstances, the school should respect the parental request. The Headmaster will automatically grant a request to withdraw a pupil from any sex education delivered at the primary age range ie Years 3, 4, 5 and 6, other than as part of the science curriculum.

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## Part 7 : Complementary school policies, practices and documentation

- Child Protection Safeguarding Policy
- The Anti-Bullying Policy
- Promoting Good Behaviour and Sanctions Policy
- The Online Safety Policy
- Digital Parenting Guide to Parents
- Safeguarding Briefing to Parents
- Safeguarding Briefings to Staff
- The PHSE Programme of Study
- The RSE Programme of Study
- The Monitors 'Job Descriptions'
- The Boarding Council
- The Food Committee
- Tutorial sessions
- Whole school Assemblies
- Relationships Education, Relationships and Sex Education and Health Education FAQ (DfE April 2021)
- Staff Training by 'It Happens Education' in April 2022

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