



Relationships and Sex Education (RSE) Policy

Review Schedule:

This policy will be reviewed annually; however, it may be reviewed sooner if necessary.

Staff Acknowledgment:

All staff will read, understand, and sign this policy yearly and when changes are made in accordance with government and DfE guidelines.

Document Control:

- **Date Updated:** 11/04/2026
- **Next Review Date:** 11/04/2027
- **Approval:** Gemma Robertson

Change History

Date	Description of change	Signed

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1. Purpose

The Relationships and Sex Education (RSE) policy at Alternative Acres aims to provide clear guidance on the delivery of RSE, ensuring that children receive age-appropriate, relevant, and inclusive education that supports their emotional, social, and physical well-being. This policy aligns with the therapeutic ethos of Alternative Acres, fostering healthy relationships, self-esteem, and resilience.

2. Scope

This policy applies to all children attending Alternative Acres, as well as staff, parents, and external agencies involved in the planning and delivery of RSE. The policy covers both the relationships and sex education components of RSE, with a focus on promoting respect, understanding, and well-being.

3. Aims of RSE at Alternative Acres

The RSE program at Alternative Acres is designed to:

- **Promote healthy relationships:** Encourage positive, respectful, and nurturing relationships with peers, family members, and the wider community.
- **Develop self-awareness and respect:** Help children understand their own bodies, emotions, and boundaries while respecting those of others.
- **Enhance emotional resilience:** Support children in managing emotions, recognising unhealthy behaviours, and seeking help when needed.
- **Provide factual knowledge:** Offer accurate and appropriate information about physical development, sexual health, and reproduction.



- **Foster inclusivity and understanding:** Celebrate diversity and ensure that RSE is inclusive of all backgrounds, including gender, sexual orientation, and cultural differences.

4. Legal Framework

This policy is developed in accordance with the statutory guidance set out by the Department for Education (DfE) and other relevant legislation, including:

- Children and Social Work Act 2017
- Equality Act 2010
- The Relationships Education, Relationships and Sex Education (RSE), and Health Education (England) Regulations 2019

5. Curriculum Content

5.1 Relationships Education

Relationships education at Alternative Acres focuses on:

- **Friendships:** Understanding how to form and maintain healthy, respectful friendships.
- **Families and different relationships:** Recognising different family structures and respecting diversity.
- **Respectful behaviour:** Understanding the importance of respect, consent, and boundaries in relationships.
- **Online safety:** Educating children about the potential risks online, including cyberbullying, and promoting safe digital interactions.

5.2 Sex Education

Sex education at Alternative Acres will:

- **Focus on factual knowledge:** Provide age-appropriate, fact-based education about human reproduction, body changes, and sexual health.
- **Promote bodily autonomy:** Teach children about their right to make informed decisions about their bodies and the importance of consent.
- **Support emotional and physical well-being:** Address the physical and emotional changes during puberty and provide guidance on how to seek help or advice if needed.



6. Delivery of RSE

6.1 Age Appropriateness

- RSE lessons will be delivered in an age-appropriate manner, taking into account the developmental and emotional needs of the children.
- Sensitive topics will be approached with care, ensuring that children feel comfortable and supported during discussions.

6.2 Therapeutic Approach

- RSE at Alternative Acres will be delivered within a therapeutic framework, recognising that many children may have experienced trauma or challenging personal circumstances.
- Therapeutic staff will work closely with educators to ensure that content is delivered in a safe and supportive environment, using trauma-informed approaches.

6.3 Inclusivity

- RSE lessons will be inclusive of all children, regardless of their background, gender identity, sexual orientation, or cultural and religious beliefs.
- Staff will use language and examples that reflect the diversity of relationships and families, ensuring all children feel respected and included.

6.4 External Expertise

- Where appropriate, external specialists or health professionals may be invited to contribute to the RSE program to provide expert advice and guidance, particularly on sexual health and safety.

7. Parental Involvement

7.1 Communication with Parents

- Parents will be informed about the RSE curriculum and the topics that will be covered each term. Information sessions or written communication will be provided to offer clarity on the content and approach of the program.

7.2 Right to Withdraw

- Parents have the right to withdraw their child from the sex education component of RSE (but not from relationships education). If a parent chooses to withdraw



their child, they must discuss their decision with the management team, who will provide guidance on the implications and offer alternatives.

- The child's right to receive appropriate RSE will also be considered in any decision about withdrawal.

8. Staff Training

- All staff delivering RSE will receive appropriate training to ensure they are confident in addressing sensitive topics, promoting inclusivity, and delivering the curriculum in a trauma-informed manner.
- Staff will also be trained to respond to children's questions in a sensitive, age-appropriate way, providing accurate information while supporting emotional well-being.

9. Monitoring and Evaluation

- The RSE program will be regularly reviewed and updated to ensure it meets the needs of the children and remains compliant with current guidelines and legislation.
- Feedback from children, staff, and parents will be gathered to assess the effectiveness of the program and to identify areas for improvement.
- The management team will oversee the implementation of the policy and monitor the impact of RSE on children's well-being and development.

10. Safeguarding and Confidentiality

- Any safeguarding concerns raised during RSE lessons will be addressed in line with the safeguarding policy at Alternative Acres. Children will be encouraged to speak to a trusted adult if they have any concerns about their safety or well-being.
- Staff will maintain confidentiality when appropriate, but any disclosures related to safeguarding will be reported to the designated safeguarding lead (DSL) in accordance with legal requirements.

11. Policy Review

This RSE policy will be reviewed annually, or earlier if necessary, to ensure it reflects current legislation and the needs of the children at Alternative Acres. Changes will be made in consultation with staff, parents, and external professionals.



This Relationships and Sex Education policy ensures that Alternative Acres provides a safe, inclusive, and supportive environment for children to learn about relationships and sexual health, fostering their personal development and emotional well-being