

## The Ace Academy *RSHE Policy*

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### 1. Purpose

This policy outlines the academy's approach to delivering Relationships, Sex and Health Education (RSHE) in line with statutory guidance. RSHE is a vital part of preparing learners for life, promoting wellbeing, and safeguarding young people.

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### 2. Scope

This policy applies to:

- All learners at The ACE Academy Alternative Provision
- All teaching and support staff
- Parents/carers and external RSHE providers

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### 3. Statutory Framework

The RSHE curriculum is delivered in accordance with:

- The Department for Education statutory guidance (2020)
- The Equality Act 2010
- The Children and Social Work Act 2017
- The academy's safeguarding and SEND policies

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### 4. Aims of RSHE

- To provide accurate, age-appropriate information about relationships, health, and sex
- To promote respect, equality, and understanding of diversity
- To support learners in making safe and informed choices
- To develop emotional literacy, resilience, and self-esteem
- To safeguard learners from abuse, exploitation, and harm

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### 5. Curriculum Delivery

- RSHE is delivered through PSHE lessons, assemblies, enrichment activities, and targeted interventions.
- Topics include:
  - Healthy relationships and consent
  - Online safety and digital wellbeing
  - Physical and emotional health
  - Puberty and reproduction

- LGBTQ+ inclusion
- Mental health and wellbeing
- Content is adapted to meet the needs of learners in alternative provision, including those with SEND or trauma histories.

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## **6. Teaching Approach**

- RSHE is taught in a safe, inclusive, and non-judgmental environment.
- Staff use trauma-informed and restorative approaches.
- Learners are encouraged to ask questions and reflect on their values and choices.
- External visitors may support delivery but must follow academy safeguarding procedures.

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## **7. Parental Engagement**

- Parents/carers are informed about RSHE content and have the right to withdraw their child from sex education (excluding relationships and health education).
- The academy will engage parents through newsletters, consultation, and access to curriculum materials.

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## **8. Safeguarding and Confidentiality**

- RSHE supports the academy's safeguarding duties.
- Staff must follow safeguarding procedures if disclosures are made during RSHE sessions.
- Learners are reminded that confidentiality cannot be guaranteed in safeguarding matters.

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## **9. Monitoring and Evaluation**

- RSHE delivery is monitored by the PSHE lead and Senior Leadership Team.
- Learner feedback, staff reflection, and external review inform curriculum development.
- The policy is reviewed annually and updated in line with statutory changes.