



QUEEN'S CROFT
INSPIRING GREATNESS

Relationships, Sex and Health Education (RSHE) Policy

Queen's Croft High School

Academic year	2026 to 2027
Review date	Annually
Approved by	Governing Body
RSHE Lead	Rachel Bird
Co-Headteachers	Sam Wood and Letitia Carter

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1. Introduction

At Queen's Croft High School, we are committed to providing a broad, balanced, and meaningful Relationships, Sex and Health Education (RSHE) curriculum that prepares our pupils for adulthood, promotes wellbeing, supports safeguarding, and enables all young people to develop positive relationships and healthy lifestyles. This policy has been developed in accordance with the Department for Education statutory guidance *Relationships Education, Relationships and Sex Education (RSE) and Health Education (2025)*.

Queen's Croft High School is a generic special school for pupils aged 11 to 19 with moderate to severe learning difficulties, including pupils with Autism Spectrum Condition (ASC), speech, language and communication needs (SLCN), social communication difficulties, and a range of associated diagnoses.

We recognise that many of our pupils may be more vulnerable to exploitation, abuse, unhealthy relationships, online risks, and misunderstanding social situations. Therefore, RSHE is an essential part of our curriculum and safeguarding provision. The DfE recognises that pupils with SEND may be more vulnerable to harmful sexual behaviour, abuse, exploitation, violence, and bullying and that RSHE is particularly important for these learners.

2. Aims

The aims of RSHE at Queen's Croft High School are to:

- Support pupils to develop safe, healthy and positive relationships.
- Promote emotional wellbeing and resilience.
- Prepare pupils for adulthood and greater independence.
- Teach pupils to recognise and communicate feelings, wishes and boundaries.
- Enable pupils to understand consent, privacy and personal safety at a level appropriate to their developmental stage.
- Develop digital literacy and online safety skills.
- Promote self-respect, dignity and respect for others.
- Equip pupils with the knowledge and skills needed to keep themselves safe from abuse, exploitation and harm.
- Help pupils understand physical and emotional changes associated with puberty and adulthood.
- Enable pupils to access support and report concerns confidently.
- Support pupils to become active, healthy members of their communities.

3. Statutory Requirements

Queen's Croft High School will provide:

- Relationships and Sex Education (RSE) for all secondary-age pupils.
- Health Education for all pupils.

- Age, stage, and developmentally appropriate content in line with statutory guidance.

The school will have regard to the DfE statutory guidance and review this policy regularly to ensure compliance.

4. Guiding Principles

The school's RSHE curriculum is underpinned by the following principles:

Engagement

Pupils, parents and carers are consulted and their views considered when developing and reviewing the curriculum.

Accessibility

Teaching is adapted to meet the needs of learners with SEND and communication difficulties.

Positivity

The curriculum promotes healthy relationships, self-esteem and wellbeing.

Safety

RSHE forms a key part of our safeguarding curriculum and helps pupils identify risks and seek support.

Inclusion

All pupils are valued and respected regardless of disability, race, religion, sex, sexual orientation, family background, or personal circumstances.

Preparation for Adulthood

Teaching reflects pupils' future adult lives, including independence, community participation, and healthy relationships.

5. RSHE and SEND

At Queen's Croft High School, RSHE is personalised and adapted to meet individual learning needs.

Many pupils require:

- Repetition and overlearning.
- Concrete and visual teaching methods.
- Explicit teaching of social rules and boundaries.
- Opportunities to generalise learning across contexts.
- Alternative and Augmentative Communication (AAC) support.
- Social stories, comic strip conversations and visual supports.
- Structured teaching approaches.
- Small group and individual teaching where appropriate.

The curriculum will be tailored according to:

- Chronological age.
- Cognitive understanding.
- Communication level.
- Emotional maturity.
- Individual EHCP outcomes.
- Safeguarding risk and vulnerability.

Teaching will always maintain high expectations whilst ensuring accessibility.

6. Curriculum Content

Key Theme 1: Relationships

Pupils will learn about:

- Different types of family.
- Caring relationships.
- Friendships.
- Trust and respect.
- Managing conflict.
- Boundaries.
- Kindness and empathy.
- Bullying and discrimination.
- Community relationships.
- Marriage and civil partnerships.
- Personal rights and responsibilities.

Key Theme 2: Being Safe

Pupils will learn:

- That their body belongs to them.
- Personal boundaries.
- Understanding consent.
- Safe and unsafe touch.
- Public and private behaviours.
- Privacy and confidentiality.
- Recognising exploitation.
- Grooming awareness.
- Sexual harassment and abuse.
- Domestic abuse.
- Forced marriage.
- Female genital mutilation (FGM).
- Reporting concerns and seeking help.

Key Theme 3: Online Relationships and Safety

Pupils will learn:

- Safe online behaviour.
- Digital footprints.
- Social media awareness.
- Personal information security.
- Online friendships.
- Fake profiles and scams.
- Deepfakes and AI-generated content.
- Image sharing risks.
- Sextortion awareness.
- Cyberbullying.
- How to report harmful content.

Key Theme 4: Physical Health and Wellbeing

Pupils will learn about:

- Healthy lifestyles.
- Sleep.
- Exercise.
- Nutrition.
- Personal hygiene.
- Oral health.
- Mental wellbeing.
- Emotional regulation.
- Substance misuse.
- Smoking and vaping.
- Alcohol and drugs.
- Vaccination and health protection.
- First aid and emergency services.

Key Theme 5: Growing Up and Puberty

Pupils will learn:

- Changes during puberty.
- Menstruation.
- Personal hygiene.
- Reproductive health.
- Emotional changes.
- Privacy and body awareness.
- Appropriate language for body parts.

Teaching will be adapted carefully to meet developmental needs and levels of understanding.

Key Theme 6: Sex Education

As a secondary school, Queen's Croft provides statutory sex education.

Topics include:

- Intimate relationships.
- Consent.
- Sexual health.
- Contraception.
- Pregnancy.
- Parenthood.
- Sexually transmitted infections.
- Accessing support and healthcare services.

Teaching will focus on:

- Safety
- Respect
- Wellbeing
- Informed decision-making
- Legal responsibilities

All teaching will be age and stage appropriate and adapted for learners with SEND.

7. Teaching Approaches

Teaching may include:

- Explicit instruction.
- Visual supports.
- Social stories.
- Role play.
- Video modelling.
- Group discussion.
- Scenario-based learning.
- Practical activities.
- Sensory and experiential approaches where appropriate.

Staff will create a safe learning environment and establish clear ground rules for discussion.

Sensitive topics will be delivered carefully and in ways which support understanding without causing unnecessary anxiety.

8. Safeguarding

RSHE contributes significantly to safeguarding.

Staff understand that discussions during RSHE may generate disclosures.

All disclosures will be managed in line with:

- Keeping Children Safe in Education (KCSIE)
- School Safeguarding Policy
- Child Protection Procedures

Staff will never promise confidentiality and will explain safeguarding responsibilities to pupils in a way they can understand.

9. Equality and Inclusion

RSHE will be delivered in accordance with the Equality Act 2010.

Teaching will:

- Promote respect and dignity.
- Challenge bullying and discrimination.
- Reflect diverse families and communities.
- Support understanding of protected characteristics.
- Encourage respectful discussion of different beliefs and experiences.

All pupils will access learning in ways that are appropriate to their individual needs and understanding.

10. Working with Parents and Carers

We recognise parents and carers as the primary educators of their children.

The school will:

- Consult parents when reviewing this policy.
- Provide opportunities to view teaching materials.
- Share curriculum information annually.
- Respond positively to questions and concerns.
- Support parents to continue learning at home.

Teaching resources will be available for parents to view on request.

11. Right to Withdraw

Parents have the right to request withdrawal from some or all of the sex education elements of the curriculum.

Parents cannot withdraw pupils from:

- Relationships Education
- Health Education
- Science curriculum content

Requests for withdrawal should be made in writing to the Headteacher.

The Headteacher will discuss the request with parents and explain the curriculum content before a decision is made.

Pupils who are withdrawn will be provided with suitable alternative educational activities.

12. Roles and Responsibilities

Governing Body

The Governing Body will:

- Approve this policy.
- Monitor compliance with statutory requirements.
- Ensure provision is accessible to pupils with SEND.

Headteacher

The Headteacher will:

- Ensure statutory compliance.
- Support staff training.
- Respond to withdrawal requests.
- Monitor curriculum delivery.

RSHE Lead

The RSHE Lead will:

- Develop and review the curriculum.
- Support staff.
- Monitor teaching and assessment.
- Liaise with parents and external agencies.

Staff

Staff will:

- Deliver RSHE appropriately and sensitively.
- Maintain professional boundaries.
- Follow safeguarding procedures.
- Adapt teaching to meet individual needs.

13. Monitoring and Evaluation

The quality and impact of RSHE will be monitored through:

- Learning walks.
- Pupil voice.
- Parent feedback.
- Staff feedback.
- Curriculum reviews.
- Safeguarding data.
- EHCP outcomes.
- Governor monitoring.

The curriculum will be reviewed annually and whenever statutory guidance changes.