



## Relationships & Sex Education (RSE) Policy and Procedures

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Gateways School  
Independent Day School for Boys and Girls

## Policy Aims

The primary objective of Relationships and Sex Education (RSE) is to help and support young people through their emotional, physical, and moral development. At Gateways, RSE is firmly embedded within our comprehensive Personal, Social, Health and Economic (PSHE) programme, ensuring that pupils receive a coherent, well-sequenced curriculum. Independent schools are required under the Independent School Standards to deliver high-quality PSHE, including RSE, that prepares pupils for the opportunities, responsibilities, and experiences of adult life.

RSE at Gateways is underpinned by safeguarding, reflecting our commitment to keeping every member of our community safe. Pupils are equipped with accurate knowledge about sexual health and relationships, helping them to reduce risks and make informed choices. Alongside this knowledge, RSE develops pupils' capacity to reflect on personal values, attitudes, and beliefs, and to respect those of others. Through these lessons, pupils learn the skills needed to navigate relationships with confidence, respect, and responsibility, supporting their successful transition from childhood, through adolescence, and into adulthood.

The development of personal and social skills is central to our approach: empathy, self-respect, resilience, and decision-making are cultivated to enable pupils to thrive in a complex and changing society. Effective RSE is therefore essential in empowering pupils to make responsible, well-informed decisions throughout their lives.

This RSE policy should be read alongside the school's **PSHE Policy, Equality, Diversity and Inclusion (EDI) Policy, Safeguarding and Child Protection Policy, Online Safety Policy, and Behaviour Policy**, which together set out the framework for promoting pupils' wellbeing, safety, and personal development.

## Legislation and guidance

This policy has been developed in accordance with the principles established by government and other external guidance, including:

- Relationships Education, Relationships and Sex Education (RSE) and Health Education Statutory Guidance (2019, updated July 2025)
- Keeping Children Safe in Education (September 2025)
- Education (Independent School Standards) Regulations 2014 (as amended, most recently 2024)
- Statutory Framework for the Early Years Foundation Stage (2025)
- Data Protection Act 2018 and UK GDPR
- Education Act 1996
- Education Act 2002
- Working Together to Safeguard Children (2020, updated 2025)
- Children and Social Work Act 2017
- Childcare Act 2006
- Teachers' Standards (2021)
- Equality Act 2010

Reviewed: Autumn 2025

Next review: Autumn 2027

### Scope and Application

This policy applies to all sections of the School and is designed to address the specific statutory obligations on the School to actively promote the wellbeing of all pupils.

### Policy details

RSE learning at Gateways is built on four key elements that together support pupils' understanding of relationships and sex education:

1. **Knowledge and understanding**
2. **Keeping ourselves and others safe**
3. **Morals and personal values**
4. **Personal, emotional, and social skills**

These elements are not taught in isolation but are interwoven throughout the PSHE programme, ensuring that pupils experience a progressive curriculum which develops both knowledge and character.

In the Prep School, RSE is delivered as part of PSHE using Jigsaw, a nationally recognised, evidence-based programme of study. Jigsaw offers a spiral and progressive approach, carefully sequenced to cover relationships, health, and personal development. It is fully aligned with current statutory guidance and regularly updated to reflect best practice. Jigsaw's particular emphasis on emotional literacy, safeguarding, and inclusivity ensures that provision is high-quality, consistent, and developmentally appropriate for all pupils.

In the High School, RSE lessons are designed and sequenced by the PSHE Coordinator, drawing directly on the latest DfE Relationships, Sex and Health Education statutory guidance and the PSHE Association Programme of Study. This approach ensures that learning builds on prior knowledge, introduces new concepts in an age-appropriate and inclusive way, and remains accurate, relevant, and responsive to pupils' needs.

Together this model provides pupils with a coherent curriculum journey from Prep through to High School, ensuring that RSE is delivered in a well-sequenced, evidence-based, and up-to-date manner that supports pupils' personal development and wellbeing throughout their time at Gateways.

### Knowledge and Understanding

- Understanding our physical development at appropriate stages.
- Learning appropriate language to describe body parts and functions.
- Comprehending human sexuality, reproduction, sexual health, emotions and relationships.

### Keeping Ourselves and Others Safe

- Developing an awareness of contraception and sexually transmitted diseases.

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- Knowing the range of sexual health services that are available.
- Exploring the reasons for sex.
- Considering the benefits of delaying sexual activity until the person is ready.
- Discussing unplanned pregnancies and options.
- Understanding UK law as it relates to RSE, including Marriage, consent, sexual exploitation, pornography, female genital mutilation (FGM) and The Equality Act 2010.

### Morals and Personal Values

- Reflecting on our personal values.
- Learning the value of family life, marriage, and stable, loving relationships for the nurture of children.
- Understanding the concepts of trust and consent.
- Consideration of respect, love and care in relationships.
- Explore, consider and understand moral dilemmas.

### Personal and Social Skills

- Skills to manage emotions and relationships with confidence and sensitivity.
- A sense of self-respect.
- Fostering empathy for others.
- Acknowledging difference with an absence of prejudice.
- Developing an appreciation of the consequences of choices made.
- Managing conflict.
- Recognising, avoiding and reporting exploitation or abuse.
- Reviewing the impact and influence of media and pornography.
- Skills to stay safe in an increasingly sexualised society.
- Building self-esteem and assertiveness to resist pressure or coercion.
- Fluency in internet safety to stay safe online or when using mobile technology.

### What is Covered in RSE?

In keeping with best practice, RSE at Gateways School is delivered to all age groups (EYFS to post-16). As a result, topics are visited and revisited throughout a pupil's school life, ensuring that knowledge, attitudes, values and skills are delivered to track a pupils' developmental stage and age-related milestones.

### EYFS & Prep School

In EYFS and Prep, RSE is taught in an age-appropriate way through use of the Jigsaw PSHE & RSE package. This helps teachers to deliver high quality, meaningful learning that blends classwork, discussion and personal reflection.

We look at relationships (friendships, families and relationships with other children and adults), how the body works and the natural changes that happen as we grow. Some of this learning, along with health and drugs education, takes place within the science curriculum.

At no point will a child be taught something that is inappropriate; if a question arises and the teacher feels it would be inappropriate to answer, (for example, because of its mature or explicit nature), the child will be encouraged to ask their parents or carers. The question will not be answered to the child or class if it is outside the remit of that year group's programme.

| Year   | Content                                                                                                                                                                                       |
|--------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| EYFS   | Understanding privacy<br>Learning about bodies<br>Keeping our body safe (NSPCC PANTS)<br>Different kinds of families<br>Seeking help when you need it<br>Interpersonal skills and friendships |
| Year 1 | Understanding how children's bodies change from infancy                                                                                                                                       |
| Year 2 | Understanding boys and girls body parts<br>Respecting privacy                                                                                                                                 |
| Year 3 | How babies grow<br>How boys' and girls' bodies change as they grow older<br>Introduction to puberty and menstruation.                                                                         |
| Year 4 | Internal and external reproductive body parts.<br>Recap about puberty and menstruation.<br>Conception explained in simple terms.                                                              |
| Year 5 | Puberty for boys and girls in more detail including the social and emotional aspects of becoming an adolescent.<br>Conception explained in simple biological terms.                           |
| Year 6 | Puberty for boys and girls revisited.<br>Understanding conception to the birth of a baby.<br>Becoming a teenager.                                                                             |

## High School & Sixth Form

In High School and Sixth Form, RSE lessons are planned by Gateways' PSHE Coordinator. They are integrated throughout the PSHE curriculum from Upper 3 to Upper 6. Learning is purposefully sequenced to introduce students to basic concepts in earlier years, building on their learning with more complex topics as they progress in age and maturity.

Pupils are taught about the changes and responsibilities that come along with adolescence and becoming a young adult. Lessons focus on providing students with the skills to successfully manage the physiological, social, legal and moral implications of relationships. We strive to empower independence, critical thinking and a sense of compassion as students enter the wider world.

| Year       | Content                                                                                                                                                                                                                                                                                                 |
|------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Year 7     | <p>Puberty and physical changes</p> <p>Online safety and protecting yourself online</p> <p>Friendships and consent</p> <p>Reconciliation</p> <p>The power of choice</p> <p>Prejudice, discrimination and equality</p>                                                                                   |
| Year 8     | <p>The mental consequences of puberty</p> <p>Empathy</p> <p>Challenging sex stereotypes</p> <p>Breakups, loss and grief</p> <p>Understanding more about trust and consent</p> <p>Understanding the Equality Act</p>                                                                                     |
| Year 9     | <p>Fertility and foetal development</p> <p>Different routes into parenthood</p> <p>Sexual harassment, consent and the law</p> <p>Online safety and The Online Safety Act</p> <p>Marriages and civil partnerships</p> <p>LGBT+ history and rights</p> <p>Personal safety and keeping each other safe</p> |
| Year 10    | <p>FGM</p> <p>Contraception</p> <p>Sexually Transmitted disease and health care</p> <p>How infatuation can impact thinking</p> <p>So called 'honour' based violence</p> <p>Forced marriage and the law</p> <p>Recognising, avoiding and reporting child criminal and sexual exploitation</p>            |
| Year 11    | <p>Body image</p> <p>Unplanned pregnancies and choices</p> <p>Tackling misogyny and violence against women and girls</p> <p>Understanding the term 'incel'</p> <p>Types of relationship abuse</p> <p>When to seek help in relationships</p>                                                             |
| Sixth Form | <p>Registering with a GP and accessing health care</p> <p>Accessing contraception and sexual health services</p> <p>Unplanned pregnancies and choice</p> <p>Online dating safety</p> <p>Skills to manage relationships</p> <p>The Equality Act 2010</p> <p>Keeping yourself and others safe</p>         |

## **Parental Engagement**

At Gateways, we recognise the importance of working in partnership with parents and carers in the delivery of RSE. Each year, parents will receive a clear overview of the topics that will be covered in RSE, enabling them to be well-informed and to support their child's learning at home.

In addition, Gateways will hold an annual parental consultation led by the PSHE Coordinator, providing families with an opportunity to offer feedback and to engage in discussion about how RSE is delivered.

We are committed to full transparency in our RSE provision. All lesson materials and resources used in the delivery of RSE are available for parents to view on request, with commercially produced resources shared in line with copyright permissions. Parents are always notified in advance when RSE content is due to be taught and are welcome to discuss the planned content directly with the PSHE Coordinator.

This collaborative approach ensures that families remain fully aware of what is being taught, while also strengthening the partnership between school and home in supporting pupils' personal development.

## **Parental Right to Withdraw**

Many parents or guardians recognise that their own sex education was inadequate and support Gateways in its provision of RSE. An annual communication is sent out to inform parents and guardians of their right to withdraw their children from RSE.

Parents have the right to withdraw their child from sex education delivered outside of the National Curriculum science curriculum. They do not have the right to withdraw their child from Relationships Education, Health Education, or the biological elements of science.

To withdraw a pupil from specific RSE lessons, parents must liaise with the PSHE coordinator who will seek permission from Head of EYFS, Head of Prep or Head of School, as appropriate.

Guidance states parents have the right to withdraw their child for up to three terms before the child turns 16. After that point, it is the child's decision if they would like to receive RSE education. Whilst being aware of the right to withdraw children, we aim to deliver RSE in a way that is welcomed and appreciated by all parents or guardians in our community.