

## Policy Position Statement for the Teaching of Relationships and Sex Education (RSE) - Secondary

### Rationale

At E-ACT, we want all children and young people to grow into happy, confident, resilient and well-rounded individuals who are able to make safe, informed and responsible decisions about their lives. We are committed to ensuring that pupils develop the knowledge, skills and attitudes they need to thrive in modern Britain and in an increasingly complex digital world.

Through a high-quality, inclusive and age-appropriate Relationships and Sex Education (RSE) programme across our secondary academies, we equip pupils to form positive, healthy and respectful relationships. This includes enabling pupils to:

- Understand what healthy and unhealthy relationships look like
- Develop a clear understanding of consent, boundaries and mutual respect
- Recognise and manage peer pressure and coercive behaviour
- Stay safe online and offline, including understanding online harms and exploitation
- Know how and where to seek help if they feel unsafe or worried

Our approach is safeguarding-led, trauma-informed and underpinned by the belief that high-quality RSE plays a vital role in protecting children and promoting their physical, emotional and mental wellbeing.

Our RSE policy is guided by the following statutory documents and government recommendations:

- [Relationships Education, Relationships and Sex Education \(RSE\) and Health Education Statutory Guidance](#) (DfE, 2019 and subsequent updates and expectations.)
- [The Equality Act 2010](#) and accompanying statutory guidance
- [Keeping Children Safe in Education](#) (KCSIE) (latest version)
- [Working Together to Safeguard Children](#) 2023

In preparation for revised [statutory guidance published by the Department for Education](#)<sup>1</sup> in July 2025 and due to come into force on 1 September 2026, E-ACT will review and update its approach as required to ensure continued statutory compliance.

The Trust sets the minimum expectations for Relationships and Sex Education to ensure statutory compliance, safeguarding integrity, and consistency of pupil experience across all academies.

While academies retain flexibility in delivery, all RSE programmes operate within a clear Trust framework to ensure consistency, statutory compliance, and safeguarding assurance.

### The Importance of Parental Engagement

E-ACT recognises that parents and carers play a crucial role in supporting children's learning and development. We believe that open, respectful and transparent engagement with parents is essential for effective RSE.

We are committed to:

- Clearly communicating what will be taught and when
- Making curriculum content and resources accessible to parents
- Listening to parental views and responding sensitively to questions or concerns
- Working in partnership with families while fulfilling our statutory duties

<sup>1</sup> <https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education>

We encourage parents to:

- Review the academy's RSE policy and curriculum overview
- Contact their child's headteacher with any questions or concerns
- Engage in constructive dialogue to support their child's wellbeing and development

Parents can also contact the E-ACT Education Director, who works closely with headteachers to oversee and quality assure provision.

### What Will Our Pupils Be Taught?

Our secondary RSE curriculum is progressive, age appropriate and developmentally sequenced. It builds on learning from primary education and is tailored to the needs, maturity and experiences of our pupils. Key areas include:

- Healthy friendships and romantic relationships
- Respectful behaviour and equality in relationships
- Consent, personal boundaries and bodily autonomy
- Sexual health, including contraception and prevention of sexually transmitted infections (STIs)
- Puberty, sexual development and reproductive health
- The impact of pornography and unrealistic portrayals of sex
- Online safety, including social media, sharing images, exploitation and abuse
- Sexual harassment, harmful sexual behaviours and how to report concerns
- The law relating to relationships, sexual activity and online behaviour

Teaching is delivered by appropriately trained staff and external specialists where appropriate. Lessons are designed to create a safe, respectful environment where pupils feel able to ask questions and access support.

Parents should note that there is no right to withdraw pupils from Relationships Education in secondary schools. Parents may request withdrawal from some or all the sex education delivered as part of statutory RSE; such requests should normally be granted up to three terms before the pupil's sixteenth birthday, after which the pupil may choose to receive sex education if they wish.

### LGBT Inclusion in Relationships and Sex Education

E-ACT is committed to ensuring that RSE reflects the diversity of modern Britain and prepares pupils for life in a respectful and inclusive society.

Our curriculum:

- Teaches pupils about different types of families and relationships, including LGBT relationships
- Promotes respect, tolerance and understanding of difference
- Challenges discrimination, bullying and prejudice

We recognise that families may hold a range of religious or cultural beliefs. These views are treated with respect. However, teaching will always reflect statutory requirements and the Trust's legal duties. As a Trust, we are legally obligated under the Equality Act 2010 to ensure that teaching is inclusive and does not discriminate against individuals with protected characteristics.

RSE is delivered in a factual, balanced and sensitive way, enabling pupils to understand the law and their responsibilities within society.

### Ensuring Safeguarding and Age-Appropriate Teaching

Relationships and Sex Education forms part of our wider safeguarding curriculum and supports pupils to recognise abuse, seek help, and understand trusted reporting routes. Safeguarding is at the heart of RSE delivery across E-ACT academies.

E-ACT academies ensure that:

- All RSE teaching is aligned with safeguarding policies and procedures
- Staff are trained to recognise and respond to disclosures or concerns
- Clear referral pathways are in place for pupils who require additional support
- Ground rules are established to ensure respectful discussion
- Teaching is sensitive to pupils who may have experienced trauma or adverse childhood experiences
- Content is age-appropriate and developmentally suitable
- Teaching is based on accurate, up-to-date information
- Staff receive regular training and guidance
- Curriculum content is quality-assured and reviewed annually

Any safeguarding concerns arising from RSE lessons are handled in line with academy and Trust safeguarding procedures. We are committed to continuous improvement and to responding to emerging safeguarding risks, societal changes and pupil needs.

### How Can Parents Find Out More About Our Secondary Programme?

Parents can access full details of the RSE provision by:

- Visiting the academy website, where RSE policies and curriculum overviews are published.
- Contacting the academy to view teaching materials.
- Requesting a meeting with appropriate staff for further discussion.

We strongly encourage ongoing engagement to ensure consistency between school and home and to support pupils' wellbeing.

### Approval and Review

This position statement and accompanying 'Relationships, Sex Education and Health Education Policy (Secondary)' was reviewed and approved by the Education Committee in February 2026.

Unless there are legislative or regulatory changes in the interim, this position statement will be reviewed annually. This includes review in light of revised statutory guidance for Relationships, Sex and Health Education effective on 1 September 2026.