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Durrington High School

Relationships and Sex Education Policy September 2026

Compiled/ Reviewed and Updated	**Author:** Lianne Allison	**Date:** **September 2026**
Approved by: Local Committee	**Approval Date:** **21 October 2026**	**Review date:** **September 2027**

This policy will be reviewed every year by the Co-Headteachers, or sooner where changes to legislation, statutory guidance or safeguarding requirements make this necessary. The next scheduled review date is September 2027.

1. Introduction

Durrington High School is committed to providing high-quality, evidence-based Relationships and Sex Education (RSE) that enables all students to develop the knowledge, skills and attributes they need to lead safe, healthy and fulfilling lives. RSE is a statutory requirement for all secondary schools and forms a central part of our safeguarding and wellbeing provision.

RSE at Durrington is delivered primarily through timetabled Social Moral Education (SME) lessons, with additional learning taking place through assemblies, period 1, the wider curriculum, and targeted pastoral support. Content is sequenced across Years 7–11 to ensure age-appropriate progression and increasing depth.

RSE equips students with the knowledge and understanding needed to make informed decisions about:

- healthy relationships
- consent and respect
- sexual health
- physical and mental wellbeing
- online safety, including AI-related risks
- personal safety and safeguarding

RSE enables our students to navigate adolescence and adulthood safely and responsibly and links with our core school values of Kindness, Aspiration, Perseverance and Pride.

This policy has been developed in line with the DfE Relationships, Sex and Health Education Statutory Guidance (2025), Keeping Children Safe in Education (2026) and all relevant legislation. It has been produced in consultation with parents, students, staff and governors.

The policy is published on the school website and available in hard copy on request.

2. Policy aims

Students will:

- understand physical, emotional and social development
- learn about healthy, respectful and stable relationships
- understand consent, boundaries and personal safety
- learn accurate, evidence-based information about sexual health
- develop confidence, communication and assertiveness skills
- understand risks online, including pornography, coercion, image-based abuse, deepfakes and AI-generated sexual content
- recognise misogyny, incel ideology, gender-based harassment and violence against women and girls (VAWG)
- understand risks relating to serious violence, exploitation and grooming
- know how to seek help and access support
- understand diversity, respect others and challenge discrimination

- distinguish clearly between biological sex and gender expression, in line with statutory guidance
- understand vulnerabilities faced by young carers, SEND students and those with medical conditions

Parents/carers will:

- have clear information about what is taught and when
- have access to RSE curriculum materials
- know who to contact with questions or concerns
- understand their statutory rights regarding withdrawal from sex education

Teachers (and other staff) who deliver aspects of RSE will:

- be confident and well-trained in delivering RSE
- use only age-appropriate, evidence-based materials
- follow safeguarding procedures where concerns arise
- understand new KCSIE 2026 safeguarding themes (AI harms, VAWG, incel ideology, serious violence, young carers, SEND vulnerabilities)
- know how to access specialist support and up-to-date guidance

3. Curriculum Content and Sequencing

The RSE curriculum is mapped from Years 7–11 and published on the school website. Topics are carefully aligned to students' age and stage of development, both in terms of the content taught and the depth of explanation, discussion and learning.

The RSE curriculum includes:

Relationships

- healthy friendships and relationships
- consent and boundaries
- families and parenting
- respect, equality and diversity
- recognising unhealthy or abusive behaviours
- misogyny, incel ideology and gender-based harassment
- safeguarding risks for young carers

Sex Education

- sexual health, contraception and STIs
- pregnancy options
- delaying sexual activity
- factual biological information
- the law relating to sexual behaviour

Health Education

- mental wellbeing
- physical health and healthy lifestyles

- drugs, alcohol and tobacco
- menstrual health
- sleep, nutrition and exercise
- safeguarding considerations for students with medical conditions

Online Safety

- pornography and unrealistic expectations
- coercive control online
- image-based abuse and sharing of sexual images
- grooming and exploitation
- digital footprints and algorithmic harms
- managing online relationships and social media pressures
- deepfakes and AI-generated sexual imagery
- risks from generative AI, including impersonation and manipulation
- understanding how school filtering and monitoring systems protect students

Gender Identity

In line with statutory guidance:

a. The school does not teach contested gender identity theory as fact.
b. Teaching distinguishes clearly between biological sex and gender expression.
c. Students are taught to treat all individuals with respect and dignity.
d. Content is factual, age-appropriate and evidence-based.
e. Safeguarding considerations for gender-questioning students are explicitly addressed.

4. Safeguarding and Sensitive Topics

RSE is a safeguarding subject. All staff delivering RSE receive training aligned with Keeping Children Safe in Education (2026).

Staff will:

- never promise confidentiality
- follow safeguarding procedures for any disclosure
- avoid sharing personal opinions
- use professional judgement when responding to unexpected questions
- refer concerns to the Designated Safeguarding Lead
- recognise indicators of misogyny, incel ideology, VAWG, serious violence and online exploitation
- understand vulnerabilities of SEND students, young carers and students with medical conditions
- be aware of risks relating to AI-generated sexual content and deepfakes

RSE lessons may lead to disclosures relating to abuse, unhealthy relationships or online harm. These will always be handled in line with the school's safeguarding policy.

5. Curriculum Transparency and Use of External Resources

- All RSE lesson materials are available for parents/carers to view.
- Third-party providers cannot restrict parental access to materials used in school.
- External speakers may support delivery but will not replace the teacher.
- All materials are checked for accuracy, age-appropriateness and compliance with statutory guidance, including KCSIE 2026 online safety and AI requirements.

6. Supporting students with SEND (Special Educational Needs and Disabilities)

Durrington High School is committed to ensuring RSE is accessible to all students.

Teachers will:

- adapt materials and delivery for students with SEND
- use visual supports, simplified language or pre-teaching where needed
- work with the SEND team to ensure individual needs are met
- ensure all students understand key concepts before moving on
- recognise additional safeguarding vulnerabilities faced by SEND students and those with medical conditions

Students with SEND will not be withdrawn from RSE unless parents exercise their statutory right regarding sex education.

7. Roles and Responsibilities

Governors

- ensure statutory compliance
- monitor the effectiveness of RSE
- review and approve the policy

Co-Headteachers and Senior Leadership Team

- ensure RSE is well-led, well-resourced and effectively delivered
- ensure staff receive training
- ensure curriculum sequencing meets statutory expectations
- ensure compliance with KCSIE 2026, including filtering/monitoring and safeguarding themes

Designated Safeguarding Lead

- oversee safeguarding within RSE
- ensure staff understand new KCSIE 2026 risks (AI harms, VAWG, incel ideology, serious violence, young carers, SEND vulnerabilities)
- ensure robust cover arrangements when DSL is unavailable
- ensure timely information sharing with external agencies

Staff

- deliver RSE in line with this policy
- follow safeguarding procedures
- use approved materials only
- read KCSIE Part One annually

Parents/Carers

- support their child's learning
- engage with consultation processes
- contact the school with questions or concerns

8. Withdrawal from Sex Education

Parents/carers have the right to request that their child be withdrawn from the sex education elements of RSE that are delivered beyond the National Curriculum for Science. This right applies until three terms before the young person turns 16, at which point the student may choose to receive sex education independently of their parents' wishes.

Requests must be made in writing to the Head of SME via admin@durring.com

The school will:

- discuss the request with the parent/carer
- explain the benefits of sex education
- consider whether withdrawal may place the child at greater risk
- provide supervised alternative work for withdrawn students

9. Monitoring, Evaluation and Review

The policy will be reviewed annually or earlier if statutory guidance changes.

Monitoring includes:

- student voice
- staff feedback
- parental consultation
- lesson observations
- safeguarding data
- annual review of filtering and monitoring systems, as required by KCSIE 2026

The aim of monitoring is to ensure RSE remains relevant, evidence-based and responsive to student needs.

10. Linked Policies and Guidance

- DfE RSE Statutory Guidance (2025)
- Keeping Children Safe in Education (2026)
- Equality Act 2010

- SEND Code of Practice (0–25)
- Behaviour Policy
- Safeguarding and Child Protection Policy
- Online Safety Policy