



Streatham and Clapham High School
Whole School Relationship and Sex Education Policy
September 2026

Person(s) responsible for this policy		Head of PSHCE / Designated Safeguarding Leads	
Last review by	D Lewis	Review date	Sept 2026
Date of next review		June 2027	

1 Policy statement

1.1 Definition of RSE – from Sex Education Forum:

Relationships and sex education (RSE) is learning about the emotional, social and physical aspects of growing up, relationships, sex, human sexuality and sexual health. It should equip children and young people with the information, skills and positive values to have safe, fulfilling relationships, to enjoy their sexuality and to take responsibility for their sexual health and well-being.

1.2 Streatham & Clapham High School (SCHS) takes its responsibility to provide relevant, effective and responsible Relationships and Sex education (RSE) to all its pupils as part of the school's Personal, Social, Health and Economic Education curriculum (PSHE) very seriously. At our school we want parents and pupils to feel assured that sex education will be delivered at a level appropriate to both age and development of pupils.

1.3 This teaching is not intended to replace advice or guidance which is ideally received at home, but to supplement and broaden knowledge and understanding.

1.4 This policy is drafted by the Head of PSHCE in consultation with the Head, Assistant Head Pastoral and Safeguarding, the Prep Assistant Head Pastoral and Safeguarding, the school nurse and SEND coordinators. Parents are given the opportunity to discuss this policy content and have access to resources used by school staff or by external speakers.

2 Aims of the RSE Policy

2.1 RSE is lifelong learning about physical, moral and emotional development. It is about teaching sex, sexuality and sexual health in a way that is fully understood and effectively retained by pupils in our care. This includes emphasis on good health, the value of self-esteem in making choices and judgements, the nature of healthy and consensual



relationships, and knowledge about how the body works, all within a context of moral issues and values.

2.2 We want our pupils to lead a healthy and safe lifestyle and to care for and respect their bodies, and we provide them with the right tools that will enable them to seek information or support, should they need it, both during their school years and after.

2.3 Our RSE programme is designed to:

- Promote a discussion of family life and a child's place within a secure, loving relationship
- Promote responsible attitudes with regard to relationships (including sexual relationships)
- Promote sensitive, respectful and caring personal relationships
- Encourage reflection on personal and social values
- Reduce anxieties, misunderstanding and confusion
- Develop self-esteem and self confidence
- Encourage respect and consideration for others
- Provide pupils with information and support both during their school years and after
- Increase an awareness of all consequences of behaviour
- Provide knowledge about loving relationships including LGBTQ+ relationships, the nature of sexuality and the processes of human reproduction
- Ensure the acquisition of understanding and the cultivation of attitudes in order to enable pupils to view their relationships in a responsible and healthy manner
- Provide a programme which is tailored not only to the age but also the understanding of all pupils, including those with SEND
- Present information in an objective, balanced and sensitive manner, and to do so in a way that promotes awareness of the law on sexual behaviour
- Encourage the development of social skills and strategies which will reduce the risk of exploitation, misunderstanding and abuse
- Allow pupils to examine the physical, and emotional implications of sexual behaviour and the need for all genders to behave responsibly in sexual matters
- Develop awareness of pupils' gender and sexual identity, and to challenge sexism, homophobia, biphobia, transphobia and prejudice in society
- Ensure that pupils have a clear understanding of sexual and reproductive biology, including knowledge of HIV and other sexually transmitted diseases
- Make pupils aware of the unrealistic nature of pornography both physically and emotionally.

These topics are taught as part of a planned, cohesive and coherent programme of study residing primarily in the School's (PSHCE) programme, Science and Philosophy and Religion curriculum at the Senior School and in PSHE and Science Curriculum at the Prep.



3 Content and Knowledge

3.1 We follow the Department for Education's statutory guidance and requirements in England, which are mandatory from September 2026. Taught PSHE has also been part of the Independent Schools Standards Regulations since 2014. We aim to provide a relevant, broad and balanced curriculum that not just fulfils, but exceeds externally set standards.

3.2 The Streatham & Clapham High School (SCHS) curriculum is spiral, so that topics are age appropriate and can be re-visited in later years. Although the topics below are listed specifically, we treat Relationships and Sex Education as part of the wider PSHCE curriculum. We support equal opportunities in education, seeing it as enabling and encouraging all our students to build self-esteem through discussion and activities in a safe environment. We are equipping them with decision-making skills irrespective of gender roles and stereotyping.

The main topics covered in Prep RSE are:

- Healthy Relationships
- Families and Belonging
- My Body and Privacy
- Growing, Puberty and Reproduction
- Safety, Consent and Help- Seeking
- Online Relationships and Safety

The main topics covered in Senior RSE are:

- Understanding changing relationships and different types of families
- Healthy friendships and relationships, including trust, respect and boundaries
- Marriage, long-term relationships and parenting
- Assertiveness, peer pressure and decision making
- Personal choices and conflict resolution
- Understanding stereotypes, prejudice, discrimination and equality
- Understanding sexual orientation
- Puberty, menstruation and change
- Understanding our bodies, including changes to reproductive anatomy
- Intimacy, relationships and consent
- The age of consent and the law around sexual activity
- Safer sex, including pleasure and LGBTQ+ sexual education
- Contraception
- Sexually transmitted infections, including HIV/AIDS, and STI testing and treatment
- The impact of alcohol and drugs on sexual decision making
- Reproductive health and fertility, including pregnancy education
- Pregnancy choices, including abortion and adoption



- Miscarriage and menopause
- Female Genital Mutilation (FGM)
- Healthy and unhealthy relationships, including domestic abuse and coercive control
- Sexual exploitation, abuse, harassment, grooming, rape and sexual assault
- Forced marriage and honour-based violence
- Bullying and cyberbullying
- Online relationships and online safety
- Image Based Abuse and sexting
- Unrealistic expectations linked to pornography
- Where to seek help and support

4 Organisation

4.1 In the Prep School, Relationships and Sex Education is taught by the DSL, PSHE lead and form teachers with the occasional involvement of the school nurse, as part of the PSHE programme from Coram Life Education and Medway. At the Senior School the programme is taught by the Head of PSHE, additional teachers, specialist speakers, with occasional support from school nurses and school counsellor.

4.2 The programme is developed and reviewed in consultation to ensure that it meets the needs of the whole school community, including pupils with SEND. We ensure that RSE is age relevant and appropriate across all year groups; this means ensuring that the curriculum develops as our pupils do and meets their needs.

4.3 We ensure that staff are given regular and ongoing training on issues related to RSE including confidentiality, setting ground rules and establishing positive behaviour, handling controversial issues and responding to questions. We also ensure that staff are up to date with policy changes, and familiar with the school policy and guidance relating to RSE. Finally, we ensure their personal beliefs and attitudes will not prevent them from providing balanced RSE in school.

5 Sensitive topics

5.1 Pupils will be taught the anatomically correct names for body parts, but slang and everyday terms used in social situations will be discussed; this will be part of the discussion about what is and what isn't acceptable language to be used.

5.2 Ground rules are essential when discussing sensitive subject matter and staff will use strategies to enable pupils to feel comfortable to ask questions. If controversial questions are asked, the teacher will use professional judgement about how to answer them and pupils will be allowed to raise anonymous questions if preferred.



5.3 We recognise that because of the nature of the subject, sensitive and controversial issues are likely to arise. These may include, for example, abortion, emerging gender identity, sexuality and sexual abuse. These are dealt with within the framework of the aims of the school and of the Relationships and Sex Education policy as a whole. Any cause for concern will be dealt with in accordance with our pastoral systems and safeguarding arrangements.

6 Guest speakers

6.1 We sometimes use outside speakers to complement our teaching of this content, who are asked to work within the framework of the school's Relationship and Sex Education policy and adhere to the protocol for Visiting Speakers. A teacher will be present throughout these lessons. All resources are asked for in advance and can be requested by parents.

7 Withdrawal from RSE

7.1 The school aims to keep parents informed about all aspects of the RSE curriculum and urges parents to review this policy. RSE is a vital part of the school curriculum and supports the whole development of the child. Parents have the right to withdraw their children from sex education.

7.2 Any parents considering withdrawing their child from RSE should contact the Head of PSHE/ Assistant Head Pastoral and Safeguarding to discuss their concerns. According to Relationships Education, Relationships and Sex Education (RSE) and Health Education Statutory Guidance paragraph 41-43, pupils can opt into sex education from three terms before their 16th birthday. There is no right to withdraw from Relationships Education or Health Education.

8 Monitoring, evaluation and review

8.1 The educational and personal needs of our pupils develop in line with varying societal pressures and other changes. For this reason, we monitor, evaluate and regularly review our RSE curriculum.

8.2 This policy will be reviewed annually.