Relationships, Health & Sex Education (RHSE) Policy

Ethos Statement

TAO Independent School provides a therapeutic, outdoor-based learning environment where pupils develop self-awareness, respect, and resilience. Our RHSE curriculum sits within this ethos, promoting safety, dignity and healthy relationships.

Purpose

To ensure pupils gain the knowledge, skills, and values to build positive relationships, understand consent and boundaries, and make safe, informed choices about physical and emotional wellbeing.

Approach

- Teaching is trauma-informed, inclusive, and age-appropriate.
- Early content focuses on friendship, respect, consent, body awareness, and online safety before introducing biological or sexual health topics. RHSE also covers online relationships and online harms, including image-based abuse, sexting, and the risks of sharing personal images, in line with the child-on-child abuse categories set out in the Safeguarding & Child Protection Policy. It also addresses misogyny as part of building healthy, respectful relationships.
- Delivery occurs in small groups or 1:1 settings and links closely with the PSHE, Safeguarding & Child Protection, Behaviour & Relationships, and Curriculum policies.
- Where appropriate, RHSE learning is reinforced through therapeutic activities, outdoor learning contexts and reflective practice to support emotional regulation, engagement and real-world application.
- The Headteacher oversees content to ensure it aligns with safeguarding principles and promotes personal safety. Any safeguarding disclosures or concerns arising during RHSE sessions are managed in accordance with the TAO Safeguarding & Child Protection Policy.
- Materials are reviewed annually for accuracy, inclusivity, and cultural sensitivity.
- All RHSE content and delivery comply with the safeguarding principles outlined in the TAO Safeguarding & Child Protection Policy.
- RHSE at TAO is delivered through a structured, sequential Scheme of Work that sets out clear learning objectives, progression and assessment across stages. This

ensures pupils revisit key themes such as emotional literacy, consent, boundaries, relationships and personal safety in a developmentally appropriate way, building secure understanding over time.

Parental Consultation and Withdrawal

Parents and carers are informed in advance of any sex education content being taught outside of the statutory Science curriculum. They may request withdrawal from these non-statutory elements. Requests must be made in writing to the Headteacher using the school's Withdrawal from Sex Education Request Form. All requests will be considered by the Headteacher and the SENDCo, and decisions will be confirmed in writing and recorded. Where a pupil is withdrawn from non-statutory sex education content, the school will ensure that safeguarding, wellbeing and statutory curriculum requirements continue to be met through alternative provision.

Monitoring and Evaluation

Impact is reviewed through curriculum monitoring, staff feedback and pupil voice, and is reported annually to the Proprietor as part of whole-school quality assurance.

Concerns or complaints relating to RHSE should be raised with the Headteacher in the first instance. Where unresolved, the Complaints Policy should be followed.

Assessment for Learning (AfL)

Assessment for learning in RHSE is formative, low-stakes and rooted in observation, discussion and pupil reflection. Staff use questioning, scenario discussion, pupil voice and reflective activities to assess understanding and emotional readiness. Assessment outcomes inform planning, revisit points within the Scheme of Work and targeted therapeutic or pastoral support where required.

Assessment outcomes are recorded within pupils' Learning Journeys.

Legal Framework & Review

- DfE Statutory Guidance: Relationships Education, RSE and Health Education (July 2025)
- Education (Independent School Standards) Regulations 2014 (as amended)
- Equality Act 2010
- Keeping Children Safe in Education 2026
- Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019

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

Linked Policies & Documents

Anti-Bullying Policy • Behaviour Management Policy • Curriculum Policy • Equality & Diversity Policy • E-Safety Policy • Safeguarding & Child Protection Policy 2026

This RHSE Policy operates as part of TAO's integrated curriculum, safeguarding, behaviour and therapeutic framework and should be read alongside the RHSE Scheme of Work.

Version Updates

Version	Date	Author	Review / Changes	Approved By
1.0	01/10/2025	Daniel Giblin	Published	Headteacher / Proprietor
2.0	26/08/2026	Daniel Giblin	KCSIE 2026 alignment: safeguarding oversight updated to Headteacher, RSHE July 2025 statutory guidance citation added, Legal Framework references verified and corrected, terminology consistency pass.	Headteacher / Proprietor