



TEENAGE KICKS

Engagement • Progress • Outcomes

RELATIONSHIPS AND SEX EDUCATION POLICY

Approved by:	James Docherty
Last reviewed on:	29 August 2026
Next review due by:	29 August 2027

Teenage Kicks Limited

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Headteacher: Mr C Valentine

Rationale

Teenage Kicks provides a broad and balanced curriculum which supports pupils' personal development and prepares them for the opportunities, responsibilities and experiences of adult life. As an independent secondary school in England, Teenage Kicks has regard to the current statutory guidance for Relationships Education, Relationships and Sex Education (RSE) and Health Education. This policy should be read alongside the school's safeguarding, behaviour, online safety, equality and SEND arrangements.

- Department for Education, Relationships Education, Relationships and Sex Education (RSE) and Health Education: statutory guidance (in force from 1 September 2026).
- Keeping Children Safe in Education 2026.
- Working Together to Safeguard Children 2026.
- Equality Act 2010.
- Special educational needs and disability code of practice: 0 to 25 years (2015).
- The Education (Independent School Standards) Regulations 2014, including requirements relating to the curriculum, pupils' personal development and welfare.

The Aim of this policy within the curriculum

Teenage Kicks aims to provide pupils with the knowledge, understanding, attitudes, values and skills they need to build and maintain healthy, respectful and loving relationships. Pupils learn to recognise their own worth, collaborate with others and become increasingly confident in decision-making. They reflect on their experiences and understand how they are developing personally and socially, including the spiritual, moral, social and cultural aspects of growing up. Pupils learn to understand and respect diversity and difference, the roles and responsibilities of families, respectful relationships, online safety, consent, sexual health and how to recognise and respond to pressure, exploitation and unhealthy relationships. The curriculum is designed to help young people make safe, informed choices and manage relationships positively. Pupils who are exploring or questioning their identity or sexual orientation will be supported sensitively and without discrimination. RSE is compulsory for secondary-age pupils. Teaching will be age-appropriate and developmentally appropriate and will take account of pupils' individual needs and vulnerabilities.

Objectives/Pupil learning intentions

RSE sessions at Teenage Kicks will support the development of the skills, attitudes, values and behaviour, which will enable pupils to:

- Have a sense of purpose
- Value self and others
- Form relationships
- Make and act on informed decisions
- Communicate effectively
- Work with others
- Respond to challenge
- Be an active partner in their own learning
- Become healthy and fulfilled individuals

RSE has clear links with other school policies which support pupils' personal development, safety and wellbeing:

- Anti Bullying Policy

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- Improving Behaviour Policy
 - Data Protection Policy
 - Equal Opportunities Policy
 - Health and Safety Policy
 - Online Safety Policy
 - Safeguarding and Child Protection Policy
 - SEND Policy

The role of the Headteacher

It is the responsibility of the Headteacher to ensure that staff, parents and carers are informed about the RSE Policy and that it is implemented effectively. It is also the Headteacher's responsibility to ensure that staff receive appropriate training so that they can teach effectively and handle sensitive or difficult issues appropriately.

Monitoring and Review

The Curriculum Leads, Senior Leadership Team and Proprietor monitor the implementation of this policy on an annual basis.

The Proprietor requires the Headteacher to maintain appropriate records of the content and delivery of the RSE programme. The Proprietor will also review the policy and, where appropriate, the resources used to ensure they are consistent with statutory guidance, the law and the school's ethos.

Equalities

RSE will be delivered in accordance with the Equality Act 2010. Teaching will be inclusive and will not unlawfully discriminate against pupils because of a protected characteristic. The curriculum will promote respect for others and will address prejudice and discriminatory behaviour, including homophobic, biphobic, sexist and transphobic bullying, in an age-appropriate and lawful way.

Teenage Kicks will ensure that teaching is accessible to all pupils, including pupils with SEND, and will make reasonable adjustments where required. Teaching will take account of the protected characteristics in the Equality Act 2010 and the school's duties under the Independent School Standards.

Parents and carers and the right to withdraw

Teenage Kicks will work closely with parents and carers when planning and delivering RSE and will make this policy available to them. Parents and carers have the right to request that their child be withdrawn from some or all of the sex education delivered as part of statutory RSE, but not from Relationships Education or from content taught as part of the science curriculum. Requests should be made to the Headteacher and will be discussed with the parent or carer and, where appropriate, the pupil. From three terms before a pupil turns 16, the pupil may choose to receive sex education even if a parent or carer has previously requested withdrawal; the school will make arrangements for this to happen in one of those three terms.

Safeguarding Pupils

Safeguarding concerns or disclosures may arise during RSE. Staff must follow the Safeguarding and Child Protection Policy immediately and report concerns to the Designated Safeguarding Lead or a Deputy DSL. Pupils may need time to speak one-to-one after a session; appropriate time and staffing should be made available where this is safe and appropriate.

The Learning Environment

Establishing a safe, open and positive learning environment based on trusting relationships between all members of the session are vital. Ground rules will be established on an individual or small group basis and will include the following:

- We take turns to speak
- We use kind and positive words
- We listen to each other
- We have the right to pass
- We only use names when giving compliments or when being positive
- We respect each other's privacy (confidentiality)

Delivery of RSE

RSE will be taught through a planned, cyclical programme which is responsive to pupils' needs. Where appropriate, parents and carers will be informed and supported, and suitable external professionals may contribute to delivery where this adds value and is consistent with school safeguarding arrangements.

Procedure

The RSE programme at Teenage Kicks has three broad elements:

Attitudes and values

- Understanding the importance of values, individual conscience and moral considerations.
- Understanding the value of family life, commitment, trust, respect, love and care in healthy relationships.
- Understanding and respecting different family structures and relationships, including same-sex relationships.
- Exploring moral dilemmas and developing critical thinking and informed decision-making.

Personal and social skills

- Managing emotions and relationships confidently and sensitively.
- Developing self-respect and empathy for others.
- Making choices based on an understanding of difference and without prejudice.
- Understanding the possible consequences of choices for themselves and others.
- Managing conflict and recognising and avoiding exploitation and abuse.
- Understanding risks associated with mobile technology, social media and online communication.

Knowledge and understanding

- Understanding physical development and puberty at appropriate stages.
- Understanding human sexuality, reproduction, sexual health, emotions and relationships.
- Learning about contraception, pregnancy choices and sources of advice and support.
- Understanding reasons for delaying sexual activity and how to make informed, consensual choices.
- Understanding sexually transmitted infections (STIs), including HIV, and how risk can be reduced.
- Understanding the law and responsibilities relating to consent, sexual exploitation, sexual assault and rape.

Organisation

Co-ordination is essential to ensure continuity and progression. RSE is coordinated by teaching staff with support from relevant KS3 and KS4 staff. It may be delivered through timetabled lessons, appropriate one-to-

one or small-group work, and carefully selected external providers who may contribute workshops, assemblies or specialist input. Pupils receiving education away from the main school site will receive appropriate RSE in consultation with relevant staff, parents/carers and, where appropriate, professionals involved in their support.

Confidentiality and Advice

The following will be implemented with regard to confidentiality and advice for both pupils and staff.

- Reassuring pupils that their best interests will be considered and encouraging them, where appropriate, to talk to a parent, carer or another trusted adult.
- Making clear that confidentiality cannot be promised where there is a safeguarding concern; where information needs to be shared, pupils will be informed and supported where appropriate.
- Any safeguarding concern or disclosure will be managed in accordance with the Safeguarding and Child Protection Policy.
- Informing pupils about appropriate sources of confidential advice, support and help.
- Using clear ground rules, including avoiding personal disclosures about others and respecting privacy.
- Any safeguarding disclosure made during an RSE session must be reported and managed in accordance with school safeguarding procedures.

Relationships

Within the context of relationships education, pupils will learn about a wide range of healthy relationships and family structures, including same-sex relationships and different family arrangements. Teaching will emphasise respect, kindness, trust, consent, commitment and safety, and will help pupils recognise unhealthy, abusive or exploitative behaviour.

Family partnerships

Teenage Kicks values and encourages partnership with parents and carers. Parents and carers may request that their child be withdrawn from some or all of the sex education delivered as part of RSE, but not from Relationships Education or from sex education taught as part of the science curriculum. Requests should be made to the Headteacher. From three terms before a pupil turns 16, the pupil may choose to receive sex education even if a parent or carer has previously requested withdrawal, and the school will make arrangements for this to happen in one of those three terms. Parents and carers will be informed about the school's RSE provision and how to raise questions or concerns.

Pupils with SEND

RSE must be accessible to all pupils, including pupils with SEND such as autism, dyslexia, visual impairments and hearing difficulties. Teaching, resources and communication approaches will be adapted and individualised where necessary to meet pupils' needs.

Resources may include pictorial materials, social stories, accessible written information and other suitable formats. Teenage Kicks will take account of preparing-for-adulthood outcomes in the Special educational needs and disability code of practice: 0 to 25 years (2015).

Teenage Kicks recognises that some pupils with SEND may be particularly vulnerable to exploitation, bullying or unhealthy relationships. RSE can therefore be especially important for pupils with social, emotional and mental health needs or learning disabilities.

As with all teaching for these subjects, Teenage Kicks will ensure that the delivery is sensitive, age-appropriate, developmentally appropriate and delivered with reference to the law.

Implementation, Monitoring & Review

This policy will be reviewed by the Headteacher annually and presented to the Proprietor for review and approval. The current policy will be shared with staff and made available on the school website. Pupils' learning and development in RSE will be monitored through the school's usual curriculum and assessment arrangements.

Appendices

- Appendix 1: Parent/carer form: request to withdraw from sex education within RSE.
- Appendix 2: Information letter to parents/carers.

Appendix 1: Parent/carer form – request to withdraw from sex education within RSE

Teenage Kicks – Parent/Carer Withdrawal Request Form

Pupil name: _____
Year group: _____
Parent/carer name: _____
Date: _____
Sex education topic(s) from which withdrawal is requested: _____
Reason for requesting withdrawal: _____
Any other information you would like the school to consider: _____

Agreed actions following discussion with parent/carer

Agreed action(s): _____

Staff name: _____
Staff signature: _____
Date: _____

Appendix 2: Information letter to parents/carers

Dear Parents/Carers,

Teenage Kicks provides Relationships and Sex Education (RSE) in line with the Department for Education's statutory guidance, revised with effect from 1 September 2026. The school's RSE Policy is available on our website.

Parents and carers have the right to request that their child be withdrawn from some or all of the sex education delivered as part of RSE. There is no right to withdraw a pupil from Relationships Education or from sex education taught as part of the science curriculum. The parental right to request withdrawal applies until three terms before the pupil turns 16. From that point, if the pupil wishes to receive sex education, the school will make arrangements for this to happen in one of those three terms.

If you wish to request withdrawal from some or all of sex education within RSE, please write to the Headteacher. We will discuss the request with you and, where appropriate, your child before arrangements are confirmed. If you have any questions about the curriculum, please contact your child's tutor in the first instance.

Thank you for your continued support.

Chris Valentine
Headteacher
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