



**2025-2026**

## **Hampstead Fine Arts**

# **Relationships and Sex Education (RSE) Policy**

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 wellbeing.

Hampstead Fine Arts College takes its responsibility to provide relevant, effective and responsible Relationships and Sex Education (RSE) to all its students as part of the College's Personal, Social, Health and Economic education curriculum (PSHE) very seriously. At Fine Arts College we want parents and students to feel assured that Sex Education will be delivered at a level appropriate to both age and development of students.

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

This policy is drafted by the Deputy Head (Pastoral) in consultation with the Head, and Director of Welfare. Parents are given the opportunity to discuss this policy content. Students were consulted on the content of our RSE topics and their delivery in the Sixth Form.

### **Aims of policy:**

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 students 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.

RSE will outline the importance of marriage and family life and the raising of children, as well as highlighting the role of marriage and other stable relationships as building blocks for community and society.

We want our students to lead a healthy and safe lifestyle and to care 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 beyond.

## **Provision:**

We subscribe to the Department of Education guidance which became mandatory in England in September 2020: Relationships Education, Relationships and Sex Education (RSE) and Health Education Statutory Guidance.

Relationships and Sex Education for all secondary schools. Taught PSHE has also been part of the Independent Schools Standards since 2014. We aim to provide a relevant, broad and balanced curriculum that not just fulfils, but exceeds externally set standards.

The Hampstead Fine Arts RSE curriculum is reviewed annually in consultation with parents and students. Topics can be tweaked and/or re-visited depending on need. Although the topics below are listed specifically, we treat Relationships and Sex Education as part of the wider PSHE 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 RSE are:**

Establishing healthy relationships  
Puberty, menstruation, and change  
Consent and how to communicate this to others  
Contraception  
Sexually transmitted infections  
Understanding our bodies  
Sexting and online safety  
Safer sex  
Sexual exploitation  
Sex and pornography  
Personal choices

### **Y9/10 receive RSE in the Spring term:**

#### **Healthy relationships**

Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography

### **Year 11 receive RSE in the Spring term:**

#### **Communication in relationships**

Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse

### **And also in the Summer term:**

#### **Families**

Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships

As part of the PSHE programme, Relationships and Sex Education is taught by the Pastoral team, and Director of Welfare in year groups, using a range of activities with materials and support provided by health professionals. We also invite in specialists in the field to deliver talks to the students.

The programme is developed and reviewed in consultation to ensure that it meets the needs of the whole school community.

We ensure that RSE is age relevant and appropriate across all year groups; this means ensuring that the curriculum develops as our students do and meets their needs.

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 ensure that all staff are up to date with policy changes, and familiar with the school policy and guidance relating to relationships and sex education. We ensure their personal beliefs and attitudes will not prevent them from providing balanced RSE in school.

#### **Terminology:**

Students 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. 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 tutor will use professional judgement about how to answer them and pupils will be allowed to raise anonymous questions if preferred. 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.

#### **Guest speakers:**

We occasionally 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 policy for Visiting Speakers. A tutor will be present throughout these lessons.

**Quality Assurance:**

The quality of RSE education is monitored through RSE Review Cycle. This comprises student, staff, and parent consultation. Policy reviews with HOYs and Deputy Head (Pastoral) are undertaken annually. Lesson materials are developed with the needs of our students and families in mind - a student-first approach.

**Training:**

The Deputy Head (Pastoral) and Director of Welfare are responsible for the organisation and delivery of staff training. This is delivered through staff inset, sharing of good practice and distribution of literature and resources. This is supported through training materials supplied by PSHE Association.

**Withdrawal from RSE:**

The College 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 College curriculum and supports the whole development of the child. Parents have the right to withdraw their children from sex education. Any parents considering withdrawing their child from RSE should contact the Head / Pastoral Deputy Head 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.

Under the provisions of the Equality Act, NWC will not unlawfully discriminate on the grounds of age, sex, race, disability, religion or belief, gender reassignment, pregnancy or maternity, marriage or civil partnership, or sexual orientation and the delivery of RSE will reflect this. At Hampstead Fine Arts College we take account of the SEND Code of Practice.

**August 2025**

**Reviewed by: JC**