



RSHE

(relationships, sex and health education)

Policy

Related documents include:

- Citizenship Policy, Scheme of Work and Lesson Plans
- Behaviour Management Policy
- Student Voice Policy
- House Meeting Minutes
- Student Council Minutes
- Food Committee Minutes
- Social Programme Calendars
- Assembly Notes

Legal Status:

- Prevent 2015
- Teachers Standards
- Equality Act 2010 Advice for Schools
- Education Act 2002
- Academies Act 2010
- Relationships education, Relationships and Sex Education and Health Education July 2025
- Keeping Children Safe in Education 2025

Monitoring and Review

This policy will be subject to continuous monitoring, refinement and audit by the Welfare Manager.

- The next official date for review is **October 2026**

Introduction

Abbey College in Malvern is committed to providing a planned RSHE learning programme. Through this programme we hope to give students the knowledge and understanding they will need to lead confident, healthy and independent lives and to become informed, active and responsible members of society.

The RSHE programme will be integrated with our PSHE programme. The following areas will be covered in the curriculum.

Relationships education

- Families
- Respectful relationships, including friendships
- Online media
- Being safe
- Intimate and sexual relationships, including sexual health

Developing Positive Attributes

- Developing students' resilience, self-respect and self-worth
- Developing students' honesty, integrity, courage, humility, kindness, generosity, trustworthiness and a sense of justice

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ABBHEY COLLEGE IN MALVERN

- Helping students to believe they can achieve, and persevere with tasks, and that they can work towards long-term rewards and continue, despite setbacks
- Staff wellbeing

Health education: physical health and mental wellbeing

- Mental wellbeing
- Internet safety and harms
- Physical health and fitness
- Healthy eating
- Drugs, alcohol and tobacco
- Health and prevention
- Basic First Aid
- Changing Adolescent Body

Aims of this Course

The aim of the course is to present these topics in an informal way, giving students the opportunity to discuss issues of importance to them and to ask questions. Students will also be given guidance as to whom they may speak to on matters they do not wish to discuss in open forum. The curriculum will be made accessible to all students, including any students with SEND, EAL and students who are LGBT which underpins the legislation set out in Equality Act 2010. *

**It is unlawful for any education provider, including a private or independent provider, to discriminate between pupils on grounds of disability, race, sex, gender reassignment, pregnancy and maternity, religion or belief, or sex*

Identifying Individual Needs

During the application process parents have a right to withdraw their child from the RSHE lessons that cover sex education if the student is under the age of sixteen. Once the student reaches their sixteenth birthday, they have the right to decide for themselves.

Students who do not attend sex education lessons will be given alternative work to do, supervised in the library.

Abbey College welcome students from across the globe. Many with different cultures. We believe in delivering a diverse and broad curriculum which will extend and deepen the knowledge of different cultures and religions around the world. This will be carried out in a sensitive manner considering personal beliefs and values.

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