



RSE Policy United Learning Secondary School

The Totteridge Academy Relationships and Sex Education Policy

Type of School	<i>Secondary</i>
Number of students on roll	<i>1017</i>
Number of tutor groups each year	<i>Y7-11: 7 tutor groups Y12: 4 tutor groups Y13: 3 tutor groups</i>
Gender breakdown	<i>Female 419 Male 598</i>

Policy Development, Consultation and Aims

Development of the Policy

This policy has been developed in consultation with school governors, Assistant Principal and Personal Development Lead in consultation with students, staff, parents and carers and wider community partners. We continue to engage students when updating the policy, through a meaningful student voice process. It reflects the statutory requirements set out in the Department for Education (DfE) Relationships and Sex Education and Health Education (RSHE) Statutory Guidance 2025.

Consultation

The Totteridge Academy consults with parents by:

- Offering at least one evening or daytime consultation session (virtual and in-person options) where leadership and the RSE lead present the curriculum intent, show sample materials and answer questions.
- Providing an online survey and response form with focused questions and space for free-text comments.
- Feeding back decisions and next steps to all parents within two weeks of the consultation closing, including any changes made in response and how concerns were addressed.
- Offering follow-up clinics or one-to-one meetings for parents with specific concerns.

The Totteridge Academy consults with pupils through:

- Pupil Leadership Group reviews
- Drop in sessions with the personal development lead
- Student voice

The Totteridge Academy consults with staff by:

- Setting a clear staff consultation window each term linked to curriculum review cycles and sharing lesson resources at least two weeks before staff meetings.
- Holding dedicated CPD and consultation sessions where teachers can review resources, signpost potential risks or barriers (including for SEND and faith sensitivities), and propose adaptations.
- Planning year group specific resources with these being sent to staff at the start of the term, for staff to review prior to delivery.
- CPD sessions dedicated to Personal development and RSE, RSE lead and Directors of learning conducts learning walks and meets with staff for feedback following drop ins.



Aims

This policy aims to:

- set out the school's approach to Relationships and Sex Education in line with the DfE statutory guidance (2025);
- promote pupils' physical, mental and emotional wellbeing through an age-appropriate, evidence-informed RSE curriculum;
- ensure pupils develop the knowledge, skills and attributes they need to build positive, safe and respectful relationships, including online;
- support safeguarding by teaching pupils to recognise risks, seek help and report concerns;
- ensure content is inclusive of all pupils and respectful of diversity while not presenting contested views as fact;
- promote transparency by explaining how parents can access curriculum materials, identifying which material constitutes sex education, and how withdrawal from sex education works;
- clarify how RSE is delivered, who is responsible and how teaching is monitored and reviewed.

Statutory Requirements

The Totteridge Academy delivers Relationships and Sex Education (RSE) in line with the Department for Education's statutory guidance (updated July 2025, effective September 2026). RSE is a compulsory part of the curriculum, ensuring all pupils receive accurate, age-appropriate and inclusive teaching on relationships and sex. Provision addresses safeguarding priorities, including online risks, misogyny, violence against women and girls, harmful influences, and personal safety, while promoting mental health, resilience and respect for diversity. RSE is taught within a safe, supportive environment by trained staff, with clear communication to parents and carers, and is regularly reviewed.

Working with Parents

The Totteridge Academy recognises the importance of parental involvement in their child's education; parents are a child's first and most enduring educators, providing the foundational learning, emotional support, and guidance that shape their development from birth.

It is vital that parents are confident in the content and messaging of the RSE their child receives. The Totteridge Academy will ensure that parents are consulted on RSE policy and have access to what their child will learn in RSE.

Overviews of content can be found on PSHE/RSE curriculum tab ([The Totteridge Academy | Learning](#) the student-facing lesson content can be accessed on request by contacting Lawrence Campbell via the school email address Lawrence.campbell@tta.org.uk . The Totteridge Academy will endeavour to respond to requests within 5 working days but if parents have immediate concerns, please contact the school reception on 020 8445 9205 and ask for Lawrence Campbell.



Parental Right to Withdraw Children

The Totteridge Academy acknowledges the right of parents to withdraw their child from some or all of the sex education provided (except from sex education taught under the science curriculum), but not from relationships education.

Parents wishing to discuss the withdrawal of their child from some or all of the sex education provided should contact Lawrence.campbell@tta.org.uk outlining this request.

In considering such a request, The Totteridge Academy will use the following process:

- The RSE lead will meet with the parent (and, if appropriate, the child) to ensure their wishes are understood and to clarify the nature and purpose of the curriculum and the content that will be covered.
- The RSE lead will discuss with the parent the benefits of the child receiving this important education and any detrimental effects that withdrawal might have on the child, including social or emotional effects of being excluded as well as the likelihood of the child hearing from their peers what was covered (and having that content channelled through a child's voice rather than a teacher's).
- The RSE lead will outline provision that will be made during lessons where the child has been withdrawn from sex education, which will be appropriate and purposeful.
- Once those discussions have taken place, except in exceptional circumstances (e.g. safeguarding concerns), The Totteridge Academy will respect the parents' request to withdraw the child, up to and until three terms before the child turns 16. After that point, if the child wishes to receive sex education rather than be withdrawn, the school will make arrangements to provide the child with sex education during one of those terms.

Definitions: Relationships Education

Relationships education is designed to help pupils build and maintain positive relationships while also recognising potential risks and harms. As part of this, teaching may cover issues such as preventing sexual abuse or avoiding the sharing of inappropriate material online, without the need to describe any sexual activity in detail.

In line with safeguarding best practice, pupils should also learn the correct names for different parts of the body and be able to use these terms confidently and accurately. These terms can be taught without any reference to, or details of, sexual activity.

Relationships education is compulsory, and parents do not have the right to withdraw their child from relationships education or health education.

Relationships education includes teaching about:

- families, including diverse family structures
- friendships and respectful relationships
- safe, caring and healthy relationships
- harmful relationships, sexual harassment and sexual violence
- boundaries, consent and communication
- online behaviour, digital safety, harmful online attitudes and image-sharing
- recognising and reporting unsafe behaviours

Relationships education does not describe the detail of sexual activity.



Definitions: Sex Education

Sex education is teaching about:

- sexual activity and sexual decision-making
- contraception and safer sex
- sexually transmitted infections (STIs)
- sexual health services
- intimate relationships and sexual consent in context

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
					Relationships and Sex Education (Except Yr 11 & 13)	Relationships and Sex Education (Except Yr 11 & 13)
Year 7	Transition, Health and Wellbeing	Bullying & Mental Health	Digital Opportunities and Boundaries	Careers: Who am I?	Body Awareness and Puberty (W*)	Consent (W*)
Year 8	Health and Wellbeing	Prejudice and Inclusion	Careers: What are my interests?	Financial Literacy	Relationships and Boundaries (W*)	Body Awareness & Online Wellbeing
Year 9	Health and Wellbeing	Risks and Influences	Careers: What are my skills?	Financial Literacy	Consent and Sexual Health (W*)	Relationships and Sexual Violence (W*)
Year 10	Health and Wellbeing	Gangs and Extremism	Financial Literacy	Careers: My Career Journey	Relationships and Parenthood	Contraception, Mental Wellbeing and Health (W*)
Year 11	Careers: Employability skills	Sexual Health, Fertility and Parenting Choices	Financial Literacy	Health, Wellbeing and Identity	Exams	Exams
Year 12	Transition, Study Skills Wellbeing	Media Literacy and Digital Resilience	Financial Literacy	Careers: Post 18 Choices and Preparations	Relationships and Consent	Knowing your Rights and Making Healthy Choices
Year 13	Wellbeing (Physical and Mental Health)	Your Body and Contraception	Careers: Preparing for your next steps	Financial Literacy	Exams	Exams



Curriculum Content and Organisation

The RSE curriculum is delivered through:

- *timetabled lessons*
- *tutor time*
- *assemblies*
- *expert-led workshops*
- *drop-down days*
- *cross-curricular links to Science, PE, Computing and Philosophy, Religion and ethics.*

The Totteridge Academy uses RSE materials which are created by teachers at TTA, which follow guidance given by United Learning and statutory content via the government. We also use external content from Life Lessons to deliver a wide range of topics through Year 7-13.

The majority of RSE lessons at The Totteridge Academy are delivered by our own teaching staff. The central curriculum is accompanied by guidance and support, and more bespoke training is delivered when lessons cover especially complex or sensitive materials. All teachers receive annual safeguarding training.

The Totteridge Academy uses external providers to supplement the curriculum at various points throughout the year, through assemblies and drop-down days. When external providers are invited to work with students, parents will be informed about the provider and the nature of the session by email prior to the delivery.

Parents can request to see all student-facing lesson materials by contacting Lawrence Campbell via email Lawrence.campbell@tta.org.uk. The Totteridge Academy will endeavour to respond to requests within 5 working days but if parents have immediate concerns, please email office@tta.org.uk.

The lesson titles of each RSHE units within Year 7-13 are below, which focus on a spiralled curriculum where content is taught at an age-appropriate level. Further below is the guidance used to create these lessons and the content we cover throughout Year 7-13 in regard to RSHE. This is from Families to intimate and sexual relationships, including sexual health. All content is taught within the lessons you see below.

Year 7:	Body Awareness and Puberty	<ol style="list-style-type: none">1. Knowing Your Body: Reproductive Systems2. Body Image and Self Care3. Bodily Changes through Puberty4. Period Positivity5. Developing Sexual Awareness6. Privacy and Consent: Knowing when to say No7. FGM (Female Genital Mutilation)8. CFM (Child Forced Marriage)	Consent	<ol style="list-style-type: none">1. What is consent2. Consent and healthy friendships3. Exploring consent4. What are triggers5. What are coping strategies6. How do I cope7. Evolving values8. Words matter: Gender and Sex9. Words matter: Sexuality10. Recap11. Assessment
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Year 8:	Relationships and Boundaries	<ol style="list-style-type: none">1. Introduction to relationships2. Family relationships3. Healthy relationships4. Romantic relationships5. Physical intimacy6. Unhealthy relationships, boundaries, consent7. Relationships & Intimacy online8. Introduction to contraception	Body Awareness & Online Wellbeing	<ol style="list-style-type: none">1. Sleep and its effects on mood2. Body image: beauty standards3. Body changes through puberty4. Periods: cycle awareness and period poverty5. Knowing your rights: human rights and how they apply to children6. Fake news & echo chambers7. Online safety, self-esteem and grooming8. Media influence: gender & pornography9. Media influence: body image
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Year 9:	Consent and Sexual Health	<ol style="list-style-type: none">1. Body Image2. Developing Sexuality & Readiness for Sex3. Consent & The Law4. Consent: Ways to Say No5. Contraceptive Methods: the advantages & disadvantages6. Sexual Health & STIs7. Recap	Relationships and Sexual Violence	<ol style="list-style-type: none">1. Sexual Violence: What it is/why it happens2. Sexual Violence: Gender Stereotypes3. Sexual Violence: What can we do4. Digital sexual exploitation5. Sexual assault6. Image based sexual abuse7. Child Early Forced Marriage Part 18. Child Early Forced Marriage Part 29. FGM Recap
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Year 10:	Relationships and Parenthood	<ol style="list-style-type: none">1. Marriage & Civil Partnerships2. Foetal Development, Pregnancy & Abortion3. Becoming a Parent4. Relationships: Communication & Vulnerability5. Family Relationships: Value Conflicts6. Abusive Relationships7. Making decisions about sex8. Consent: Sexual Crimes & Harassment	Contraception, Mental Wellbeing and Health	<ol style="list-style-type: none">1. Contraception2. Mental Wellbeing3. Conversations about Mental Health4. Making Healthy Choices: Cosmetic & Plastic Surgery5. Being Influenced6. Recap
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Year 11:	Sexual Health, Fertility and Parenting Choices	<ol style="list-style-type: none">1. Body Image in the Media2. Body Image Dangers3. Sexual Health: STIs4. Sexual Health: Testing and Protection5. Parenthood, Fertility and Miscarriage Part 16. Parenthood, Fertility and Miscarriage Part 27. Developing Sexuality and readiness for sex8. Adoption and Fostering9. Consent, Pressure and Rejection
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Year 12:	Relationships and Consent	<ol style="list-style-type: none">1. Relationships with family and friends2. Sharing with others3. Sexual relationships part 14. Sexual relationships part 25. Consent6. Buffer lesson	Knowing your Rights and Making Healthy Choices	<ol style="list-style-type: none">1. Sexual Violence2. Abusive relationships3. Knowing your Sexual and Reproductive Rights4. Alcohol and Drug Misuse5. Healthy Choices: Preventing Illness6. Reflection
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Year 13	Your Body and Contraception	<ol style="list-style-type: none">1. Healthy Food2. Talking about contraception3. Sexual Health: Stealthing4. Developing Sexual Readiness5. Pornography6. Buffer lesson
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Relationships and Sex Education – Secondary Schools

Secondary RSE should build on primary education by equipping young people with the knowledge and skills to form healthy, safe and nurturing relationships.

It should also prepare them to protect themselves and others, avoid sexually transmitted infections and prevent unplanned pregnancies.

The focus should be on respect for self and others, without encouraging or normalising early sexual activity. By promoting confidence and self-esteem, RSE helps pupils make informed decisions about whether and when to engage in safe, consensual and fulfilling sexual relationships, and to resist pressure.

Teaching should be interactive and participative, allowing pupils to develop skills and critically explore complex relationship scenarios. RSE should cover a wide range of topics, including different forms of abuse. Teachers must make it clear that abuse is never the victim's fault. These topics should be addressed sensitively and at appropriate ages. Schools play a vital role in supporting pupils who may be in unsafe or unhealthy relationships, including at home.



When covering sensitive issues, teachers can use strategies such as distancing techniques, setting class ground rules and using anonymous question boxes to manage discussions safely and respectfully.

Schools should continue to develop knowledge of topics specified for primary as required and in addition cover the following content by the end of secondary:
By the end of Secondary School (Relationships):

Families	Curriculum content: <ol style="list-style-type: none">1. That there are different types of committed, stable relationships.2. How these relationships might contribute to wellbeing, and their importance for bringing up children.3. Why marriage or civil partnership is an important relationship choice for many couples. The legal status of marriage and civil partnership, including that they carry legal rights, benefits and protections that are not available to couples who are cohabiting or who have, for example, undergone a non-legally binding religious ceremony.4. That 'common-law marriage' is a myth and cohabitants do not obtain marriage-like status or rights from living together or by having children.5. That forced marriage and marrying before the age of 18 are illegal.6. How families and relationships change over time, including through birth, death, separation and new relationships.7. The roles and responsibilities of parents with respect to raising children, including the characteristics of successful parenting and the importance of the early years of a child's life for brain development.8. How to judge when a relationship is unsafe and where to seek help when needed, including when pupils are concerned about violence, harm, or when they are unsure who to trust.
Respectful relationships	Curriculum content: <ol style="list-style-type: none">1. The characteristics of positive relationships of all kinds, online and offline, including romantic relationships. For example, pupils should understand the role of consent, trust, mutual respect, honesty, kindness, loyalty, shared interests and outlooks, generosity, boundaries, tolerance, privacy, and the management of conflict, reconciliation and ending relationships.2. How to evaluate their impact on other people and treat others with kindness and respect, including in public spaces and including strangers. Pupils should understand the legal rights and responsibilities regarding equality, and that everyone is unique and equal.3. The importance of self-esteem, independence and having a positive relationship with oneself, and how these characteristics support healthy relationships with others. This includes developing one's own interests, hobbies, friendship groups, and skills. Pupils should understand what it means to be treated with respect by others.4. What tolerance requires, including the importance of tolerance of other people's beliefs.5. The practical steps pupils can take and skills they can develop to support respectful and kind relationships. This includes skills for communicating respectfully within relationships and with strangers, including in situations of conflict.6. The different types of bullying (including online bullying), the impact of bullying, the responsibilities of bystanders to report bullying and how and where to get help.7. Skills for ending relationships or friendships with kindness and managing the difficult feelings that endings might bring, including disappointment, hurt or frustration.8. The role of consent, including in romantic and sexual relationships. Pupils should understand that ethical behaviour goes beyond consent and involves kindness, care, attention to the needs and vulnerabilities of the other person, as well as an awareness of power dynamics. Pupils should understand that just because someone says yes to doing something, that doesn't automatically make it ethically ok.9. How stereotypes, in particular stereotypes based on sex, gender reassignment, race, religion, sexual orientation or disability, can cause damage (e.g. how they might normalise non-consensual behaviour or encourage prejudice). Pupils should be equipped to recognise misogyny and other forms of prejudice.10. How inequalities of power can impact behaviour within relationships, including sexual relationships. For example, how people who are disempowered can feel they are not entitled to be treated with respect by others or how those who enjoy an unequal amount of power might, with or without realising it, impose their preferences on others.11. How pornography can negatively influence sexual attitudes and behaviours, including by normalising harmful sexual behaviours and by disempowering some people, especially women, to feel a sense of autonomy over their own body and providing some people with a sense of sexual entitlement to the bodies of others.



	<p>12. Pupils should have an opportunity to discuss how some sub-cultures might influence our understanding of sexual ethics, including the sexual norms endorsed by so-called “involuntary celibates” (incels) or online influencers.</p>
Online safety and awareness	<p>Curriculum content:</p> <p>1. Rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online.</p> <p>2. Online risks, including the importance of being cautious about sharing personal information online and of using privacy and location settings appropriately to protect information online. Pupils should also understand the difference between public and private online spaces and related safety issues.</p> <p>3. The characteristics of social media, including that some social media accounts are fake, and / or may post things which aren’t real / have been created with AI. That social media users may say things in more extreme ways than they might in face-to-face situations, and that some users present highly exaggerated or idealised profiles of themselves online.</p> <p>4. Not to provide material to others that they would not want to be distributed further and not to pass on personal material which is sent to them. Pupils should understand that any material provided online might be circulated, and that once this has happened there is no way of controlling where it ends up. Pupils should understand the serious risks of sending material to others, including the law concerning the sharing of images.</p> <p>5. That keeping or forwarding indecent or sexual images of someone under 18 is a crime, even if the photo is of themselves or of someone who has consented, and even if the image was created by the child and/or using AI generated imagery. Pupils should understand the potentially serious consequences of acquiring or generating indecent or sexual images of someone under 18, including the potential for criminal charges and severe penalties including imprisonment. Pupils should know how to seek support and should understand that they will not be in trouble for asking for help, either at school or with the police, if an image of themselves has been shared. Pupils should also understand that sharing indecent images of people over 18 without consent is a crime.</p> <p>6. What to do and how to report when they are concerned about material that has been circulated, including personal information, images or videos, and how to manage issues online.</p> <p>7. About the prevalence of deepfakes including videos and photos, how deepfakes can be used maliciously as well as for entertainment, the harms that can be caused by deepfakes and how to identify them.</p> <p>8. That the internet contains inappropriate and upsetting content, some of which is illegal, including unacceptable content that encourages misogyny, violence or use of weapons. Pupils should be taught where to go for advice and support about something they have seen online. Pupils should understand that online content can present a distorted picture of the world and normalise or glamorise behaviours which are unhealthy and wrong.</p> <p>9. That social media can lead to escalations in conflicts, how to avoid these escalations and where to go for help and advice.</p> <p>10. How to identify when technology and social media is used as part of bullying, harassment, stalking, coercive and controlling behaviour, and other forms of abusive and/or illegal behaviour and how to seek support about concerns.</p> <p>11. That pornography, and other online content, often presents a distorted picture of people and their sexual behaviours and can negatively affect how people behave towards sexual partners. This can affect pupils who see pornographic content accidentally as well as those who see it deliberately. Pornography can also portray misogynistic behaviours and attitudes which can negatively influence those who see it.</p> <p>12. How information and data is generated, collected, shared and used online.</p> <p>13. That websites may share personal data about their users, and information collected on their internet use, for commercial purposes (e.g. to enable targeted advertising).</p> <p>14. That criminals can operate online scams, for example using fake websites or emails to extort money or valuable personal information. This information can be used to the detriment of the person or wider society. About risks of sextortion, how to identify online scams relating to sex, and how to seek support if they have been scammed or involved in sextortion.</p> <p>15. That AI chatbots are an example of how AI is rapidly developing, and that these can pose risks by creating fake intimacy or offering harmful advice. It is important to be able to critically think about new types of technology as they appear online and how they might pose a risk.</p>
Being Safe	<p>Curriculum content:</p> <p>1. How to recognise, respect and communicate consent and boundaries in relationships, including in early romantic relationships (in all contexts, including online) and early sexual relationships that might involve kissing or touching. That kindness and care for others requires more than just consent.</p> <p>2. That there are a range of strategies for identifying, resisting and understanding pressure in relationships from peers or others, including sexual pressure, and how to avoid putting pressure on others.</p>



	<p>3. How to determine whether other children, adults or sources of information are trustworthy, how to judge when a relationship is unsafe (and recognise this in the relationships of others); how to seek help or advice, including reporting concerns about others, if needed.</p> <p>4. How to increase their personal safety in public spaces, including when socialising with friends, family, the wider community or strangers. Pupils should learn ways of seeking help when needed and how to report harmful behaviour. Pupils should understand that there are strategies they can use to increase their safety, and that this does not mean they will be blamed if they are victims of harmful behaviour. Pupils might reflect on the importance of trusting their instincts when something doesn't feel right, and should understand that in some situations a person might appear trustworthy but have harmful intentions.</p> <p>5. What constitutes sexual harassment or sexual violence, and that such behaviour is unacceptable, emphasising that it is never the fault of the person experiencing it.</p> <p>6. That sexual harassment includes unsolicited sexual language/attention/ touching, taking and/or sharing intimate or sexual images without consent, public sexual harassment, pressuring other people to do sexual things, and upskirting.</p> <p>7. The concepts and laws relating to sexual violence, including rape and sexual assault.</p> <p>8. The concepts and laws relating to harmful sexual behaviour, which includes all types of sexual harassment and sexual violence among young people but also includes other forms of concerning behaviour like using age-inappropriate sexual language.</p> <p>9. The concepts and laws relating to domestic abuse, including controlling or coercive behaviour, emotional, sexual, economic or physical abuse, and violent or threatening behaviour.</p> <p>10. That fixated, obsessive, unwanted and repeated behaviours can be criminal, and where to get help if needed.</p> <p>11. The concepts and laws relating to harms which are exploitative, including sexual exploitation, criminal exploitation and abuse, grooming, and financial exploitation.</p> <p>12. The concepts and laws relating to forced marriage.</p> <p>13. The physical and emotional damage which can be caused by female genital mutilation (FGM), virginity testing and hymenoplasty, where to find support, and the law around these areas. This should include that it is a criminal offence for anyone to perform or assist in the performance of FGM, virginity testing or hymenoplasty, in the UK or abroad, or to fail to protect a person under 16 for whom they are responsible.</p> <p>14. That strangulation and suffocation are criminal offences, and that strangulation (applying pressure to the neck) is an offence, regardless of whether it causes injury. That any activity that involves applying force or pressure to someone's neck or covering someone's mouth and nose is dangerous and can lead to serious injury or death.</p> <p>15. That pornography presents some activities as normal which many people do not and will never engage in, some of which can be emotionally and/or physically harmful.</p> <p>16. How to seek support for their own worrying or abusive behaviour or for worrying or abusive behaviour they have experienced from others, including information on where to report abuse, and where to seek medical attention when required, for example after an assault.</p>
Intimate and sexual relationships including sexual health	<p>Curriculum content:</p> <p>1. That sex, for people who feel ready and are over the age of consent, can and should be enjoyable and positive.</p> <p>2. The law about the age of consent, that they have a choice about whether to have sex, that many young people wait until they are older, and that people of all ages can enjoy intimate and romantic relationships without sex.</p> <p>3. Sexual consent and their capacity to give, withhold or remove consent at any time, even if initially given, as well as the considerations that people might take into account prior to sexual activity, e.g. the law, faith and family values. That kindness and care for others require more than just consent.</p> <p>4. That all aspects of health can be affected by choices they make in sex and relationships, positively or negatively, e.g. physical, emotional, mental, sexual and reproductive health and wellbeing.</p> <p>5. That some sexual behaviours can be harmful.</p> <p>6. The facts about the full range of contraceptive choices, efficacy and options available, including male and female condoms, and signposting towards medically accurate online information about sexual and reproductive health to support contraceptive decision-making.</p> <p>7. That there are choices in relation to pregnancy. Pupils should be given medically and legally accurate and impartial information on all options, including keeping the baby, adoption, abortion and where to get further help.</p> <p>8. How the different sexually transmitted infections (STIs), including HIV, are transmitted. How risk can be reduced through safer sex (including through condom use). The use and availability of the HIV prevention drugs Pre-Exposure Prophylaxis (PrEP) and Post Exposure Prophylaxis (PEP) and how and where to access them. The importance of, and facts about, regular testing and the role of stigma</p> <p>9. The prevalence of STIs, the short and long term impact they can have on those who contract them and key facts about treatment.</p>



	10. How the use of alcohol and drugs can lead people to take risks in their sexual behaviour. 11. How and where to seek support for concerns around sexual relationships including sexual violence or harms. 12. How to counter misinformation, including signposting towards medically accurate information and further advice, and where to access confidential sexual and reproductive health advice and treatment.
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Teaching and Learning

RSE at The Totteridge Academy is delivered in a way that:

- is appropriate to age and stage
- is scientifically factual, objective and legally accurate
- equips pupils with communication and decision-making skills
- encourages open discussion while setting safe boundaries
- promotes respect, inclusivity and safeguarding
- avoids teaching contested views as fact
- maintains balance and impartiality

Staff will:

- use ground rules
- prepare pupils ahead of time where appropriate
- signpost pupils to support
- manage disclosures in line with safeguarding procedures
- balance the need for accuracy with sensitivity

Responding to Questions

Pupils may ask questions that are outside of the scope of the lesson or what is appropriate for a member of staff to discuss with them. This may be due to the fact that the child in question has been withdrawn from the sex education element of the subject.

Nonetheless, children's curiosity makes it unlikely that an unsatisfied request for information will end there, and it is highly likely that they will seek alternative sources. These are likely to be less reliable and even unsafe.

If a pupil asks a question that a member of staff cannot answer, the following steps will be followed:

- The member of staff will discreetly and sensitively reassure the pupil that it is normal to be curious and explain to the pupil why they are unable to answer the question. They may ask the pupil whether this is something they would feel able to ask a parent about, or signpost to specialist services if appropriate.
- The member of staff will follow safeguarding policies and procedures as appropriate, but even if the question posed does not constitute a safeguarding concern, the RSHE lead and/or the SLT line manager for RSHE will be informed on the same day.
- Leaders will consider the likelihood of the pupil seeking answers to their question/s elsewhere and the possible implications of this. They may consider it appropriate to contact parents to discuss how to best support and guide the pupil.



Inclusivity and Accessibility

Pupils with SEND

All pupils, including those with SEND, have a full entitlement to RSE, and having an additional need is never a reason to restrict access to essential learning about relationships, safety, consent and wellbeing.

Research suggests that children and adults with SEND can be more vulnerable to abuse and exploitation. Provision of high-quality, adapted RSE is a critical protective factor.

This section should be read in conjunction with the school's SEND Policy.

Teaching and Learning

- Teaching will be personalised through adapted resources, simplified but accurate language, pre-teaching of key vocabulary, visual supports, and highly structured routines for discussion and decision-making, all lessons will be accompanied by a student work book.
- Lessons will be paced carefully, use multi-sensory approaches and provide extra processing time.
- Staff will maintain high expectations of dignity, age-appropriate content and respect, ensuring materials reflect diverse families, relationships and identities, including those of young people with SEND.
- As appropriate, planning will be trauma-informed and sensitive to pupils who may have experienced adversity, with clear routes for help-seeking at appropriate points in units. These adaptations support access without lowering ambition or omitting statutory content. These will be identified by directors of learning prior to delivery and alternate arrangements provided if necessary.

Pupils' Religious and Faith Backgrounds

RSE will respect religious and cultural diversity, uphold pupils' rights to accurate information and safety, and comply with the Equality Act. Teaching will avoid discrimination and protect pupils' dignity.

Principles

- Assume diversity, not uniformity: different pupils of the same faith will interpret teachings differently.
- Meet statutory RSE outcomes while treating faith backgrounds fairly and avoiding discrimination.
- Prioritise pupils' wellbeing, dignity and safeguarding when adapting content.
- Engage fully with parents, pupils and, where appropriate, faith leaders and members of the community when consulting on the curriculum.

Teaching, Learning and Curriculum

Teachers and leaders must balance pupils' rights to access all statutory content with sensitivity to religious and cultural diversity.

When planning lessons, The Totteridge Academy will:

- **Offer neutral, balanced coverage:** RSE should be delivered in a balanced and neutral way. This is especially important where religious and cultural perspectives mean that pupils may have strong beliefs about some content. Teachers will present accurate faith viewpoints alongside secular and other perspectives, so pupils see a balanced picture.
- **Use inclusive imagery and language:** ensure visuals show religious and cultural diversity and avoid metaphors that may confuse pupils with mobility needs or ASD.



- **Manage discussions carefully:** deliver content in an objective way and use ground rules and clear boundaries to manage pupil discussion.
- **Map objectives to need:** teachers start from the required learning outcomes and identify where faith perspectives are most likely to be relevant (e.g. family, marriage, contraception, gender).
- **Build in alternatives:** consider additional consultation with parents and pupils to ensure sensitive delivery where appropriate.
- **Consider faith perspectives:** build in opportunities to reflect on RSE objectives through the lens of faith teachings when appropriate and helpful.
- **Employ distancing techniques:** use stories, role-play, third-person scenarios or case studies to explore sensitive issues safely.


Complaints

Any complaints about the Relationships and Sex Education programme should be made in accordance with the school's usual complaints procedure. This can be accessed via [TTA Complaints policy](#)

Approval and Review

- This policy is approved by the governing body.
- It is reviewed annually, or sooner if national guidance changes or it is otherwise appropriate to make amendments.
- The RSHE Lead is responsible for coordinating the review process.
- The policyholder is always a member of the Senior Leadership team.

Policy Review Date

	Date	Name of owner/author
Authorised:		Chris Fairbairn
Governor:		Anahita Milligan
Policy Reviewed:	February 2026	
Next Annual Review Date:	February 2027	

Governor responsible: Anahita Milligan