



WOODBRIDGE HIGH SCHOOL

Relationships, Sex and Health Education Policy

Autumn 2026

Relationships, Sex and Health Education (RSHE) Policy

This policy is based on the updated London Borough of Redbridge model policy which was originally developed through consultation with: SACRE, Redbridge Faith Forum, an Equality rep working party, a Faith and Belief rep working party, Youth council, Parent Rep Working parties, Redbridge RSHE outreach services, Community consultation, Governors and trustees and Teachers. The model was then updated to reflect the latest government RSHE guidance

Name of school:	Woodbridge High School
Person responsible for RSHE in school	Vicky Wardle, Life Studies Co-ordinator
RSHE Link Governors	Sarah Reynolds, Jigna Patel, Caron Conway
Signature of Headteacher	Steven Hogan, Headteacher 
Signature of Chair of Governors	Pankaj Pathak and Nicola Burns, Co-Chairs of Governors
Date ratified by Governors or trustees	25th June 2026
When the policy will be reviewed	Summer 2027

Boroughwide consultation taken place concerning the implementation of the 2020 guidance in RSHE (tick as appropriate)

Pupils	Parents/ carers	Community Groups	Faith groups	Local councilors	Teachers	Ofsted	School governors	LA	Professional Associations
X	X	X	X	X	X	X	X	X	X

School consultation taken place concerning the implementation of the 2020 guidance in RSHE

	Parents/Carers	Teachers	School governors
Date	21 Jun - 5 Jul 21 3 Nov 22 28 Nov 23 24 Oct 24 23 Oct 25	Jun 21	Jun – Jul 21
What we did	Materials published Parent Survey Parent Consultation Meeting	Staff Survey	Discussion with link governors

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Aims and Objectives

It is the intention of Woodbridge High School to teach age appropriate, student sensitive, evidence-based Relationships, Sex and Health Education (RSHE), that respects the law and all communities that call Redbridge home.

At Woodbridge High School it is our expectation that RSHE provides a learning space to develop personal, social and health skills, knowledge and understanding and to enable young people to navigate the world in which they live throughout childhood but also into adulthood. RSHE promotes positive relationships and personal attributes, such as perseverance, honesty, trustworthiness, courage, humility, kindness, generosity and a sense of justice. It equips pupils with the knowledge to make informed decisions about wellbeing, health and relationships; builds self-efficacy and resilience; and helps them to know how and when to ask for help and access support. It also gives pupils the opportunity to put knowledge into practice as they develop the capacity to make sound decisions when facing risks, challenges and complex contexts.

RSHE is therefore an important element of the curriculum, and it is delivered to years 7-11 within the Life Studies programme, years 12-13 within enrichment and form period sessions, and to whole school within the registration character programme, and drop-down days/sessions.

Statutory Content within Secondary RSHE

Since September 2020, it is a legal requirement for all Secondary schools to teach Relationships, Sex and Health Education, made under sections 34 and 35 of the Children and Social Work Act 2017, alongside the Science National Curriculum. Health Education and Relationships Education are compulsory; Sex Education is also required to be taught in secondary schools, with specific parental withdrawal rights set out in this policy. RSHE is delivered within the context of safeguarding and a child-centred approach in line with Keeping Children Safe in Education (KCSIE). The Department for Education guidance was updated in July 2025 and our RSHE provision will reflect the changes made within this.

At Woodbridge High School we acknowledge and recognise that families are a child's first and most effective teacher. It is our aim to build on the established foundation of the Redbridge syllabus and consultation, and work in partnership with parents/carers to educate our young people about these important subjects. We view this partnership between home and school as important in supporting and reinforcing what pupils learn about in all contexts whether in lessons or outside of school, including online.

At Woodbridge High School we will ensure that an annual meeting is held to present our RSHE curriculum and create a space for questions to be raised. This meeting is held within the first half term of each academic year and all parents/carers are invited to attend and submit comments or questions whether attending or not.

National Curriculum for Science

The Key Stage 3 and Key Stage 4 the National Curriculum for Science state that young people's learning should include a recap about menstruation and puberty, teaching about human reproduction and birth, including drugs education and the study of sexually transmitted infections (STIs), including HIV.

The full National Curriculum for Science can be viewed by clicking the links in Appendix 1.

There continues to be no right to withdraw a child from the National Curriculum for Science.

Health Education

The aim of Health Education is to provide information to young people that will empower them to make their own choices about their physical and mental wellbeing and health. Young people will recognise what is usual and what is not, in themselves and others, and be equipped to seek support at the earliest opportunity from appropriate sources. Health education also builds awareness of substances such as drugs, alcohol, tobacco and vapes, focusing on risks and informed decision making. In addition, it equips students with practical skills such as basic first aid and how to respond safely to emergencies, alongside personal safety both offline and online.

The full content list for Health Education can be viewed by clicking the links in appendices 2 & 3.

There is no right to withdraw a child from Health Education.

Relationships Education

The aim of Relationships Education is to provide information to young people that will empower them to understand themselves and the world in which they live. The focus in secondary school is to build on the foundations that have been taught in primary school concerning positive relationships with family members, other young people and adults.

As outlined in the guidance, lessons also encourage the development of young people's own positive personal attributes, such as a belief that they can achieve and persevere towards tasks and long-term rewards. These topics are then extended to talk about their role in helping young people to develop appropriate intimate personal relationships.

Lessons will be evidence based, age appropriate, based on the law and sensitive to the needs of young people. They will also teach young people how to seek support and guidance from appropriate sources.

The full content list for Relationships Education can be viewed by clicking the links in appendices 2 & 3.

There is no right to withdraw a child from Relationships Education.

Statutory Sex Education

All secondary schools must teach sex education that is outside of the National Curriculum for Science, however parents/carers have the right to withdraw their child from any or all of the specific sex education lessons within RSHE.

Human reproduction (sex), fertility and issues concerning STIs, are also taught in Science lessons as part of the statutory National Curriculum for Science, including within the GCSE Science syllabus. There is no right to withdraw from the National Curriculum for Science.

Sex Education at Woodbridge High School will be taught within Life Studies lessons by trained staff in an age appropriate and sensitive way and give due regard to the law. We believe the teaching of Sex Education alongside Relationships Education will help to ready students for life in 21st Century Britain. This will include topics such as the advantages and benefits of delaying sexual activity and the importance of consent, positive sexual relationships, contraception, pregnancy choices, domestic violence etc.

The full content list for Sex Education can be viewed by clicking the links in appendices 2 & 3.

Parent's/Carer's Right to Withdraw their Children from Sex Education in Secondary School Taught as Part of the Statutory RSHE Curriculum

Parents/carers continue to have the right to withdraw their children from Sex Education taught as part of the statutory RSHE curriculum up to, and until, three terms before the child turns 16 (see below for more information). The lessons that cover aspects of Sex Education are clearly indicated on the Life Studies syllabus which contains the RSHE curriculum.

At the start of each academic year, a Life Studies letter will be sent to all parents/carers reminding them of the right to withdraw and offering them the ability to fill in an online form to request that their child is withdrawn. Following this request the RSHE Lead or a member of the Senior Leadership Team will contact the parent/carers to discuss their concerns/wishes. This conversation will be documented by the school. The withdrawal letter and online form will continue to be available to all parents throughout the school year via the school website, and will be provided to parents/carers of any student who joins the school midyear. Any parent who requires helping with accessing or translating the letter, or who has further questions, can do so by contacting the RSHE Lead.

The Headteacher has the right to deny any request to withdraw, but must have very strong reasons for doing so, e.g., safeguarding issues.

Alternative arrangements will be made for young people not attending sex education lessons and they will receive appropriate and purposeful education while they are withdrawn. The school will document this whole process.

Our intention is to make Sex Education lessons as sensitive as possible to the background of all our students. It is our hope is that all young people will all remain in their Sex Education lessons so that they learn evidence-based facts from a trained teacher or nurse rather than second-hand in from peers or from their own research.

Young Person's Right to Opt in to Sex Education in Secondary School Taught as part of the Statutory RSHE Curriculum

As stated within the RSHE Guidance, young people have the right to opt back in to Sex Education if their parent/carers has chosen to withdraw them, from three terms before they turn 16. This will be made clear to parents/carers in the Life Studies letter sent at the beginning of Year 10 and Year 11.

Should a parent/carers request that their child be withdrawn from Sex Education within either Year 10 or Year 11, the RSHE Lead will check the child's date of birth, and if the request falls within the three terms before they turn 16, organise a meeting with the child to discuss their wishes.

If a student is withdrawn at the start of the year but they will reach three terms before they turn 16 during a later term within the year, then, when the appropriate term begins, the RSHE Lead will organise a meeting with the child to discuss their wishes. This process will be fully documented.

Any student who has been withdrawn and then chooses to opt in but has missed the Sex Education lessons within that year will be provided with appropriate sex education that will cover what they have missed. As the key topics within Sex Education are repeated in Year 9, Year 10 and Year 11 there should be no need to re-cover any topics from earlier years after the child has opted back in, however this will be reviewed by the RSHE Lead for each individual student.

Safeguarding

Safeguarding is an important aspect of all the lessons taught as part of RSHE in our school. Our Safeguarding and Child Protection Policy will be applied to and supported by all aspects of RSHE. Any disclosures or issues arising as part of RSHE lessons will be dealt with in line with our policy.

Young people will be taught how to keep themselves safe in RSHE lessons. The inclusion of safeguarding within the RSHE syllabus enables consistent, age-appropriate fact-based vocabulary to be used, and young people to understand how to report any concerns about abuse, including, physical, emotional, sexual abuse and neglect.

Young people will be provided with contact details for the school Safeguarding Team and school support structures during lessons.

Equality

The school will comply with the relevant requirements of the Equality Act (2010) and the Public Sector Equalities Duty (2014). Under these acts, schools must not unlawfully discriminate against students or allow young people to be bullied because of their age, sex, race, disability, religion or belief, gender reassignment, pregnancy or maternity, marriage or civil partnership, or sexual orientation (Protected Characteristics of the Equality Act).

We will ensure that RSHE meets the needs of all our pupils, including those with special educational needs and disabilities (SEND), through appropriate differentiation reasonable adjustments. RSHE contributes to our wider aims to foster student wellbeing and character, promote kindness, integrity, generosity, honesty, respect and tolerance, and support students to be safe—including online.

At Woodbridge High School we celebrate difference and diversity. The bullying or discrimination of anyone for any reason is not acceptable. It is expected that our Relationships Education curriculum, alongside our Equality Manifesto and Anti-Bullying Charter, will lead to a stronger sense of community, mutual respect and give students a sense of responsibility. This will help, to keep Woodbridge High School a safe, inclusive and caring place for all, upholding the core values and ethos of the school.

Faith Sensitivity

The Life Studies syllabus and teaching acknowledges that some children / young people may have beliefs about the content to be taught, whilst always noting that the purpose of the lesson is to give information. Children and young people will also be reminded of the ground rules and their right to pass on discussing anything that they do not want to. For some children and young people, it might be forbidden to discuss sex and the human body, which may be seen as a private matter. The most important thing is that we always make sure to respect each other's differences.

Organisation of Teaching, Assessment & Review

The RSHE curriculum will be taught throughout each school year from year 7-11 within the Life Studies syllabus and will be emphasised and developed upon within the Character Programme during registration sessions. Life Studies lessons occur once a fortnight and are taught by a team of teachers from across the school. The Life Studies programme also includes aspects of Citizenship and Careers, as well as Key Stage 4 ICT.

The RSHE curriculum for years 12 and 13 will be taught within the registration Character Programme, form period, enrichment and drop-down sessions.

It is our intention that RSHE sessions will meet our high standard of teaching and learning. Therefore, all Life Studies lessons will be written and/or reviewed by the RSHE Lead prior to distribution to teaching staff, and any planning for RSHE content to be covered outside of Life Studies lessons will be also accessible to the RSHE Lead to review, discuss and develop CPD opportunities where appropriate. RSHE sessions will be included in whole school quality assurance programme, as well as targeted Life Studies quality assurance measures.

Throughout the lessons young people will be able to ask questions, responses from teachers will be evidence based, age appropriate, based on the law and sensitive to the needs of young people. If a member of staff is uncertain about the answer to a question, or indeed whether they should answer it, they will seek guidance from the RSHE Lead.

Where any safeguarding concerns or disclosures occur within the lesson or in student discussions these will be passed on to the Safeguarding Team. During lessons on sensitive topics students will be regularly provided with contact details of the support structures within the school. Appropriate 'trigger warnings' will be given at the start of lessons where sensitive topics will be discussed.

Some sessions in different age groups may suit being taught with amendments to teaching organisation, e.g., in single gender groups or smaller groups. These will be used where appropriate.

Teachers will be responsible for assessing young people's learning and progress in RSHE. Within Life Studies lessons students will use termly booklets to record their learning. These will be kept in school by the class teachers and will form part of any learning walks or quality assurance within Life Studies.

Each lesson will consist of a collection of written and discussion tasks, the initial task will assess previous knowledge allowing the class teacher to adjust the lesson where required. Each half term there will be a short assessment of knowledge gained in Life Studies this will be completed through Firefly, the online platform used for home learning.

Teachers are able to reflect on delivery through lesson evaluations and feedback. Monitoring activities include learning walks, work reviews and student voice, to determine their feedback on strengths of RSHE and areas for development.

Aspects of RSHE covered within the Character Programme or drop-down sessions will be organised by members of the Senior Leadership Team to ensure they are age-appropriate and complement the teaching within Life Studies lessons.

Staff Training

Those staff who are part of the Life Studies Team will receive bespoke training based on both the Department for Education training and London Borough of Redbridge training received by the RSHE Lead, with adaption to suit our context and the topics being taught by staff. This will ensure all staff are both knowledgeable and confident when teaching the topics within the RSHE curriculum and the Life Studies syllabus as a whole.

Resources

Our RSHE lead will work with Year Co-ordinators and other members of the school community to choose and develop educational resources and materials that are age appropriate and enhance the teaching of RSHE, exercising their professional judgement, and that are in line with our legal duty in relation to impartiality. These educational resources can include materials from external agencies, for example the PSHE Association.

In the event of external agencies, tools or resources being used, Woodbridge High School will ensure the materials comply with this RSHE policy, the Teaching Standards, the Equality Act 2010, the Human Rights Act 1998, the Education Act 1996 and align to the teaching requirements set out in the statutory guidance.

We will share these resources at our annual RSHE consultation meeting, and all resources used in lessons will be available via the school website.

RSHE Lead

The RSHE Lead at Woodbridge High School is Vicky Wardle, Life Studies Co-ordinator. They are supported by Amelie Année, Assistant Headteacher, alongside the school Careers Education Lead, as well as the team of Life Studies teachers and the Leadership Team.

School Governors Sarah Reynolds, Jigna Patel and Caron Conway have oversight of the school's policy, procedures and teaching relating to RSHE.

Young people and staff will know about the role of the RSHE team and lead through regular information given out in Life Studies lessons and in staff bulletins. Parents will be informed through regular letters from the headteacher and RSHE lead.

If you have any questions regarding this policy or RSHE please contact Vicky Wardle by emailing vwardle@woodbridgehigh.co.uk

Appendix 1 - National Curriculum for Science

The National Curriculum for Science is available on the Department for Education website by clicking the links below:

[Key Stage 3](#)

[Key Stage 4](#)

Appendix 2 - Redbridge Model Policy and Syllabus for RSHE

The Redbridge model policy and syllabus for RSHE, on which the Woodbridge High School policy and syllabus is based, are available on the Redbridge website by clicking the link below:

[Redbridge RSHE Consultation](#)

Appendix 3 - DfE Guidance for teaching Relationships, Sex and Health Education 2019

The DfE statutory guidance on the teaching of RSHE can be found by clicking on the link below:

[DfE RSHE Guidance](#)

Appendix 4 – Woodbridge High School RSHE Syllabus, Letters and Other Documentation

The Woodbridge High School RSHE syllabus, as well as consultation documents, letters, samples of resources, outcomes of student and parent surveys, can be viewed by clicking on the link below to the RSHE section of our website. This page also includes a link to the current form to allow parents to withdraw their child from Sex Education.

[Woodbridge RSHE Website](#)

Policy Prepared by: Ms V Wardle, Life Studies Co-ordinator

Date: 11th June 2026

Approval Process: Approved by Full Governing Body on 25th June 2026.

Date of Next Review: Summer 2027