



Sex and relationships policy

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Dec 2025	Policy review cycle	Dec 2026

Aims

The aims of Relationships, Sex and Health Education (RSE) in YCAT schools are to:

- Help pupils develop feelings of self-respect, confidence and empathy
- Create a positive culture around issues of sexuality and relationships
- Teach pupils the correct vocabulary to describe themselves and their bodies
- Promote tolerance and acceptance
- Enable pupils to make and maintain respectful relationships in the future
- Safeguard their physical and emotional wellbeing
- Provide a framework in which sensitive discussions can take place
- Prepare pupils for puberty, and give them an understanding of sexual development and the importance of health and hygiene

Statutory requirements

This policy addresses the DfE statutory guidance for teaching RSE introduced in July 2025, in conjunction with:

- Keeping Children Safe in Education
- Respectful School Communities: Self Review and Signposting Tool
- Behaviour and Discipline in Schools
- Equality Act 2010 and schools
- SEND code of practice: 0 to 25 years
- Mental Health and Behaviour in Schools
- Preventing and Tackling Bullying
- Sexual violence and sexual harassment between children in schools
- The Equality and Human Rights Commission Advice and Guidance
- Promoting Fundamental British Values as part of SMSC in schools
- National Citizen Service guidance for schools

All YCAT schools will have a written policy for Relationships Education and RSE, developed in consultation with parents, which will:

- Define Relationships Education
- Define any sex education they choose to teach other than that covered in the science curriculum.
- Set out the subject content, how it is taught and who is responsible for teaching it.
- Describe how the subject is monitored and evaluated.
- Include information to clarify why parents do not have a right to withdraw their child from relationships education.
- Include information about a parent's right to request that their child be excused from sex education.

Roles and responsibilities

The Trust Board will approve the YCAT Trust sex and relationships policy and hold the CEO to account for its implementation.

YCAT schools' local governing bodies will approve the school's RSE policy and hold the headteacher to account for its implementation.

The school's headteacher is responsible for ensuring that RSE is taught consistently across the school, and for managing requests to withdraw pupils from non-statutory components of RSE.