



Sex and relationships policy

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To be reviewed by:	Trustees

Date of review	Reason for review	Date of next review
Dec 2025	Policy review cycle	Dec 2026
July 2026	Review to reflect new guidance	

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
- 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
- Enable pupils to recognise abusive, coercive, exploitative and unhealthy behaviours in relationships.
- Develop understanding of consent, boundaries, respect and equality.
- Equip pupils to challenge misogyny, prejudice, discrimination and harmful stereotypes.
- Help pupils identify and respond to online and offline safeguarding risks.

Statutory requirements

This policy addresses the DfE guidance for teaching RSE introduced in July 2025, which becomes statutory in September 2026, 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.

RSHE in YCAT schools will:

- Be delivered in a way that promotes safety, respect, inclusion, tolerance and dignity. Teaching will be age-appropriate, evidence-informed and responsive to safeguarding risks affecting children and young people, including those arising from online environments and emerging technologies.
- Include education relating to online relationships, social media, artificial intelligence, manipulated images, online exploitation, harmful online communities and financial harms encountered through digital platforms.
- Support pupils in understanding personal safety, risk assessment and strategies for keeping themselves and others safe in a range of environments.
- Support pupils to understand mental wellbeing, emotional resilience, grief, bereavement, loneliness and strategies for accessing appropriate support.
- Recognise that families may take many forms, including single-parent families, adoptive families, foster families, kinship-care arrangements and families with same-sex parents, while remaining consistent with the Trust's values and statutory duties under the Equality Act 2010.
- Provide clear information to parents and carers about curriculum content, resources and teaching approaches and will engage with parents through consultation and communication processes.

Roles and responsibilities

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

YCAT schools' local governing bodies will approve the school's RSE policy and assure statutory compliance, monitor curriculum delivery 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.