



SPAGHETTI BRIDGE

Relationships & Sex Education (RSE) Policy

Policy Owner	Director of Operations and Head of Operations and Outcomes
Applies to	This policy applies to all services
Associated Documents	Other related policies:- Relational Support Policy Staff Code of Conduct Complaints Health and Safety Attendance IT Acceptable Use Equality First Aid Curriculum PSHE SEND
Review Frequency	This policy will be reviewed by the programme delivery lead on an annual basis
Date of Implementation	April 2023
Review Date	April 2026
New Review Date	April 2027
Approved by Chief Executive Officer	<p><i>Dan Alipaz</i></p> <hr/> <p>Dan Alipaz (Jun 9, 2026, 9:33am)</p>
Approved by the Chair of the Board	<p><i>Stephen Bradshaw</i></p> <hr/> <p>Stephen Bradshaw (Jun 9, 2026, 11:10am)</p>

Table of Contents

1. Introduction.....	2
2. Scope.....	2
3. Policy Statement.....	2
Definition.....	2
Curriculum.....	2
Delivery of Sex and Relationship Education.....	3
Information sharing and consent.....	4
Parents' right to withdraw.....	4
Training.....	4
4. Roles & Responsibilities.....	4
5. Support, Advice and Communication.....	5
6. Appendix 1: By the end of primary, students should know.....	6
7. Appendix 2: By the end of secondary, students should know.....	8
8. Appendix 3: Parent form: withdrawal from sex education within relationships and sex education.....	10

1. Introduction

Purpose/Aim

The RSE programme at Spaghetti Bridge is an integral part of what we do, forming a key part of our Relational Curriculum. It provides students with the opportunity to:

- Build confidence and independence
- Discover their strengths and interests
- Understand themselves and their world
- Build friendships and connections with others
- Think about and prepare for their future

Most importantly, students develop the confidence, sense of purpose, and ability to shape their own future and make a positive difference in the lives of others. It aims to provide students with the opportunity to develop the knowledge, skills and attributes they need to manage and be successful in their lives, now and in the future. The RSE programme will encourage students to be tolerant, reflective and kind. It will help to safeguard students to enable them to stay healthy and safe, whilst preparing them to make the most of life and work.

The aims of the RSE subject in the Relational Curriculum are to:

- Provide a framework in which sensitive discussions can take place
- Prepare students for puberty, and give them an understanding of sexual development and the importance of health and hygiene
- Help students develop feelings of self-respect, confidence and empathy
- Create a positive culture around issues of sexuality and relationships including gender and identity and family diversity
- Teach students the correct vocabulary to describe themselves and their bodies
- Teach students about consent
- Teach AI literacy, online wellbeing and how to recognise harmful content
- Help students to understand sexual ethics, consent and conflict resolution
- Help students understand Incel culture and misogyny
- Ensure students are aware of the internal and external avenues to seek help and support
- Ensure students feel safe to express their concerns to an adult or use the confidential google forms in each school
- Ensure students feel empowered to comment on and contribute to the Relationship and Sex education within schools

Parents are given an opportunity to consult on this policy via website and parent forum.

Legal Framework

At our school, we follow elements of the National Curriculum and deliver Relationships and Sex Education (RSE) in line with this policy.

In delivering Relationships and Sex Education (RSE), the school has due regard to statutory guidance issued by the Secretary of State and fulfils its obligations under relevant legislation.

This policy is informed by current Department for Education (DfE) guidance and is supported by the following statutory frameworks:

2. [Keeping Children Safe in Education](#) (Statutory guidance)
3. [Relationships and sex education \(RSE\) and health education 2026](#) (Statutory guidance)
4. [Respectful School Communities: Self Review and Signposting Tool](#) (a tool to support a whole-school approach that promotes respect and discipline)
5. [Behaviour and Discipline in Schools](#) (advice for schools, including advice for appropriate behaviour between students)
6. [Equality Act 2010 and schools](#)
7. [SEND code of practice: 0 to 25 years](#) (statutory guidance)
8. [Alternative Provision](#) (statutory guidance)
9. [Mental Health and Behaviour in Schools](#) (advice for schools)
10. [Preventing and Tackling Bullying](#) (advice for schools, including advice on [cyberbullying](#))
11. [Sexual violence and sexual harassment between children in schools](#) (advice for schools)
12. [The Equality and Human Rights Commission Advice and Guidance](#) (provides advice on avoiding discrimination in a variety of educational contexts)
13. [Promoting Fundamental British Values as part of SMSC in schools](#) (guidance for maintained schools on promoting basic important British values as part of students' spiritual, moral, social and cultural (SMSC))
14. [SMSC requirements for independent schools](#) (guidance for independent schools).
15. Section 403 of the Education Act 1996
16. Section 80A of the Education Act 2002
17. Section 34 of the Children and Social Work Act 2017

We also consider relevant advice from public health bodies, to ensure a holistic approach to RSE that supports students' wellbeing.

18. Scope

The scope of this policy includes all staff and students at our school.

19. Policy Statement

Definition

Sex and relationship education and health is about the emotional, social and cultural development of students, and involves learning about relationships, sexual health, sexuality, healthy lifestyles, diversity and personal identity.

Sex and relationship education involves a combination of sharing information and exploring issues and values.

Sex and relationship education is not about the promotion of sexual activity.

Curriculum

Our RSE curriculum is built into our wider Relational (PSHE) curriculum and is supported by bespoke programmes based on individual student needs. It is delivered in line with a “stage not age” approach linked to a student’s emotional and physical development.

We will look to further develop the curriculum in consultation with parents, students and staff, taking into account the age, needs and feelings of students. If students ask questions outside the scope of this policy, teachers will respond in an appropriate manner so they are fully informed.

Delivery of Relationship and Sex Education

Relationship and Sex Education is taught within the Relational Pillar in the Relational Curriculum.

Within our Enterprise learning model, RSE is lifelong learning about physical, moral and emotional development. It is about the understanding of the importance of a stable and loving relationship. It is also about the teaching of sex, sexuality, and sexual health as well as preparing students at school for opportunities, responsibilities and experiences of later life. It is not about the promotion of sexual orientation or sexual activity. Our curriculum is also designed to support children growing up in an increasingly complex and digital world. Whilst the internet is an overwhelmingly positive development in our lives, it does present significant challenges, particularly for young people. The dominance of social media and AI risks children learning about relationships from untrustworthy sources; we aim to support children to make the right decisions and keep themselves safe and happy.

Primary Relationship and Sex Education focuses on teaching the fundamental building blocks and characteristics of positive relationships including:

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe

Secondary Relationship and Sex Education focuses on giving young people the information they need to help them develop healthy, nurturing relationships of all kinds including:

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

These areas of learning are taught within the context of family life taking care to ensure that there is no stigmatization of children based on their home circumstances (families can include single parent families, LGBT parents, families headed by grandparents, adoptive parents, foster parents/carers amongst other structures) along with reflecting sensitively that some children may have a different structure of support around them (for example: looked after children or young carers).

The curriculum delivery will take account of the faith backgrounds of students and accommodate this as much as possible in the delivery of the curriculum.

Information sharing and consent

All schools should share the content and format of the RSE curriculum with families and take their feedback into account in the drafting and delivery of the curriculum.

Parents' right to withdraw

Parents have the right to withdraw their children from the non-statutory/non-science components of sex education within Relationship and Sex Education up to and until 3 terms before the child turns 16. After this point, if the child wishes to receive sex education rather than being withdrawn, the school will arrange this.

Requests for withdrawal can be found on each school's individual website.

A copy of withdrawal requests will be placed in the student's educational record. The headteacher will discuss the request with parents and take appropriate action.

All students who have withdrawn from the sex education curriculum will be provided with meaningful alternative educational activities.

Training

Staff are trained on the delivery of sex and relationship education.

The headteacher will also invite visitors from outside the school, such as school nurses or sexual health professionals, to provide support and training to staff teaching sex and relationship education.

The delivery of sex and relationship education is monitored by the programme delivery lead through monitoring arrangements, such as lesson observations, planning scrutinies etc.

Students' development in sex and relationship education is monitored by teachers as part of our internal assessment systems.

The Spaghetti Bridge Relational Approach equips staff with the relational knowledge of their students to ensure all meanings and language are understood and explained in a factual way, students will only be encouraged to participate in a discussion if they are ready to and confident to. Teachers will not let their personal beliefs and attitudes influence their teaching of RSE.

20. Roles & Responsibilities

Staff

Staff are responsible for:

- Delivering sex and relationship education in a sensitive way
- Modeling positive attitudes to sex and relationship education
- Monitoring progress
- Responding to the needs of individual students
- Responding appropriately to students whose parents wish them to be withdrawn from the components of sex and relationship education

Staff do not have the right to opt out of teaching sex and relationship education. Staff who have concerns about teaching relationships and sex are encouraged to discuss this with the headteacher.

If at any point a disclosure is made by a student, it is the responsibility of the member of staff to follow the schools' safeguarding policy and notify the Designated Safeguarding Lead or Deputy Designated Safeguarding Lead. Staff must also log any concerns for a student on Bridgelink.

Students

Students are expected to engage fully in sex and relationship education and, when discussing issues related to sex and relationship education, treat others with respect and sensitivity.

The consultation and policy development process involved the following steps:

1. Review – a member of staff or working group pulled together all relevant information including relevant national and local guidance.
2. Staff consultation – all school staff were given the opportunity to look at the policy and make recommendations.
3. Parent/stakeholder consultation – parents were sent a copy of the policy to comment on for review. Parents were invited to feedback through written, online or in a meeting. Parents were part of the development of this policy.
4. Student consultation – we will investigate what exactly students want from their Relationship and Sex Education.

21. Support, Advice and Communication

Parents / Carers are sent a yearly overview of the Relational Curriculum including the Relational and Sex Education subject. Parents are sent a more detailed termly overview of the themes and subjects that will be covered that term. Parents are invited to attend an online consultation meeting once a term.

Parents/ carers can contact the Senior Leadership team at their school at any point for more information, support and guidance.

22. Appendix 1: By the end of primary, students should know

Topic	Students Should Know
Families and people who care about me	<p>That families are important for children growing up because they can give love, security and stability</p> <p>The characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives</p> <p>That others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care</p> <p>That stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up</p> <p>That marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong</p> <p>How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed</p>
Caring friendships	<p>How important friendships are in making us feel happy and secure, and how people choose and make friends</p> <p>The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties</p> <p>That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded</p> <p>That most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right</p> <p>How to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed</p>
Respectful relationships	<p>The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs</p> <p>Practical steps they can take in a range of different contexts to improve or support respectful relationships</p> <p>The conventions of courtesy and manners</p> <p>The importance of self-respect and how this links to their own happiness</p> <p>That in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority</p> <p>About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help</p> <p>What a stereotype is, and how stereotypes can be unfair, negative or destructive</p> <p>The importance of permission-seeking and giving in relationships with friends, peers and adults</p>

Topic	Students Should Know
Online relationships	<p>That people sometimes behave differently online, including by pretending to be someone they are not</p> <p>That the same principles apply to online relationships as to face-to face relationships, including the importance of respect for others online including when we are anonymous</p> <p>The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them</p> <p>How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met</p> <p>How information and data is shared and used online</p>
Being safe	<p>What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context)</p> <p>About the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe</p> <p>That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact</p> <p>How to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know</p> <p>How to recognise and report feelings of being unsafe or feeling bad about any adult</p> <p>How to ask for advice or help for themselves or others, and to keep trying until they are heard</p> <p>How to report concerns or abuse, and the vocabulary and confidence needed to do so</p> <p>Where to get advice e.g. family, school and/or other sources</p>

23. Appendix 2: By the end of secondary, students should know

Topic	Students Should Know
Families	<p>That there are different types of committed, stable relationships</p> <p>How these relationships might contribute to human happiness and their importance for bringing up children</p> <p>What marriage is, including their legal status e.g. that marriage carries legal rights and protections not available to couples who are cohabiting or who have married, for example, in an unregistered religious ceremony</p> <p>Why marriage is an important relationship choice for many couples and why it must be freely entered into</p> <p>The characteristics and legal status of other types of long-term relationships</p> <p>The roles and responsibilities of parents with respect to raising of children, including the characteristics of successful parenting</p> <p>How to: determine whether other children, adults or sources of information are trustworthy: judge when a family, friend, intimate or other relationship is unsafe (and to recognise this in others' relationships); and, how to seek help or advice, including reporting concerns about others, if needed</p>
Respectful relationships, including friendships	<p>The characteristics of positive and healthy friendships (in all contexts, including online) including: trust, respect, honesty, kindness, generosity, boundaries, privacy, consent and the management of conflict, reconciliation and ending relationships. This includes different (non-sexual) types of relationship</p> <p>Practical steps they can take in a range of different contexts to improve or support respectful relationships</p> <p>How stereotypes, in particular stereotypes based on sex, gender, race, religion, sexual orientation or disability, can cause damage (e.g. how they might normalise non-consensual behaviour or encourage prejudice)</p> <p>That in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including people in positions of authority and due tolerance of other people's beliefs</p> <p>About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help</p> <p>That some types of behaviour within relationships are criminal, including violent behaviour and coercive control</p> <p>What constitutes sexual harassment and sexual violence and why these are always unacceptable</p> <p>The legal rights and responsibilities regarding equality (particularly with reference to the protected characteristics as defined in the Equality Act 2010) and that everyone is unique and equal</p>

Topic	Students Should Know
Online and media	<p>Their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online</p> <p>About online risks, including that any material someone provides to another has the potential to be shared online and the difficulty of removing potentially compromising material placed online</p> <p>Not to provide material to others that they would not want shared further and not to share personal material which is sent to them</p> <p>What to do and where to get support to report material or manage issues online</p> <p>The impact of viewing harmful content</p> <p>That specifically sexually explicit material e.g. pornography presents a distorted picture of sexual behaviours, can damage the way people see themselves in relation to others and negatively affect how they behave towards sexual partners</p> <p>That sharing and viewing indecent images of children (including those created by children) is a criminal offence which carries severe penalties including jail</p> <p>How information and data is generated, collected, shared and used online</p>
Being safe	<p>The concepts of, and laws relating to, sexual consent, sexual exploitation, abuse, grooming, coercion, harassment, rape, domestic abuse, forced marriage, honour-based violence and FGM, and how these can affect current and future relationships</p> <p>How people can actively communicate and recognise consent from others, including sexual consent, and how and when consent can be withdrawn (in all contexts, including online)</p>
Intimate and sexual relationships , including sexual health	<p>How to recognise the characteristics and positive aspects of healthy one-to-one intimate relationships, which include mutual respect, consent, loyalty, trust, shared interests and outlook, sex and friendship</p> <p>That all aspects of health can be affected by choices they make in relationships and sex, positively or negatively, e.g. physical, emotional, mental, sexual and reproductive health and wellbeing</p> <p>The facts about reproductive health, including fertility and the potential impact of lifestyle on fertility for men and women</p> <p>That there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others</p> <p>That they have a choice to delay sex or to enjoy intimacy without sex</p> <p>The facts about the full range of contraceptive choices, efficacy and options available</p> <p>The facts around pregnancy including miscarriage</p> <p>That there are choices in relation to pregnancy (with medically and legally accurate, impartial information on all options, including keeping the baby, adoption, abortion and where to get further help)</p> <p>How the different sexually transmitted infections (STIs), including HIV/AIDs, are transmitted, how risk can be reduced through safer sex (including through condom use) and the importance of and facts about testing</p> <p>About the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment</p> <p>How the use of alcohol and drugs can lead to risky sexual behaviour</p> <p>How to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment</p>

24. Appendix 3: Parent form: withdrawal from sex education within relationships and sex education

To Be Completed By Parents			
Name of child		Class	
Name of parent		Date	
Reason for withdrawing from sex education within relationships and sex education			
Any other information you would like the school to consider			
Parent signature			

To Be Completed By The School	
Agreed actions from discussion with parents	



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Parties involved with this document

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Tue, 9th Jun 2026 9:33:20 BST	Dan Alipaz - Signer (f9d5dbc19073bb3d4807087f63bb8cee)

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stephen.bradshaw@spbridge.co.uk (185.66.206.162)

Tue, 9th Jun 2026 11:10:57 BST Signed document confirmation emailed to dan.alipaz@spbridge.co.uk
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Tue, 9th Jun 2026 11:10:57 BST Signed document confirmation emails have been sent to all parties.
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<https://api.signable.app/shareable/envelope?t=9d1bfa5d-df7e-464f-86a9-5984e95a69e8> (185.66.206.162)