Shrewsbury School

Relationships and Sex Education Policy

Shrewsbury School

September 2026

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Introduction

This policy has been written in accordance with all relevant legislation and the Department for Education (DfE) Statutory Guidance on Relationships Education, Relationships and Sex Education (RSE) and Health Education (2019), alongside the updated statutory guidance published in July 2025, which will become mandatory from September 2026.

It has been developed in consultation with parents and has been reviewed and approved by the Leadership Team and relevant School Governors.

The RSE Policy is reviewed annually in July by the Deputy Head (Pastoral) and the Head of Pupil Wellbeing and is subsequently approved annually by the Leadership Team and relevant School Governors. The RSE Policy is made available to all parents and guardians on the Shrewsbury School website.

RSE at Shrewsbury School plays a vital role in safeguarding pupils. In line with Keeping Children Safe in Education (KCSIE), the programme supports pupils in recognising healthy and unhealthy relationships, understanding issues such as consent, coercion, exploitation and abuse, and knowing how and when to seek help. RSE contributes to the school's wider safeguarding culture by ensuring pupils feel safe, informed and able to report concerns.

Related Shrewsbury School policies include:

- Child Protection and Safeguarding Policy
- Curriculum Policy
- Pupil Behaviour Policy
- SEN and Learning Disabilities Policy
- Accessibility Plan

Definition of Relationships and Sex Education (RSE)

Relationships and Sex Education (RSE) at Shrewsbury School forms part of the Personal Social Development (PSD) Programme within the School Curriculum. It aims to give pupils the information they need to help them develop healthy, nurturing relationships of all kinds, not just intimate relationships. It enables pupils to understand what a healthy relationship looks like and what makes a good friend, a good colleague, or a successful long-term relationship.

Shrewsbury School builds on the foundation of Relationships Education from primary school and from the RSE taught at Prep Schools, Secondary Schools or International Schools from which our pupils arrive in Third Form (Year 9).

As pupils grow up, teaching is extended to include intimate relationships. Alongside this, pupils are taught about family relationships, friendships and other important social connections. This enables pupils to distinguish between healthy relationships and those that are distorted or harmful.

Through effective RSE lessons and dedicated talks, the School does not encourage early sexual experimentation, but instead seeks to support pupils in understanding human sexuality, respecting themselves and others, and developing confidence and self-esteem. Pupils are supported in understanding the reasons for making informed and responsible choices, including delaying sexual activity.

Subject Content

An overview of the RSE components of the School's PSD course is set out in Appendix A, mapped against statutory requirements outlined in the DfE Statutory Guidance.

The RSE curriculum also addresses relationships in a digital context, including online behaviour, the impact of social media, exposure to harmful content, and the importance of digital consent and privacy. Pupils are supported in developing the skills to critically evaluate online influences and to stay safe in an increasingly digital world.

How RSE is Taught

RSE is delivered at Shrewsbury School in a range of ways:

PSD Lessons within the timetable:

- Third Form (Year 9): one 40-minute lesson per week
- Fourth Form (Year 10): one 40-minute lesson per week
- Fifth Form (Year 11): one 40-minute lesson per fortnight

Sixth Form provision:

- Six tutor periods dedicated to PSHE throughout the year
- Assemblies dedicated to Online Safety and Safeguarding
- Regular year group talks with specialist RSE speakers (e.g. IT Happens Education)
- Input from the Health Centre, medical professionals and Sea Change (school counselling service)
- House-based talks and workshops with specialist speakers

These sessions often take place during Top Schools time, usually on a Tuesday evening.

Who is Responsible for Teaching RSE?

At Shrewsbury School, PSD (including RSE) is delivered by a trained team of staff:

- Ms Anna Peak – Deputy Head (Pastoral)
- Mr Henry Farmer – Head of Pupil Wellbeing
- Mrs Clare Wilson – DDSL and Responsibility for PSD Assessment
- Mrs Lauren Temple – Housemistress
- Mr Ed Phillips – Housemaster
- Mrs Anita Wyatt – Housemistress

The department delivers content in a non-judgemental and factual way, enabling pupils to ask questions in a safe environment. Ground rules are established and anonymous question boxes are used for sensitive topics.

The PSD department is supported by:

- The School Health Centre
- External specialists (e.g. IT Happens)

Additional reinforcement is provided by:

- House pastoral teams
- Trained Wellbeing Ambassadors working with Third Form pupils

How is RSE Monitored and Evaluated?

RSE is monitored and evaluated through:

- Monthly meetings between the Deputy Head (Pastoral) and Head of Pupil Wellbeing
- Termly safeguarding review meetings
- Annual training and monitoring from external RSE specialists
- Ongoing support and communication with PSD teaching staff
- Annual PSD teacher feedback questionnaires
- External networking (e.g. Rugby Group schools PSHE meetings and INSET)
- Pupil voice (feedback, surveys, question boxes, exit passes)
- Pupil feedback informs ongoing curriculum development and adaptation
- Annual subject content review
- Use of high-quality resources (e.g. Cre8ive Resources, The Wellbeing Hub, The PSHE Association, Unifrog)
- Regular pupil assessment (including baseline assessments for Third and Sixth Form)
- End-of-year written reports for Third and Fourth Form pupils
- The impact of the RSE programme is evaluated through a combination of pupil outcomes, pastoral data, safeguarding trends, and pupil confidence in reporting concerns. This ensures that the curriculum remains responsive, relevant and effective in meeting pupils' needs.

Accessibility to the RSE Course

All RSE teaching materials are accessible to all pupils in accordance with the School's SEN and *Learning Disabilities Policy* and the Equality Act 2010.

The programme reflects the protected characteristics outlined in the Equality Act 2010 and ensures that all pupils receive inclusive, respectful and representative education.

Shrewsbury School operates within the Christian tradition while maintaining an inclusive and respectful approach to all faiths and none. RSE lessons promote open discussion, inclusivity, and respect for diversity.

Any discriminatory or inappropriate behaviour is addressed in line with the School's *Pupil Behaviour and Anti-Bullying Policies*.

Explanation of the Right to Withdraw

The School works closely with parents to support pupils' personal development and wellbeing. RSE forms an important part of a broad and balanced curriculum.

There is no right to withdraw from Relationships or Health Education.

Parents may request withdrawal from specific elements of Sex Education. In such cases:

- A meeting with the Deputy Head (Pastoral) is required
- Parents should be aware of potential social and educational impacts
- Pupils may still receive informal or peer-transmitted information

In line with statutory guidance, the School will only grant withdrawal requests up to three terms before a pupil turns 16.

Owner: ARP – Deputy Head (Pastoral)
HPF - Head of Pupil Wellbeing and PSD
Updated July 2026
Next review July 2027

Appendix A – Overview of Subject Content

Shrewsbury School RSE Curriculum Overview 2026

3rd form (Year 9): Foundations – relationships, consent, online safety, sexual health basics, support

4th form (Year 10): Risk & Responsibility – sexual health, coercion, media, misogyny, equality

5th form (Year 11): Independence & Safeguarding – abuse, reporting, pregnancy, safety, grief

L6 (Year 12): Adult Relationships – consent, contraception, independence, safety, identity

U6 (Year 13): Life Beyond School – university life, substances, risk, legal rights, relationships

Golden Threads: Safeguarding, consent, online safety, inclusion, wellbeing, support
Impact: confident, informed, safe and responsible young people

Appendix B – Consultation with Parents

The letter below is sent to all Shrewsbury School parents in September each year.

Dear Parent,

As part of your child's education at Shrewsbury School, we promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic (PSHE) education programme, known at Shrewsbury as PSD (Personal and Social Development). Our PSD programme aims to give pupils the knowledge, understanding, attitudes and practical skills to live safe, healthy and productive lives, and to fulfil their potential.

I am writing to let you know that during PSD lessons there is an annual focus on Relationships and Sex Education (RSE). RSE is a statutory requirement for all schools, and our provision reflects both the current Department for Education (DfE) guidance (2019) and the updated statutory guidance published in 2025, which will be implemented from September 2026.

RSE includes teaching about healthy relationships (including friendships and intimate relationships), families, growing and changing (including puberty), personal hygiene, changing feelings, becoming more independent, keeping safe (including online), consent, and understanding the impact of social media and digital environments.

These lessons are taught by trained members of the Shrewsbury staff and take place within a safe and supportive learning environment, underpinned by the School's ethos and values. They also play an important role in safeguarding, helping pupils to recognise healthy and unhealthy relationships, understand consent, and know how and when to seek support. Within these lessons, pupils have opportunities to ask questions that help prepare them for relationships of all kinds.

PSD is taught throughout the lower school, while Sixth Form pupils follow a tailored programme of talks, workshops and discussion-based sessions focused on preparing for independent life beyond school. The programme is monitored and reviewed regularly by staff and the governing body. Further information can be found on the School's website.

As a school community, we are committed to working in partnership with parents. If you wish to discuss any aspect of the RSE curriculum, we would be very pleased to hear from you.

It is also important to note that statutory guidance for RSE and Health Education states that parents cannot withdraw their child from Relationships Education or Health Education. However, parents may request to withdraw their child (following discussion with the School) from some or all elements of Sex Education, other than those which form part of the science curriculum, up to and until three terms before the age of 16. After that point, if a pupil wishes to receive sex education, the School will make appropriate arrangements for this to take place.

We are very keen to work in partnership with parents in supporting their child's personal and social development. Following a review of our previous parent talks and webinars, we are pleased to enhance this provision through our renewed partnership with Teen Tips and The Wellbeing Hub. This platform provides a wide range of resources and monthly expert-led talks on pastoral and wellbeing topics relevant to parenting teenagers.

All Shrewsbury School parents are registered with The Wellbeing Hub, and you can access this via our parent portal. Comprehensive joining instructions are found on the portal. https://shrewsbury.myschoolportal.co.uk/page/271

We will remind parents through the e-newsletter what is coming up each month but do please look at the site and the range of resources that are available on top of the monthly talks.

If you would like to find out more or discuss any concerns, I would be happy to hear from you.

Yours sincerely,

Henry Farmer

Head of Pupil Wellbeing and PSD

hpf@shrewsbury.org.uk