

QMX ACADEMY

RELATIONSHIP AND SEX EDUCATION POLICY

Last Updated

19th June, 2025



Contents Page

1. Policy Statement
2. Legal Framework
3. Aims and Objectives
4. Curriculum Delivery
5. Parental Engagement and Right to Withdraw
6. Inclusivity and Sensitivity
7. Safeguarding and Confidentiality
8. Monitoring and Evaluation
9. Policy Review

1. Policy Statement

QMX Academy is committed to delivering high-quality Relationships and Sex Education (RSE) that promotes the wellbeing, safety, and personal development of all learners. RSE supports pupils to build healthy relationships, understand human development, and respect diversity and consent.

2. Legal Framework

This policy has been developed in accordance with:

- The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019
- The Equality Act 2010
- The Education Act 1996
- DfE Guidance (2020): Relationships and Sex Education (RSE) and Health Education

3. Aims and Objectives

The aims of RSE at QMX Academy are to:

- Prepare learners for puberty and the emotional and physical aspects of growing up
- Promote respect, equality, and understanding in relationships
- Equip students to make informed, responsible decisions
- Help pupils understand consent, boundaries, and healthy sexual development

4. Curriculum Delivery

RSE at QMX Academy is delivered through a combination of PSHE lessons, tutor sessions, and enrichment activities. The curriculum is carefully designed to be age-appropriate, inclusive, and responsive to the social, emotional, and developmental needs of KS3 and KS4 learners.

Key safeguarding themes embedded in the RSE curriculum include:

- Healthy and respectful relationships (including friendships and family relationships)
- Consent, boundaries, and personal autonomy
- Online safety and digital consent
- Recognising and reporting abuse, including grooming, exploitation (CSE/CCE), and domestic abuse
- Peer-on-peer abuse, bullying, and harassment

- Mental health and emotional wellbeing
- Sexting and the consequences of sharing explicit content
- Gender identity, body image, and tackling stereotypes
- Safe choices regarding sexual activity, contraception, and STI prevention

Where appropriate, external agencies or trained professionals may be invited to deliver specific sessions to enhance learners' understanding of these areas in a sensitive and supportive manner.

All RSE delivery is trauma-informed, and staff are trained to handle disclosures appropriately, referring to the DSL when safeguarding concerns arise.

5. Parental Engagement and Right to Withdraw

- Parents/carers are informed about the content and timing of RSE lessons.
- Parents have the right to withdraw their child from sex education (but not relationships education or health education).
- Requests must be submitted in writing to the Director or PSHE Lead.

6. Inclusivity and Sensitivity

- Lessons are delivered in a way that considers the diverse backgrounds of learners, including cultural, religious, and LGBTQ+ perspectives.
- Content will be factual, respectful, and non-judgmental.

7. Safeguarding and Confidentiality

- RSE may involve discussions that raise safeguarding concerns. Staff will follow QMX's Safeguarding Policy and report any disclosures appropriately.
- While we respect learners' privacy, we cannot offer full confidentiality when safety is at risk.

8. Monitoring and Evaluation

- RSE delivery is reviewed termly through lesson observation, student feedback, and staff reflection.
- The PSHE Lead oversees quality assurance and curriculum updates.



9. Policy Review

This policy is reviewed annually or in response to changes in legislation or best practice.