

THE HAVEN

Operated by the Autistic Girls Network charity — 1196655 (England and Wales), SC054837 (Scotland)

RSHE Policy

Document	RSHE Policy
Version	08.26
Status	live
Last reviewed	26 August 2026
Next review	29 April 2027
Owner	Designated Safeguarding Lead
Approved by	Proprietor

Approved Date: * February 2026

Review Date: **April 2027**

Policy Coordinator: **the Designated Safeguarding Lead**

Governance Approval: **the Co-Chair of Governors**

Version: * 08.26

1. Policy Overview The Haven is a hybrid-flexible (hyflex), trauma-informed, and neurodivergent-affirming school for learners aged 12–17. We are committed to providing inclusive, developmentally appropriate, and evidence-informed Relationships, Sex, and Health Education (RSHE) that reflects the lived experiences and identities of our learners.

Our RSHE curriculum is designed to equip young people with the knowledge, skills, and confidence to make informed, safe, and ethical decisions about their relationships, wellbeing, and bodies.

This policy outlines how RSHE is taught, who is responsible for its delivery, how it is monitored, and the role of parents/carers in supporting learner wellbeing.

2. Statutory Compliance This policy complies with the statutory requirements outlined in:

- The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019
- Education Act 2002 and Children and Social Work Act 2017
- Equality Act 2010
- Keeping Children Safe in Education (2026)

3. Scope of RSHE at The Haven

- **Relationships Education** is mandatory for all pupils and covers friendship, family, online interactions, consent, and respect.

- **Sex Education** is delivered at KS3 and KS4 in an inclusive, staged, and age-appropriate way, with clear information about rights, laws, health, gender identity, and sexual orientation.
- **Health Education** supports learners in managing puberty, mental health, digital safety, substance use, physical wellbeing, and self-advocacy.

A detailed RSHE curriculum guide is published annually and shared with families. Key topics include:

- Consent and boundaries
- Online safety and AI risks, including harmful interactions with AI chatbots and companion-style systems
- Nudes and semi-nudes — including images that have been digitally altered or wholly generated using AI — and how to seek help without shame if an image has been shared
- Mental health and self-regulation
- Gender identity and inclusive relationships
- Safer sex and reproductive choices
- Harm prevention (e.g. sextortion, coercion, exploitation)

4. Curriculum Design and Delivery Our RSHE programme is:

- **Spiral:** Revisits key topics over time with increasing depth.
- **Flexible:** Adapted to meet learner needs and current issues.
- **Inclusive:** Uses language and resources affirming of all genders, neurotypes, bodies, and backgrounds.
- **Evidence-based:** Medically and legally accurate.

Sessions are delivered by The Haven educators, with potential to have occasional input from specialist professionals. We provide opt-ins for learners to reflect, pause, or revisit sensitive content.

5. Accessibility and Inclusion We adapt delivery for learners with SEND and use multimodal tools (visual, written, spoken) to ensure comprehension. Trauma-informed strategies are embedded to create emotional safety.

6. Parent and Carer Engagement The Haven engages parents/carers in:

- Reviewing this policy (annually or upon change)
- Previewing curriculum guides and session plans
- Attending information sessions or 1:1 consultations

Parents have the right to request withdrawal from **sex education** (not from relationships or health education). This request should be made in writing and will prompt a supportive discussion with the Head of School.

Learners may opt back into sex education from three terms before they turn 16.

7. Safeguarding and Confidentiality All RSHE teaching aligns with The Haven's Safeguarding Policy. Disclosure of abuse or harm is managed according to our digital and in-person safeguarding protocols. Learners are informed that confidentiality cannot be guaranteed if a concern arises.

8. Monitoring and Evaluation RSHE delivery is reviewed termly through:

- Learner feedback and engagement patterns

- Curriculum audits and lesson observation
- Staff reflection and training needs

The *RSHE Policy* is reviewed annually and approved by The Haven's governing body.

9. Links to Other Policies

- Safeguarding and Child Protection
- Online Safety and Filtering
- Inclusion and SEND Policy v01.26
- Behaviour and Relational Support

10. Policy Availability This policy is available on our website and upon request as a printed copy.

For any questions, please contact the RSHE Coordinator at: the Deputy DSL

This PDF was generated from the published policy at policies.thehavenonline.school on 26 August 2026. The website is the authoritative, most current version of this policy.