



Parents' Guide to RSE (right to withdraw)

Understanding Relationships, Sex and Health Education at ASPIRE AP: a guide for parents

All secondary age children are taught Relationships, Sex and Health Education. These subjects are designed to equip your child with knowledge to make informed decisions about their wellbeing, health and relationships as well as preparing them for a successful adult life. We deliver the content through PSHE (and Science) in a way that is age and developmentally appropriate, and sensitive to the needs and religious background of its pupils.

Relationships and Sex Education

Relationships and Sex Education aims to give young people the information they need to help them develop healthy, informed nurturing relationships of all kinds. At Aspire, we cover healthy and unhealthy relationships, including a good friend, colleague and successful marriage or committed relationship. At the appropriate time, the focus will move to developing intimate relationships, to equip your child with knowledge they need to make safe, informed and healthy choices as they progress through adult life.

By the end of secondary school, pupils will have been taught content on:

- families
- respectful relationships, including friendships
- online media safety
- being safe
- intimate and sexual relationships, including sexual health

You can find further details by searching 'relationships, sex and health education' on GOV.UK.

Health Education

Health Education aims to give your child the information they need to make good decisions about their own health and wellbeing; to recognise issues in themselves and others; and to seek support as early as possible when issues arise.

By the end of secondary school, pupils will have been taught content on:

- mental wellbeing
- internet safety and harms
- physical health and fitness
- healthy eating
- drugs, alcohol and tobacco
- physical health
- basic first aid
- changing adolescent body

You can find further details by searching 'relationships, sex and health education' on GOV.UK.

The important lessons we teach your child about healthy relationships, looking after themselves and staying safe, are respected and valued within the curriculum.

At Aspire, we will consult with you when developing and renewing our policies on Relationships, Sex and Health Education.



These policies are published online and be available to view by anybody, free of charge.

You can express your opinion to support us, in deciding how and when to cover the content of the statutory guidance.

Right to withdraw your child

You cannot withdraw your child from the Health Education or the Relationships Education element of Relationships and Sex Education, as it is statutory that all children receive this content, covering topics such as friendships and how to stay safe.

If you do not want your child to take part in some or all of the Sex Education lessons delivered at Aspire, you can ask that they are withdrawn.

Your child's Head of School will consider this request and discuss it with you, and will grant this in all but exceptional circumstances, up until three school terms before your child turns 16.

At this age, your child can choose to receive Sex Education if they would like to, and the school should arrange for your child to receive this teaching in one of those three terms (unless there are exceptional circumstances).

Requests for withdrawal should be put in writing using the form found below, and in Appendix 3 of the Aspire RSE policy, and addressed to the Head of School.

If you want to know more about what will be taught as part of these subjects, please contact us directly.



Parent form: withdrawal from sex education within RSE

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	Include notes from discussions with parents and agreed actions taken. <i>E.g.: Joe Bloggs will be taking part in all relationship lessons and during the sex education lessons, he will be found an alternative relationships based activity in a separate location.</i>