

1) Our curriculum is designed with an EDI lens

In RSe we structure our curriculum to be proactive, inclusive by design, and grounded in real-world diversity—not just compliant with policy, but genuinely supportive of every student’s development and wellbeing. It is intentionally built for all students to feel represented, respected, and able to participate meaningfully—regardless of their identity, background, or experiences.

2) Our curriculum reflects our society

Relationships and Sex Education (RSe) doesn’t exist in a vacuum—it tends to mirror the values, challenges, and priorities of the society that designs it. RSe evolves alongside shifts in attitudes toward relationships, gender roles, and identity. (Eg: greater inclusion of LGBTQ+ topics reflects increased social recognition and rights). Modern societies are more diverse, and RSe often tries to reflect that society has different family structures (single parents, same-sex parents, blended families), alongside an awareness of cultural and religious perspectives on relationships and sexuality. RSe is shaped by real-world concerns such as mental health, online safety, and pornography literacy and contraception. Society’s digital shift is strongly reflected in lessons about social media, sexting, and online consent and understanding unrealistic portrayals of relationships in media. RSe reflects the laws of the country by including age of consent, marriage laws, and safeguarding policies

3) Our curriculum broadens horizons and incorporates multiple perspectives

An effective RSe curriculum doesn’t just teach what relationships are—it helps students understand how they vary across people, cultures, and contexts. That’s what truly broadens horizons and equips young people to navigate a diverse world. A strong RSe curriculum includes people of different genders and gender identities; sexual orientations; cultural and religious backgrounds; and family structures. RSe often explores how attitudes toward relationships and sex vary across cultures and time and encourages discussion about media influence, stereotypes, and social norms. Good RSe classrooms promote respectful discussion and active listening and allow students to share perspectives (where appropriate). Topics like consent, equality, and power dynamics are explored from multiple angles, such as legal, ethical viewpoints, and social contexts.

4) Our curriculum prioritises emotional safety and is intentional in preventing emotional harm

A well-designed RSe curriculum doesn’t just teach content—it carefully shapes how learning happens through ground rules (e.g. respect, no personal disclosures required, no judgement); distancing techniques (e.g. scenarios instead of personal experiences); clear boundaries around confidentiality and safeguarding; and training on handling sensitive discussions safely. Emotional safety depends heavily on when and how topics are introduced - content is introduced gradually using language and concepts matched to students’ maturity levels. Preventing emotional harm will include what healthy vs unhealthy relationships look like, and how to recognise pressure, coercion, or manipulation. An effective RSe curriculum is designed with trauma-informed practice with no requirement to share personal stories and content warnings for sensitive topics, alongside opportunities to opt out or access support and a preparedness to respond appropriately to disclosures. RSe isn’t just about relationships—it builds emotional skills through naming and understanding feelings; managing conflict and rejection; building self-esteem and resilience; and recognising unhealthy emotional patterns

5) Our curriculum actively challenges stereotypes and discrimination

Our Relationships and Sex Education (RSe) curriculum is designed to actively challenge stereotypes and discrimination, and to promote equality, respect, and inclusion for all children. We achieve this by embedding diversity throughout the curriculum, ensuring that teaching materials and learning experiences reflect a wide range of identities, family structures, cultures, abilities, genders, and sexual orientations. This approach supports children in recognising diversity as a normal and valued aspect of society. The curriculum explicitly addresses stereotypes and prejudice, enabling children to develop critical thinking skills and to question assumptions they may encounter in media, peer groups, and wider society. Children are supported to understand how stereotypes can negatively influence attitudes, relationships, and life opportunities. We provide clear teaching on different forms of discrimination, including sexism, racism, homophobia, biphobia, transphobia, and ableism. Children learn about the impact of discriminatory language and behaviour, as well as their rights and responsibilities within the framework of equality legislation. Our RSE programme promotes empathy, respect, and understanding through structured discussion, reflection, and age-appropriate scenarios. Children are encouraged to consider different perspectives and to develop the skills needed to form healthy, respectful relationships. We challenge harmful norms and expectations, particularly those relating to gender roles, power imbalances, and consent. Children are supported to recognise the characteristics of positive, equal relationships and to reject behaviours that are coercive, controlling, or discriminatory. The curriculum also promotes active inclusion and allyship. Children are encouraged to challenge inappropriate language and behaviour safely, support their peers, and contribute to a respectful school community. This work is underpinned by a safe and inclusive learning environment, where ground rules for respectful discussion are established and upheld. Staff model inclusive language and attitudes, ensuring that all children feel valued and able to participate.