



RSHE Statement for The Alternative School Trust (Primary & Secondary)

At The Alternative School Trust, we believe that high-quality Relationships, Sex and Health Education (RSHE) is essential for preparing our pupils for healthy, safe, and respectful relationships in all areas of their lives. RSHE is a core part of our personal, social, health, and economic (PSHE) education curriculum, supporting pupils' development from primary through to secondary school in an age-appropriate, inclusive, and supportive manner.

Our RSHE curriculum emphasises:

1. Building Respectful Relationships

Pupils are taught the importance of respect, empathy, and healthy boundaries, developing skills to foster positive interactions and resolve conflicts constructively.

2. Understanding Self and Others

We promote self-awareness and respect for diversity, including different cultures, family structures, and identities, encouraging pupils to embrace inclusivity.

3. Safety and Wellbeing

Teaching pupils about personal safety, online safety, and the importance of consent is central to our RSE programme, ensuring they are equipped to make safe and informed choices.

4. Body Awareness and Emotional Health

We provide age-appropriate education on physical and emotional changes, helping pupils understand their bodies and emotions as they grow and adapt to new experiences.

5. Preparation for Future Relationships

From primary to secondary, our curriculum equips pupils with the knowledge to build positive, respectful relationships in the future, preparing them for adult life and responsibilities.

6.

At The Alternative School Trust, we strive to create a safe and respectful environment where pupils feel comfortable discussing these topics openly. We work

in partnership with families and respect the crucial role they play in supporting RSHE learning at home. By fostering a holistic approach to RSHE, we aim to empower our pupils to become confident, informed, and responsible members of society.