



## ST HELEN AND ST KATHARINE

### RELATIONSHIPS AND SEX EDUCATION (RSE) POLICY

This policy was developed in response to: Relationships education, relationships and sex education (RSE) and Health Education (2019), the National Healthy School Standard (2001) and Relationships Education, RSE and PSHE policy paper (2017) Equality Act (2010)

#### **Other related policies**

Personal Development Policy  
Safeguarding: Child Protection Policy  
Safeguarding: Online Safety policy

#### **Definition**

Relationships and Sex education are a fundamental strand of the Personal Development and General Study programmes. Through lessons we seek to support students in lifelong learning about their physical, sexual, moral and emotional development and in so doing embrace the challenges of creating a happy and successful adult life. Students need knowledge that will enable them to make informed decisions about their wellbeing, health and relationships and to build their self-efficacy. The programmes will seek to support students in putting this knowledge into practice as they develop the capacity to make sound decisions when facing risks, challenges and complex contexts.

Everyone faces difficult situations in their lives. These subjects can support young people to develop resilience, to know how and when to ask for help, and to know where to access support. Our programme is focused on the understanding of the importance of stable and loving relationships, respect, love and care for family life. It involves acquiring information, developing skills and forming positive beliefs, values and attitudes to make informed decisions about relationships and sexual behaviour.

#### **Aims**

The aim of RSE is that students receive an age appropriate education that prepares them for an adult life in which they can:

- Develop positive relationships and be respectful of others' differences as referenced in the Equality Act 2010.
- Develop positive values and a moral framework that will guide their decisions, judgements and behaviour.

- have the confidence and self esteem to value themselves and others, respect for individual conscience and the skills to judge what kind of relationship they want.
- understand the consequences of their actions and behave responsibly within relationships and sexual relations both in the real world and online.
- Know how their body develops as they age.
- Develop awareness of their gender, sexuality and understand human sexuality.
- Know how to keep themselves safe in relationships and sexual relations.
- Be aware of peer on peer bullying, grooming, sexual exploitation, domestic abuse, Female Genital Mutilation, unhealthy or abusive relationships (including sexual violence, honour-based violence and forced marriage)
- communicate effectively by developing appropriate terminology for sex and relationships.
- Be able to challenge everyday sexism, misogyny, homophobia and gender stereotypes and take positive action to build a culture where these are not tolerated, and any occurrences are identified and tackled
- know how the law applies to sexual relationships and consent.
- avoid being exploited or exploiting others or being pressured into unwanted or unprotected sex.
- understand the arguments for delaying sexual activity.
- understand the reasons for having protected sex.
- have sufficient information and skills to protect themselves and, where they have one, their partner from unwanted pregnancy and sexually transmitted infections including HIV.<sup>1</sup>
- be aware of sources of help and acquire the skills and confidence to report issues, to access confidential health advice, support and treatment if necessary for relationships in the real world and online.

## **Participation**

There is a statutory distinction made between relationships education and sex education. The right to be excused only applies to sex education.

The school will deliver relationships education to students in years 5-U6. The Head of Junior Department and Head of Personal Development will inform parents of the sex education curriculum for years 6-11. Parents of students in years 6-11 have the right to request that their child is withdrawn from sex education up to and until the student is three terms before they are 16. At this point the student can request sex education and the school should provide it. This is in line with statutory guidance. The school would encourage parents to approach the Head of Junior Department (Y6) or PD (Y7-11) before making a decision so that they can support with detailed information and help inform the process.

## **Organisation of delivery**

The school will deliver the taught curriculum through a planned programme of PD (Personal Development) lessons from Year 5 to Year 11. Related topics form part of the General Studies programme for students in Sixth Form.

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<sup>1</sup> P17 Relationships Education, Relationships and Sex Education (RSE) and Health Education Statutory guidance for governing bodies, proprietors, head teachers, principals, senior leadership teams, teachers (2019)

It is the responsibility of the Head of PD to plan the RSE curriculum and to prepare lessons with accurate and appropriate information for each year group from Year 7 to 11. Responsibility for RSE in Year 5 and Year 6 lies with the Head of the Junior Department and responsibility for RSE in the Sixth Form lies with the Deputy Head of Sixth Form who organises General Studies.

The RSE curriculum in the Junior Department, Lower School and Middle School is delivered by Form Tutors and, for some topics, staff from the Health Centre. RSE lessons are set within the wider context of the PD curriculum and focus more on the emotional aspects of development and relationships, although the physical aspects of puberty and reproduction are also included from Y5 upwards. The biological aspects of development and reproduction are taught by staff in the science department.

RSE lessons may consider questions or issues that some students will find sensitive. Before embarking on these lessons ground rules are established which prohibit inappropriate personal information being requested or disclosed by those taking part in the lesson. When students ask questions, we aim to answer them honestly, within the ground rules established at the start of the sessions. When it is felt that answering a specific question would involve information at a level inappropriate to the development of the rest of the students, the question may be dealt with individually at another time.

Staff will be provided with in-service training and up to date reference material by the Head of PD and the school counsellor and the school nurse. Visiting speakers will cover some aspects of the RSE curriculum and will cover a pre-agreed topic.

### **Code of practice- safeguarding**

Teachers who contribute to the delivery of RSE either as a class or when talking to students individually should make it clear that they cannot guarantee confidentiality. They may need to pass on information if they believe it to be in the best interests of the student concerned.

In a case where a teacher learns from a student under the age of 16 that they are having or contemplating sexual intercourse they will take the following steps:

- the student will be persuaded, wherever possible, to talk to parents/carers and if necessary to seek medical advice.
- the teacher will ensure that the student understands that confidentiality cannot be guaranteed and that the Designated Safeguarding Lead (DSL) must be informed. The student should be reassured that they will be informed if further action is going to be taken.
- the teacher will contact the DSL who will consider next steps, including referral under the school's Safeguarding/Child Protection Policy or use of the Health Centre and they will agree next steps as appropriate.
- If a student has not initially told a parent, the school will work with the student to establish support at home, as appropriate.

**Monitoring and evaluation**

It is the responsibility of the Head of the Junior Department, Head of PD and Deputy Head of Sixth Form to organise RSE in the school and of the Director of students oversee the monitoring and evaluation of RSE. They should invite regular feedback from staff and students to inform future planning and policy.

The RSE Reference Group (consisting of the Head of the Junior Department, the Head of PD, the Deputy Head of Sixth Form, the Director of Students, the school nurse and school counsellor) is responsible for reviewing the RSE programme annually, ensuring a coherent provision for all year groups and recommending changes as necessary. The group is also responsible for reviewing the Relationships and Sex education policy annually to ensure a current and appropriate provision for all year groups.

Students will be encouraged to review and suggest changes to the RSE curriculum and delivery annually through the School Council.

This policy is available on the school website and feedback from parents is welcome. When sending out information about PD the Head of Junior Department and Head of PD should be very clear about inviting feedback on the content and delivery and draw parents' attention to the policy on the website.

The Director of Students will discuss the Relationships and Sex education policy annually with the Safeguarding governor who will also review the policy.

Policy last reviewed .....June 2020  
Next review due .....June 2022  
Person responsible for review:.....SRE Reference Group  
Audience:.....Staff/Parents