

# RELATIONSHIPS AND SEX EDUCATION (RSE) POLICY

**Primary person responsible for this policy:** Charlotte Magniez

**Job title:** Lead of PHSCE

**Last review date:** September 2021

**Next review date:** June 2022

**Relevant ISI coding (if applicable):** 2f

**Circulation:** This policy has been adopted by the governors and is available to parents on the Alpha Plus Group portal. It is addressed to all members of staff and volunteers and applies wherever they are working with children. ‘Parents’ refers to parents, guardians and carers.

## 1- Rationale and ethos

**The DFE guidance defines RSE as “lifelong learning about physical, moral and emotional development. It is about the understanding of the importance of marriage and family life, stable and loving relationships, respect, love and care. It is also about the teaching of sex, sexuality and sexual health”**

We believe that Relationships and Sex Education (RSE) is important for our pupils because it is a crucial part of the social and emotional development of children and young people. Far from sexualising young people, RSE aims at protecting our students and promoting happy and healthy relationships. At no point is it about the promotion of sexual orientation or sexual activity. Relationships Education starts at an early age, and while much of it is learned from parents, it is also received from peers, films, social media, internet and others which means students can access more and more easily to an abundant amount of information which is not always correct or age appropriate. It is vital to provide quality Relationships and Sex Education in the safe and secure environment that is our school where pupils can learn using appropriate materials and can be supported by professionals.

Our programme is linked to other school subjects like Science and part of the school PHSCE programme.

It was produced by Charlotte Magniez, Lead of PHSCE, in consultation with the Headmaster, David Bradbury.

The intended outcomes of our programme are that pupils will:

- Understand the reasons for delaying sexual experience and for any sexual activity to be protected.
- Have an understanding of STIs.
- Have knowledge of contraception.
- Build the capacity to forge positive relationships in their lives
- Learn about different sexual identities.
- Avoid being pressured into unwanted sexual activity and be aware of the signs of an unhealthy/abusive relationship and know how to report sexual harassment.
- Respect differences of attitudes and opinions.
- Challenge discrimination and stereotypes including homophobia, transphobia and biphobia.
- Understand intimacy, including romantic and sexual intimacy.
- Know how to access support and advice around all aspects of health (sexual, mental or physical).
- Have a basic understanding of the law regarding relationships, consent, sexual harassment, sexual activity and share of media of sexual nature.
- Use social media appropriately, lawfully and positively.
- Being aware of the danger talking to strangers online (online dating, online grooming).

We ensure RSE is inclusive and meets the needs of all our pupils, including those with special educational needs and disabilities (SEND) by using differentiated tasks during our lessons.

We ensure our RSE lessons are LGBTQ+ inclusive by:

- weaving LGBTQ+ inclusivity into all areas of RSE e.g. referring to different types of relationships/using a variety of pronouns when discussing un/healthy relationships and consent instead of having instead of dedicating one separate lesson to this topic only.
- using a wide range of sexualities, gender identities, pronouns and relationships when using examples or scenarios. All young people should be able to see themselves in the examples we use, as well as seeing difference.
- neutralising our language: using 'partner' instead of 'boyfriend' and 'girlfriend', using 'they' instead of 'she' and 'he' can similarly include everyone.

## **2- Roles and responsibilities:**

The RSE programme will be led by the Lead of PHSCE assisted by the DSL. It will be supported by Heads of Year.

It will be taught by form tutors during the form time (all year groups have designated PHSCE teaching times agreed with Heads of Year).

Teaching staff will receive RSE training either during one of the INSET days or after school as part of the school CPD programme.

## **3- Legislation (statutory regulations and guidance).**

The Department for Education statutory guidance state that from September 2020, all schools must deliver relationships education (in primary schools) and relationships and sex education (in secondary schools).

The parental right to withdraw pupils from RSE remains in primary and secondary education, for aspects of sex education which are not part of the Science curriculum.

The RSE policy supports and complements the Anti-Bullying, Safeguarding and PHSCE policies.

Documents that inform the school's RSE policy include:

- *Relationships Education, RSE, and Health Education Regulations (2019 updated 2020)*
- *SRE Guidance (2019)*
- *Sex and Relationships Education Guidance (2019)*
- *DfE statement on relationships education, relationship and sex education and PSHEE (2017)*
- *PSHE Association guidance on writing your school's relationship and sex education policy (2018).*

## **4- Curriculum design**

Our RSE programme is an integral part of our whole school PSHCE education provision and has been designed using the PHSE Association Programme of Studies. It follows the Department for Education statutory guidance for Health Education, Relationships Education and RSE of June 2019 and will cover:

### **In Year 6/7:**

- Friendships and romantic relationships
- Puberty, physical and emotional changes
- Reproduction and sexual intimacy
- FGM

- Safe social media
- Safe and positive relationships.

**In Year 8:**

- Online grooming
- Healthy/unhealthy relationships
- Consent
- Contraception
- Sexting
- STIs

**In Year 9:**

- Sexting
- Online groomers
- Selfie safety
- The LGBT+ community

**In Year 10:**

- Same sex relationships
- Gender and trans identity
- Sexism
- Parenting
- Forced and arranged marriage
- Harassment and stalking

**In Year 11:**

- Types of relationships
- Consent, rape, harassment
- Safe and healthy sex
- Safe sex and chem sex
- Break-ups
- Personal safety in the wider world

Our RSE programme will be taught through a range of teaching methods and interactive activities, including debates, role plays, discussion based on videos/articles, research games etc

Lessons will be differentiated by tasks to ensure all students can access the curriculum.

High quality resources will support our RSE provision and will be regularly reviewed. Our provider is EC publishing. For more information, please click here: <https://ecpublishing.co.uk/pages/about-ec-publishing>

Learning about relationships and sex education in RSE education lessons will complement learning in Science and PHSCE.

Pupils will be encouraged to reflect on their own learning and progress during a short review of their work and target setting meeting at the end of each half-term during Assessment Week.

An overview of the learning in each year group can be found on the PHSCE section of the Firefly platform.

### **5- Safe and effective practice**

We will ensure a safe learning environment by making sure that:

- teachers and pupils agree on ground rules before starting the RSE lessons.
- distancing techniques (case studies and scenarios with fictional characters) are used to discuss issues in a depersonalised way.
- pupils' questions will be answered by their RSE teachers (form tutors) but all students will take part in a workshop organised by an outside provider and RSE specialist so there will be opportunities to ask (anonymously or not more specific questions).
- pupils will be able to raise questions anonymously (anonymous question box).
- all staff teaching RSE will be prepared for RSE teaching by a training session by an outside provider as well as meetings before and during the RSE sessions with Heads of Year and PHSCE Lead.
- any safeguarding issue will be reported and handled by the DSL.

### **6- Safeguarding:**

Teachers are aware that effective RSE, which brings an understanding of what is and what is not appropriate in a relationship, can lead to a disclosure of a child protection issue.

If a safeguarding issue was identified during an RSE lesson, teachers will consult with the DSL and in his/her absence their deputy.

When inviting visitors/external agencies which support the delivery of RSE, the schools will check that their approach and resources are balanced, age appropriate and comply with our school policy and key legislation. They should comply with the school's safeguarding policies.

### **7- Engaging stakeholders:**

The policy will be available to parents through the Alpha Plus Group portal.

We will notify parents when Relationships and Sex education will be taught. Parents will receive an email by the Lead of PHSCE explaining the aims of RSE and the content of the curriculum. A copy of the RSE policy will be attached to the email.

As part of our whole school approach to RSE, Parent Information sessions and opportunities for parents to view the materials and resources used will be available either on site or online.

Parents/carers have the right to withdraw their children from RSE content that is not part of statutory NC Science, however we will encourage all parents to not opt for this option.

If a parent/carer requests that their child be removed from relationships and sex education, they will complete work independently in the library while being supervised by a member of staff.

Staff will be informed of the RSE policy before starting their lesson during a meeting with the PHSCE Lead and the Heads of Year.

Governors will be informed of the RSE policy and curriculum through the headmaster.

Pupil voice and feedback from parents will be used to review and tailor our RSE programme to match the different needs of pupils.

#### **8- Monitoring, reporting and evaluation**

Teachers will critically reflect on their work in delivering RSE through peer-to-peer lesson observation or/and learning walks and observation by Lead of PHSCE and DSL.

Pupils will have opportunities to review and reflect on their learning during lessons and at the end of each term during a short meeting with their PHSCE teacher.

Pupil voice will be influential in adapting and amending planned learning activities.

#### **9- RSE policy review date**

This policy will be reviewed annually by SLT to ensure that it continues to meet the needs of pupils, staff and parents and that it is in line with current Department for Education advice and guidance.