



## Relationships, Sex and Health Education Policy

Responsibility	Zoe Budding
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### Relationships education, relationships and sex education (RSE) and health education.

Relationships and Sex Education is learning about the emotional, social and physical aspects of growing up, relationships, sex, human sexuality and sexual health.

#### AAT Values statement

Avonreach Academy Trust believes that the teaching of relationships education, relationships and sex education (RSE) and health education is an important part of the curriculum in its schools. We agree with the DfE that this is a vital component of learning if we are to work with parents and careers to equip our children for adult life and a healthy and positive future. However, we believe that it is equally important that topics are taught in an age-appropriate fashion.

#### Member of Staff Responsible for Relationships and Sex Education:

Zoe Budding (Assistant Headteacher (Pastoral))

#### Policy Formation and Consultation

This policy was developed using the most recent guidance to schools, including '*Relationships Education, Relationships and Sex Education (RSE) and Health Education Statutory guidance for governing bodies, proprietors, head teachers, principals, senior leadership teams, teachers July 2019*' (updated September 2021), and the statutory Framework 2020 (currently under review, June 2024). Consultation on RSE content was made with Leadership Team, Parent Panel and Student Voice groups including the LGBT support group and House councils. It was reviewed by Governors before being adopted as school policy.

A copy of this document is freely available on the school website.

A course overview is shared with parents at the beginning of each academic year. Further detail, such as specific lesson content, can be provided to parents upon request. Parents will have an opportunity to review content and teaching of RSE through parent curriculum evenings throughout the school year.

#### DfE Guidance on Relationships and Sex Education

The Department for Education is introducing compulsory Relationships Education for primary pupils, and Relationships and Sex Education (RSE) for secondary pupils from September 2020. From September 2020 it was compulsory for all schools to teach Health Education.

The aim of doing this is to support all young people to be happy, healthy and safe by equipping them for adult life and to make a positive contribution to society.

This link provides access to DfE information: <https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education>

## **Teaching of Relationships and Sex Education in Pershore High School**

The teaching of RSE in school aims to:

- Provide knowledge of sexuality and the process of human reproduction in a balanced and sensitive manner
- To address misconceptions, prejudices and false assumptions and to create a positive atmosphere in which sensible questions can be asked and responsible discussion can take place
- To help young people understand the physical, emotional and moral implications of certain types of behaviours
- To encourage respectful and responsible behaviours from and to young people
- To help young people understand the value of healthy relationships, stable family life, marriage and the responsibility of parenthood
- To help young people recognise the signs of damaging, exploitative or abusive behaviour within relationships
- To provide signposting to organisations and pathways that offer help and advice

The teaching of RSE will include:

- Factual information, for example about the human body, sex and STIs
- Factual information about laws surrounding sex and relationships
- Discussions, case studies and video clips to allow:
  - Understanding and clarification of the meaning of consent
  - Opportunities to explore and clarify others' opinions surrounding sex and relationships
  - Understanding and recognition of what constitutes a healthy and respectful relationship
  - Opportunities to explore morally challenging situations
  - Opportunities to explore ideas about family, marriage and parenting.

RSE focuses on giving young people the information they need to help them develop healthy, nurturing relationships of all kinds including:

- Families
- Respectful relationships, including friendships
- Online and media
- Being safe
- Intimate and sexual relationships, including sexual health

These areas of learning are taught within the context of family life, taking care to make sure that there is no stigmatisation of children based on their home circumstances (families can include single parent families, LGBT parents, families headed by grandparents, adoptive parents and foster parents/carers, amongst other structures), along with reflecting sensitively that some children may have a different structure of support around them (for example, looked-after children or young carers).

We will also be mindful of the law and legal requirements, taking care not to condone or encourage illegal political activity, such as violent action against people, criminal damage to property, hate crime, terrorism or the illegal use of drugs.

## **Inclusivity**

We will teach about these topics in a manner that:

- Considers how a diverse range of pupils will relate to them
- Is sensitive to all pupils' experiences
- During lessons, makes pupils feel:
  - Safe and supported
  - Able to engage with the key messages

## **Subject Content**

We have developed the curriculum in consultation with stakeholders, and taking into account the age, developmental stage, needs and feelings of our pupils. If pupils ask questions outside the scope of this policy, teachers will respond in an appropriate manner so that pupils are fully informed and don't seek answers online.

The teaching of RSE in school is as part of the PSHE programme covering wellbeing and health (including the use of legal and illegal drugs) in addition to sex and relationships as set out below. Teaching about relationships and risky behaviours can be found in context within many of the topics shown in addition to discrete sex education topics.

Character Education and the Tutor Programme may touch on relationships in the context of personal wellbeing.

The Science Curriculum in Year 7 covers the Biological aspects of reproduction, Year 10 covers some STIs, and in Year 11 covers contraceptive methods, the menstrual cycle, fertility, IVF, inheritance and associated ethical issues.

For more information about our RSHE curriculum, see our website which will be updated as curriculum is updated.

## **Confidentiality**

This section links closely to the school's safeguarding policy, which should be referred to for more detail.

### **- In Lessons**

The students are encouraged to discuss and lay ground rules for PSHE at the start of each unit. Students are encouraged to speak of examples and general terms, rather than personal. However, what is said in a classroom is by definition not confidential. If a member of staff is concerned about a comment, view or disclosure from a student in their lesson they will report it, usually through CPOMS, to the House or Safeguarding Teams.

### **- Individually**

Teachers cannot promise confidentiality to students. A student can, however, expect discretion. If a teacher or other member of staff is concerned about a comment, view or disclosure from a student they will report it, usually through CPOMS, to the House or Safeguarding Teams.

If a member of staff feels a student is **at risk**, or they have a **serious concern**, they must in addition share this concern **as soon as is reasonably possible**, in person, with a member of the safeguarding team.

## **Withdrawal of Students from Relationships and Sex Education**

Parents will continue to have a right to request to withdraw their child from sex education delivered as part of RSE in secondary schools which, unless there are exceptional circumstances, should be granted up to three terms before their child turns 16. There is no right to withdraw from Relationships or Health Education as the DfE believes that the contents of these subjects – such as family, friendship, safety (including online safety) – are important for all children to be taught.

Any parent wishing to withdraw their child from sex education should seek a discussion with the Headteacher or PSHE co-ordinator.

## **Equal Opportunities**

This policy links closely with the equal opportunities policy which lays out the school's values and vision for all students. Discussion about heterosexual and LGBT relationships will take place, in context, in sex and relationships lessons in order to meet the needs of all students and to ensure that diversity within the school community is respected and not a cause for bullying, denigration or isolation.

The DfE stresses that students should receive teaching on LGBT content during their school years. Teaching children about the society that we live in and the different types of loving, healthy relationships that exist can be managed in a way that respects all. Secondary schools should cover LGBT content in their RSE teaching. RSE should meet the needs of all pupils, whatever their developing sexuality or identity – this should include age-appropriate teaching about different types of relationships in the context of the law.

Lesson discussion and resources will be appropriate for all abilities and understanding of relationships.

In the PSHE programme we will select activities and resources that are age, experience, reading level and culturally appropriate.

## **Outside Educators**

Procedure for involving outside educators including health professionals in the delivery of the programme  
External educators can make a valuable contribution to PSHRE as a whole. They must be familiar with this policy and contribute to the programme as agreed with the teachers, subscribing to our school moral values framework and using resources and methods agreed with the teacher. The teacher will be present during the session, and will negotiate their own role during the class, in advance.

## **Monitoring and Evaluation of Relationships and Sex Education Programme**

Evaluation meetings will be held annually with staff teaching the programme and student views obtained through self-reflection, evaluation and Student Voice groups. Parents are consulted through a survey which is linked through the RSE page on the school website. We always welcome the views of parents on what we are trying to achieve in the school. We also discuss the content of the RSE programme at the annual welcome and information evenings, and invite feedback from students and parents.