

Salendine Nook High School (Academy)

Relationships and Sexual Health Education Policy (Statutory)

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1. Aims

The aims of relationships and sex education (RSE) at our school are to:

- › Provide a framework in which sensitive discussions can take place in a safe & inclusive environment;
- › Prepare pupils for puberty, and give them an understanding of sexual development and the importance of health and hygiene;
- › Help pupils develop feelings of self-respect, confidence and empathy;
- › Create a positive culture around issues of sexuality and relationships and to respects themselves & others;
- › Teach pupils the correct vocabulary to describe themselves and their bodies;
- › Provide lifelong learning about physical, moral and emotional development.

2. Statutory requirements

As a secondary academy school we must provide RSE to all pupils as per section 34 of the [Children and Social work act 2017](#).

At Salendine Nook High School we teach RSE as set out in this policy.

3. Definition

RSE is about the emotional, social and cultural development of pupils, and involves learning about relationships, sexual health, sexuality, healthy lifestyles, diversity and personal identity.

RSE involves a combination of sharing information, and exploring issues and values.

RSE is not about the promotion of sexual activity.

4. Curriculum

Our curriculum is set out as per Appendix 1 but we may adapt it as and when necessary.

We have developed the curriculum taking into account the age, needs and feelings of pupils. If pupils ask questions outside the scope of this policy, teachers will respond in an appropriate manner so they are fully informed.

For more information about our curriculum, see our curriculum map in Appendix 1.

5. Delivery of RSE

RSE is taught within the PME education curriculum. Biological aspects of RSE are taught within the science curriculum, and other aspects are included in religious education (RE).

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.

For more information about our RSE curriculum, see Appendices 1 and 2.

These areas of learning are taught within the context of family life taking care to ensure 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, foster parents/carers amongst other structures. Also, some children may have a different structure of support around them (for example: looked after children or young carers).

6. Roles and responsibilities

6.1 The Governing Body

The Governing Body will approve the RSE policy, and hold the Principal to account for its implementation. The Governing Body has delegated the approval of this policy to the PDBW committee.

6.2 The Principal

The Principal is responsible for ensuring that RSE is taught consistently across the school, and for managing requests to withdraw pupils from non-statutory/non-science components of RSE (see section 8).

6.3 Staff

Staff are responsible for:

- › Delivering RSE in a sensitive way;
- › Modelling positive attitudes to RSE;
- › Monitoring progress;
- › Responding to the needs of individual pupils;
- › Responding appropriately to pupils whose parents wish them to be withdrawn from the non-statutory/non-science components of RSE.

Staff do not have the right to opt out of teaching RSE. Staff who have concerns about teaching RSE are encouraged to discuss this with the Principal.

The following departments are responsible for teaching RSE, though teachers outside of these departments may be required to deliver RSE. This will be determined by timetable required and staffing levels in each department:

PME / Science

6.4 Pupils

Pupils are expected to engage fully in RSE and, when discussing issues related to RSE, treat others with respect and sensitivity.

7. Parents' right to withdraw

Parents have the right to withdraw their children from the non-statutory / non-science components of sex education within RSE up to and until 3 terms before the child turns 16. After this point, if the child wishes to receive sex education rather than being withdrawn, the school will arrange this.

Requests for withdrawal should be put in writing using the form found in Appendix 3 of this policy and addressed to the Principal.

A copy of withdrawal requests will be placed in the pupil's educational record. The Principal will discuss the request with parents and take appropriate action.

Alternative work will be given to pupils who are withdrawn from sex education.

8. Training

Staff are trained on the delivery of RSE as part of their induction and it is included in our continuing professional development calendar.

The Principal will also invite visitors from outside the school, such as school nurses or sexual health professionals, to provide support and training to staff teaching RSE.

9. Monitoring arrangements

The delivery of RSE is monitored by the Head of PME and Head of Science through various methods. These include learning walks and book scrutiny as well as pupil voice exercises.

Pupils' development in RSE is monitored by class teachers as part of our internal assessment systems.

This policy will be reviewed by Assistant Principal (Personal Development) every year. At every review, the policy will be approved by the PDBW Committee.

Appendix 1: Curriculum map

Relationships and sex education curriculum map

This has been updated in line with the new three-year KS3

YEAR GROUP	TERM	TOPIC/THEME DETAILS
Year 7	Spring Term Half term 5 (May/June)	<p>Unit 10: Relationships and sexual health</p> <p>This unit will link with other PME units by encouraging pupils to consider the importance of positive relationships of differing kinds within our communities. Pupils will be encouraged to recognise and develop positive relationships and understand the natural bodily changes that occur within people as they develop through life in a positive and supportive manner. Pupils will continue to develop a positive knowledge and understanding of the different kinds of relationships such as familial, single parent, same sex relationships so that they can empathise with the life situations of others and treat people with respect and compassion. By studying online safety, pupils will also continue to develop the ability to make positive life choices that will affect themselves and others around them in a safe and respectful manner. This unit delivers key RS and PSHCE values highlighted earlier. Citizenship aims are also included here: the precious liberties enjoyed by the citizens of the United Kingdom, the nature of rules and laws and the justice system, including the role of the police and the operation of courts and tribunals, the roles played by public institutions and voluntary groups in society, and the ways in which citizens work together to improve their communities, including opportunities to participate in school-based activities</p>

YEAR GROUP	TERM	TOPIC/THEME DETAILS
Year 8	Spring Term_Half term 6 (June/July)	<p>Unit 9: Relationships and sexual health</p> <p>This unit will link with previous PME units by encouraging pupils to continue to consider the importance of positive relationships of differing kinds within our communities. Pupils will know and understand the significance of sex and sexual relationships gaining a greater understanding of the legality around sexual intercourse and the maturity needed for human beings to embark on sexual relationships thus helping pupils make the safe and best choices they can make around relationships and sexual health both for themselves and those around them. Contraception is considered as a future method of safe sex and the risk and consequences of sexual infections are presented in a way to enable pupils to know and understand the dangers to well-being through inappropriate or ill-judged unsafe sex or inappropriate sexual relationships. This unit delivers key RS and PSHCE values highlighted earlier. Citizenship aims are also included here: the precious liberties enjoyed by the citizens of the United Kingdom, the nature of rules and laws and the justice system, including the role of the police and the operation of courts and tribunals, the roles played by public institutions and voluntary groups in society, and the ways in which citizens work together to improve their communities, including opportunities to participate in school-based activities</p>

YEAR GROUP	TERM	TOPIC/THEME DETAILS
Year 9	Spring Term_Half term 4 (Feb/March)	<p>Unit 6: Relationships and sexual health</p> <p>This unit will link with previous PME units by encouraging pupils to think about their own beliefs, values and attitudes when considering differing relationships. All units of study are linked to the core ideals of developing understanding, toleration and compassion for oneself and others. Pupils will be encouraged to develop a solid knowledge and understanding of the appropriate age for sex, both morally and legally and encourage pupils to make the correct and appropriate life choices in terms of safe sex and relationships at the appropriate and legal age. Pupils will develop an understanding of LGBTQAI+ in order to develop compassion, kindness and mutual respect thus bringing about a continuation of good character and an ability to foster positive relationships linking back to Anti-bullying in Year 7 and Human Rights at the start of Year 9. Contraception is again considered as a future method of safe sex and the risk and consequences of sexual infections are presented in a way to enable pupils to know and understand the dangers to well-being through inappropriate or ill-judged unsafe sex or inappropriate sexual relationships. This unit delivers key RS and PSHCE values highlighted earlier. Citizenship aims are also included here: the precious liberties enjoyed by the citizens of the United Kingdom, the nature of rules and laws and the justice system, including the role of the police and the operation of courts and tribunals, the roles played by public institutions and voluntary groups in society, and the ways in which citizens work together to improve their communities, including opportunities to participate in school-based activities</p>

YEAR GROUP	TERM	TOPIC/THEME DETAILS
Year 10	Spring Term_Half term 5 (April/May)	<p>Unit 5: Relationships and sexual health</p> <p>This unit will link with previous PME units by encouraging pupils to continue to develop the knowledge and understanding necessary in making the best and safest life choices for themselves and those of others. By studying issues such as the implications of teenage sexual relationships and pregnancy pupils will gain an essential knowledge and understanding of consequences on short term and long term future life and aspirations. Continuing to develop a positive character and being the best one can be for oneself and those around you considering appropriate and inappropriate behaviours will enable our pupils to make the best and safest choices they can make for themselves and those around them. Sexual Assault, consent and rape lessons again reflect the need for a greater awareness within society of acceptable norms of behaviour and implications under the law for inappropriate action and behaviours. A lesson on pornography gives pupils a much more realistic knowledge and understanding of the reality of what sex is and should be against an increasing growth of pornography within society. Misconceptions about pornography can affect how young people view sex leading to serious issues in teenage relationships so pupils are given a proper and realistic knowledge and understanding of sex and sexual relationships. This again will enable pupils to be the best person they can be for themselves and those around them and enable them to make the best and safest choices for themselves and those around them. As a lot of the issues concerning consent, assault and teenage pregnancy are linked to alcohol and the abuse of alcohol a lesson bringing greater awareness on the link between alcohol and inappropriate choices within sexual relationships uses beer goggles to simulate the dangers of sexual choices made under the influence of alcohol. The importance of condom use and safe sex are again visited here linking back to previous units on relationships and sexual health. This unit delivers key RS and PSHCE values highlighted earlier. Citizenship aims are also included here: the precious liberties enjoyed by the citizens of the United Kingdom, the nature of rules and laws and the justice system, including the role of the police and the operation of courts and tribunals, the roles played by public institutions and voluntary groups in society, and the ways in which citizens work together to improve their communities, including opportunities to participate in school-based activities</p>

YEAR GROUP	TERM	TOPIC/THEME DETAILS
Year 11	Half term 3 (Feb/March)	<p>Unit 3: Relationships and sexual health</p> <p>This unit will link with previous units by encouraging pupils to continue to develop the knowledge and understanding necessary in making the best and safest life choices for themselves and those of others. By studying issues such as the implications of teenage sexual relationships and pregnancy pupils will gain an essential knowledge and understanding of consequences on short term and long-term future life and aspirations.</p> <p>Continuing to develop a positive character and being the best one can be for oneself and those around you considering appropriate and inappropriate behaviours will enable our pupils to make the best and safest choices they can make for themselves and those around them. Sexual Assault, consent and rape lessons again reflect the need for a greater awareness within society of acceptable norms of behaviour and implications under the law for inappropriate action and behaviours. A lesson on pornography gives pupils a much more realistic knowledge and understanding of the reality of what sex is and should be against an increasing growth of pornography within society. Misconceptions about pornography can affect how young people view sex leading to serious issues in teenage relationships so pupils are given a proper and realistic knowledge and understanding of sex and sexual relationships. This again will enable pupils to be the best person they can be for themselves and those around them and enable them to make the best and safest choices for themselves and those around them. As a lot of the issues concerning consent, assault and teenage pregnancy are linked to alcohol and the abuse of alcohol a lesson bringing greater awareness on the link between alcohol and inappropriate choices within sexual relationships uses beer goggles to simulate the dangers of sexual choices made under the influence of alcohol. The importance of condom use and safe sex are again visited here linking back to previous units on relationships and sexual health.</p>

Appendix 2: By the end of secondary school pupils should know

TOPIC	PUPILS SHOULD KNOW
Families	<ul style="list-style-type: none"> • That there are different types of committed, stable relationships; • How these relationships might contribute to human happiness and their importance for bringing up children; • What marriage is, including their legal status e.g. that marriage carries legal rights and protections not available to couples who are cohabiting or who have married, for example, in an unregistered religious ceremony; • Why marriage is an important relationship choice for many couples and why it must be freely entered into; • The characteristics and legal status of other types of long-term relationships; • The roles and responsibilities of parents with respect to raising of children, including the characteristics of successful parenting; • How to: determine whether other children, adults or sources of information are trustworthy: judge when a family, friend, intimate or other relationship is unsafe (and to recognise this in others' relationships); and, how to seek help or advice, including reporting concerns about others, if needed.
Respectful relationships, including friendships	<ul style="list-style-type: none"> • The characteristics of positive and healthy friendships (in all contexts, including online) including: trust, respect, honesty, kindness, generosity, boundaries, privacy, consent and the management of conflict, reconciliation and ending relationships. This includes different (non-sexual) types of relationship; • Practical steps they can take in a range of different contexts to improve or support respectful relationships; • How stereotypes, in particular stereotypes based on sex, gender, race, religion, sexual orientation or disability, can cause damage (e.g. how they might normalise non-consensual behaviour or encourage prejudice); • That in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including people in positions of authority and due tolerance of other people's beliefs; • About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help; • That some types of behaviour within relationships are criminal, including violent behaviour and coercive control; • What constitutes sexual harassment and sexual violence and why these are always unacceptable; • The legal rights and responsibilities regarding equality (particularly with reference to the protected characteristics as defined in the Equality Act 2010) and that everyone is unique and equal.

TOPIC	PUPILS SHOULD KNOW
Online and media	<ul style="list-style-type: none"> • Their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online; • About online risks, including that any material someone provides to another has the potential to be shared online and the difficulty of removing potentially compromising material placed online; • Not to provide material to others that they would not want shared further and not to share personal material which is sent to them; • What to do and where to get support to report material or manage issues online; • The impact of viewing harmful content; • That specifically sexually explicit material e.g. pornography presents a distorted picture of sexual behaviours, can damage the way people see themselves in relation to others and negatively affect how they behave towards sexual partners; • That sharing and viewing indecent images of children (including those created by children) is a criminal offence which carries severe penalties including jail; • How information and data is generated, collected, shared and used online.
Being safe	<ul style="list-style-type: none"> • The concepts of, and laws relating to, sexual consent, sexual exploitation, abuse, grooming, coercion, harassment, rape, domestic abuse, forced marriage, honour-based violence and FGM, and how these can affect current and future relationships; • How people can actively communicate and recognise consent from others, including sexual consent, and how and when consent can be withdrawn (in all contexts, including online).

TOPIC	PUPILS SHOULD KNOW
Intimate and sexual relationships, including sexual health	<ul style="list-style-type: none"> • How to recognise the characteristics and positive aspects of healthy one-to-one intimate relationships, which include mutual respect, consent, loyalty, trust, shared interests and outlook, sex and friendship; • That all aspects of health can be affected by choices they make in sex and relationships, positively or negatively, e.g. physical, emotional, mental, sexual and reproductive health and wellbeing; • The facts about reproductive health, including fertility and the potential impact of lifestyle on fertility for men and women; • That there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others; • That they have a choice to delay sex or to enjoy intimacy without sex; • The facts about the full range of contraceptive choices, efficacy and options available; • The facts around pregnancy including miscarriage; • That there are choices in relation to pregnancy (with medically and legally accurate, impartial information on all options, including keeping the baby, adoption, abortion and where to get further help); • How the different sexually transmitted infections (STIs), including HIV/AIDs, are transmitted, how risk can be reduced through safer sex (including through condom use) and the importance of and facts about testing; • About the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment; • How the use of alcohol and drugs can lead to risky sexual behaviour; • How to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment.

Appendix 3: Parent form: withdrawal from sex education within RSE

TO BE COMPLETED BY PARENTS			
Name of child		Class	
Name of parent		Date	
Reason for withdrawing from sex education within relationships and sex education			
Any other information you would like the school to consider			
Parent signature			

TO BE COMPLETED BY THE SCHOOL	
Agreed actions from discussion with parents	