



Relationships and Sex Education Policy

Adopted by Governing Body: 13.06.12

Reviewed by Governing Body: 11.05.21

Cycle of review: 1 year

Statutory Policy: Yes

What is Relationships and Sex Education (RSE)?

RSE is lifelong learning about physical, sexual, moral and emotional development. It is about 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.

At Pitcheroak School, RSE is taught as part of the Personal Social Emotional Development (PSED) in the Early Years Foundation Stage (EYFS) and Personal Social & Health Education (PSHE) and Science curriculums across the rest of the school. Our approach to RSE goes beyond the provision of biological information; it focuses on attitudes and values, developing self-esteem and the skills to manage relationships.

Aims

The aims of RSE are to provide balanced factual information about human reproduction, together with consideration of the broader emotional, ethical, religious and moral dimensions of sexual health. Our RSE programme aims to prepare pupils for an adult life in which they can:

- 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 and the skills to judge what kind of relationship they want
- understand the consequences of their actions and behave responsibly within sexual and pastoral relationships
- understand their sexual feelings and behaviour so that they can lead fulfilling and enjoyable lives
- develop skills in language, decision-making and assertiveness
- develop skills to reduce the risk of exploitation, misunderstanding and abuse
- can gain access to information and services

Principles and Values

In the EYFS department the subject is a prime area and divided into Early Learning Goals known as 'Self-confidence and self-awareness'.

In the Primary department the subject is known as 'Relationships and Education'.

In the Secondary department the subject is known as 'Relationships and Sex Education'.

As children grow up it is important that they have an understanding of their own bodies, instincts and feelings. We wish to promote understanding of diversity regarding race, religion, culture, sexual orientation, physical and mental ability and economic circumstances. At Pitcheroak School, our planned programme of RSE will include:

- Sex education being appropriately delivered for the age and maturity of the pupils
- A whole school approach that involves parents, carers, governors, health and school staff

Relevant training and support for staff who deliver RSE

- Children's questions and views being listened to in an atmosphere of trust and respect
- Adherence to the school's policy for confidentiality.

The teaching and learning of RSE will have three main elements:

1. Attitudes and Values

- learning the importance of values, individual conscience and moral choices
- learning the value of family life, stable and loving relationships and marriage
- learning the value of respect, love and care
- exploring, considering and understanding moral dilemmas
- developing critical thinking as part of decision-making
- challenging myths, misconceptions and false assumptions about normal behaviour.

2. Personal and Social Skills

- learning to manage emotions and relationships confidently and sensitively
- developing self-respect and empathy for others
- learning to make choices with an absence of prejudice
- developing an appreciation of the consequences of choices made
- managing conflict
- empower pupils with the skills to be able to avoid inappropriate pressures or advances (both as exploited or exploiter)

3. Knowledge and Understanding

- learning and understanding physical development at appropriate stages
- understanding human sexuality, reproduction, sexual health, emotions and relationships
- learning about contraception and the range of local and national sexual health advice, contraception and support services
- learning the reasons for delaying sexual activity, and the benefits to be gained from such delay
- the avoidance of unwanted pregnancy.

Equal opportunities

All pupils are entitled to receive RSE and are given the opportunity to take part in the RSE programme regardless of their gender, ethnicity, religious belief or ability. Every effort is made to ensure that self-esteem and respect are fostered in staff, pupils and their families.

Organisation of Sex and Relationship Education

RSE is an important aspect of the overall curriculum. Teaching is provided with sensitivity to the age and maturity of the pupils. Pupils can be withdrawn by their parents from those parts of the sex

education programme which do not form part of the National Curriculum. These include HIV, Aids, sexually transmitted diseases and non-biological aspects of sex education.

RSE will be co-ordinated in Pitcheroak School by the PSHE primary and secondary subject leads and taught by all teachers as appropriate to the PSED/PSHE curriculum. RSE is set within the wider context of the PSED/PSHE curriculum and focuses more on the emotional aspects of development and relationships, although the physical aspects of puberty and reproduction are also included. The Science curriculum complements the RSE programme when the children are required to name body parts, and know about life processes, human reproduction and human life cycles. The Science Curriculum is delivered by class teachers under the guidance of the primary and secondary science subjects leads.

Lessons may be delivered in mixed or single sex groups appropriate to the subject and pupils.

We intend our policy to be sensitive to the needs of different ethnic groups. For some young people it is not culturally appropriate for them to be taught particular items in mixed groups. We will respond to and respect parental requests and concerns.

Teaching and Learning

At Pitcheroak School we use a range of teaching and learning styles with an emphasis on active learning by including the children in discussion, investigations and problem-solving activities. We offer children the opportunity to take part in whole class and group activities, circle time, role-play, homework, individual and group research and time for reflection and question. Sources of information include books, posters, videos/DVDs, computer software, artefacts, visiting speakers from outside agencies, theatre groups and visits out of school.

Resources used for RSE will be kept in an identified resource area and will be up to date and suitable for planned activities.

Parental/Carer Liaison

The school includes information on RSE on the school website by publishing this policy and further details are available on request.

Parents will be informed of lessons covering sensitive areas such as, contraception or sexually transmitted diseases. Permission for participation will be assumed unless an objection is received. Pupils cannot be withdrawn from any part of the RSE which falls within the statutory National Curriculum Science framework.

Parents are always welcome to discuss and work with staff about any aspects that are related to RSE that concerns them. The school nurse can also offer further support.

Confidentiality and Safeguarding

While respect for the individual and attention to the needs and wishes of each pupil are very important to the school, these have to be balanced with professional judgement and legal considerations. At Pitcheroak School the normal procedure to be followed is:

- Staff cannot and should not promise absolute confidentiality.
- Staff who receive any such information, which relates to child protection, will inform the Senior Designated Person for Safeguarding as soon as possible.
- The Senior Designated Person for Safeguarding, in co-operation with the Headteacher if they are not one of the same, should address any child protection concerns and refer on to the appropriate agency and/or health professional as necessary.
- The staff member will be informed of subsequent action and involved as appropriate.

The exercise of professional judgement by staff in relation to informing parents/carers of any confidential disclosure should be carefully considered and discussed with the designated teacher for child protection or Headteacher as appropriate.

Pupil Withdrawal Procedures

Some parents/ carers may prefer to take the responsibility for aspects of RSE. Section 241 of the Education Act 1993 gives parents the right to withdraw their children from all or part of the RSE programme, except for those parts included in the statutory National Curriculum (i.e., in Science lessons). Parents/ carers 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. At this point, if the child themselves wishes to receive sex education rather than be withdrawn, the school should plan for this to happen in one of the three terms before the child turns 16 - the legal age of sexual consent. There is no right to withdraw from Relationships Education at primary or secondary as we believe the contents of these subjects, such as family, friendship, safety (including online safety), are important for all children to be taught.

It is hoped that parents/carers will see the value and importance of this programme in supporting their role in preparing their children for the challenges and responsibilities which sexual maturity brings. Any parent/carer wishing to withdraw their child from RSE should be encouraged to discuss the matter with the Headteacher. However, the right of withdrawal does not include pupils over compulsory school age, which in the case of Pitcheroak School will be pupils in the 6th Form.

The right of withdrawal does not affect any spontaneous discussion that arises in other curriculum areas. Inevitably there will be occasions when the teaching of apparently unrelated topics will lead to a discussion of aspects of sexual behaviour. These should be handled with discretion and kept within the context of the subject being taught.

Procedures for the involvement of Health Professionals and other relevant visitors

The contribution of visiting speakers is complementary to the teacher's; however the following procedures must be followed:

- Visiting speakers will be provided with a copy of this policy document and must comply with its contents as a 'temporary' member of the school staff.
- The host member of staff will identify to the visiting speaker the age and ability of the group, content of the session and how it is to be addressed.

- The host member of staff will be present throughout the lesson unless agreed in advance with the Headteacher.

The selection of visiting speakers is important, and care should be taken that they are appropriate for the task.

The school nurse as health advisor/support for pupils

School nurses are/can be trained in all aspects of RSE and therefore can support classroom delivery of the programme. They can offer completely confidential advice to individuals and parents when necessary.

School staff should not expect to be informed of a pupil's or a colleague's HIV or Hepatitis status. A member of staff, who is told of a pupil's blood borne viral status, should inform the Headteacher and no one else. She/he will tell the pupil this is what they are doing. No pupil or member of staff will be discriminated against as a result of such a disclosure.

First aid and control of infection practice should always follow current guidelines and assume that blood spills can be infectious in some circumstances.

Pregnancy and Parenting

Any pupil who is continuing with a pregnancy will be given time with a senior member of staff to ensure she knows how she may continue her schooling or Further Education and what benefits, childcare etc. are available. Options would include support from the Local Authority services to continue studies outside of school setting. The school nurse will help her to access ante and postnatal care.

We will also be sensitive to the needs of young fathers (to be) ensuring support around behaviour of peers, and a pointer to sources of advice on legal and other issues e.g., Citizens Advice Bureau.

Monitoring and Evaluation of Sex and Relationship Education

It is the responsibility of the PSHE Co-ordinator to oversee and organise the monitoring and evaluation of PSHE including RSE, in the context of the overall school plans for monitoring the quality of teaching and learning. Evidence for the monitoring and evaluation of the RSE programme is by means of lesson observations, monitoring lesson plans and gathering feedback from teachers and pupils.

Role of the PSHE Primary and Secondary Subject Lead

The PSHE/C subject leads are ultimately responsible for the organisation of the RSE programme as part of the PSHE curriculum.

Their duties include:

- To devise and maintain a whole school RSE programme
- To monitor/evaluate the effectiveness of the programme, in accordance with the school monitoring programme
- To develop and maintain a resource base

- To receive, disseminate and update information
- To support liaison with outside agencies
- To produce and maintain an action plan
- To involve parents and the wider community
- To attend relevant LA courses and network meetings
- To provide appropriate support and training for staff

Links with Other Policies / Documents

This policy links particularly to the following policies: Safeguarding and Child Protection Policy and Procedures, Equal Opportunities, Health and Safety, Assessment Recording and Reporting, Anti-Bullying.

Additionally, the PSHE curriculum statement includes references to RSE. This policy is available on the school's website.