



RELATIONSHIPS, HEALTH AND SEX EDUCATION POLICY (RHSE)

Statutory requirements

This policy covers the school's approach to RHSE which applies to all pupils, staff and parents/carers.

This policy will be made available via the school website and hard copies are available from the school office on request.

The school meets the requirements to teach RHSE as set out in the statutory guidance which can be found at:

[Relationships Education, Relationships and Sex Education \(RSE\) and Health Education](#)

“Relationships and sex education (RSE) is an important part of PSHE education. Relationships education is compulsory for all primary school pupils, and relationships and sex education (RSE) is compulsory for all secondary school pupils.” (RSHE guidance)

Personal, social, health and economic (PSHE) education is an important and necessary part of all pupils' education. It encompasses many areas of study and the CCCS programme of study aims to address the particular needs of our pupils. We aim to equip pupils with a sound understanding of risk and the knowledge and skills to make safe and informed decisions. We seek to build on the statutory curriculum including statutory guidance on: drug education, financial education, relationship and sex education (RSE) and the importance of physical activity and diet for a healthy lifestyle.

- Every pupil up to and including Year 8 will be provided with relationships education (this requirement does not apply to pupils who is under compulsory school age);
- The school has due regard to any guidance under section 80A of the Education Act 2002;
- The school will consult parents of registered pupils before making or revising this policy;
- The school will ensure that where a pupil's parent requests that the pupil is wholly or partly excused from sex education provided as part of relationships and sex education, the pupil is so excused **until** the request is withdrawn, unless or to the extent that the Headmaster considers that the pupil should not be excused;

The school's RHSE policy will be reviewed every 12 months and will be updated in line with any statutory guidance.

This policy should be read in conjunction with the following documents:

- Personal, Social, Health and Economic Education and Citizenship Policy
- Safeguarding (Child Protection) Policy
- Anti-Bullying Policy
- Pupil Behaviour and Discipline Policy
- Internet Safety and ICT Policy
- Health & Safety Policy
- Equal Opportunities Policy

Development of this policy

This policy has been developed in consultation with staff, pupils and parents. The consultation and policy development process involved the following steps:

1. Review of the previous policy in relation to relevant national and local guidance.
2. Staff consultation – All teaching staff were given the opportunity to look at the policy and make recommendations.
3. Parent/stakeholder consultation – parents can read the policy and contact the school with any suggestions.
Please note that although all views are listened to, they do not amount to a power of veto over curriculum content.

Definitions

Primary - up to and including Year 6

The focus in primary school should be on teaching the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships, and relationships with other children and with adults. (RSHE Guidance)

Relationship Education is learning about the physical, social, legal and emotional aspects of human relationships including friendships, intimate, sexual and committed relationships and family life.

Health Education is where children are equipped with the information that they need to make good decisions about their own health and wellbeing. It should enable them to recognise what is normal and what is an issue in themselves and others and, when issues arise, know how to seek support as early as possible from appropriate sources. It ensures that both boys and girls are prepared for the changes that adolescence brings.

Secondary – years 7 and 8

Relationship and Sex Education (RSE) will give young people the information they need to help them develop healthy, nurturing relationships of all kinds, not just intimate relationships. It should enable them to know what a healthy relationship looks like and what makes a good friend, a good colleague and a successful marriage or other type of committed relationship. It should also cover contraception, developing intimate relationships and resisting pressure to have sex (and not applying pressure). It should teach what is acceptable and unacceptable behaviour in relationships. This will help pupils understand the positive effects that good relationships have on their mental wellbeing, identify when relationships are not right and understand how such situations can be managed. (RSHE Guidance)

Subject Content

Our RHSE program is an integral part of our whole school PSHE and Citizenship provision which is designed in such a way as to regularly revisit topics at a more advanced level for each year group. This will enable pupils to learn the essential skills to thrive in society.

The PSHE and Citizenship programme, which includes RHSE is based on the Programme of Study from PSHE association:

<https://pshe-association.org.uk/guidance/ks1-5/planning/long-term-planning>

Resources

Some of the main resources used are the “My Life” series of books by Victoria Pugh (Author, Series Editor), Kate Daniels (Author), Karen Thomson (Author) published by Collins for Reception to Form 6.

Form 7 and 8 use “Your Choice” books 1 and 2 by John Foster and Simon Foster published by Collins.

These resources are supplemented by other resources.

Relationships, Health and Sex education Scheme of Work

There are several strands of RSHE which run throughout the year groups:

- physical health
- mental health
- healthy relationships
- anti-bullying
- growing up in general
- personal safety and consent

The more specific sex education topics are:

- in Year 4, the development of a baby
- in Year 5, the bodily changes of puberty
- in Year 6, sex and procreation
- in Year 7, safer sex and sexuality
- in Year 8, more detail on consent as well as safer sex and sexual harassment

For more information on all these topics, see the PSHE Scheme of Work.

We have developed the curriculum in consultation with parents, pupils and staff, taking into account the age and needs of pupils.

Subject delivery

RHSE is mainly taught within the PSHE and Citizenship curriculum but the biological aspects of RHSE will be taught within the Science curriculum. The subject is delivered by Form Teachers, the Head of PSHE and the Headmaster. Lessons will be conducted in a sensitive manner and if a pupil makes reference to being involved in sexual activity, the teacher will deal with this information in accordance with the school Safeguarding Policy.

RHSE is taught in the context of family life ensuring that there is no stigmatisation of children due to their home circumstances. The school is sensitive to the different faith backgrounds of pupils and takes into account the protected characteristics in the Equality Act 2010. The curriculum will be accessible to all including those with SEND. Resources will be adapted as necessary and Teaching Assistants will be deployed as necessary to support pupils.

As children will have the opportunity to ask questions, these may touch on issues outside the planned curriculum. These will be answered in an age appropriate and factual way to reassure and inform and to avoid pupils turning to less reliable sources.

Parents' right to withdraw

Parents are not able to withdraw their child from any aspect of Relationships Education or Health Education. Parents do have the right to withdraw their child from the non-statutory / non-science components of sex education within RSHE up to and until 3 terms before the child turns 16. This is based on the RHSE statutory guidance from the DfE.

Any parent considering withdrawing their child, is encouraged to talk to the Head of PSHE about the content to be covered before doing so. A record will be kept of such conversations.

Requests to withdraw a child from the non-statutory / non-science components of sex education within RSHE must be submitted to the Headmaster in writing. A copy of any requests to withdraw a pupil will be kept in the pupil's record.

This policy will be reviewed by the Head of PSHE and SMT annually.
Next review due November 2023

17th November 2023 SMT 28/11/22