



Relationships and Sex Education Policy

This policy incorporates advice from the North Yorkshire County Council Guidance for schools on developing a Relationships and Sex Education Policy and implementing effective provision (September 2019) and the Department for Education guidance on statutory Relationships, Relationships and Sex Education and Health Education (2019) and (until Sept 2020) the Sex and Relationship Education Statutory Guidance (2000).

It also meets safeguarding responsibilities as set out in the Keeping Children Safe Guidance, the Equality Act 2010 and an understanding of the Ofsted inspection framework and links to the Relationships Education, RSE and Health Education.

This policy links to our related school policies:

- Safeguarding / child protection.
- Confidentiality Policy
- Anti-bullying policy
- PSHE Policy
- Online safety policy
- Inclusion Policy
- Teaching and Learning
- Assessment
- Science Curriculum
- Equalities Duty

The Government announced that Relationships Education, Relationships and Sex Education and Health Education will become statutory for all schools in September 2020. The final Relationships Education, Relationships and Sex Education and Health Education guidance was published in June 2019. We have started to plan for these statutory requirements before September 2020 and they are incorporated in the planned PSHE curriculum and other curriculum opportunities.

The policy has been produced in consultation with Governors and will be shared with staff and parents/carers on the school website and Its Learning.

The importance and purpose of Relationship and Sex Education (RSE)

Relationships and Sex Education is learning about the emotional, social and physical aspects of growing up, relationships, sex, sexuality and sexual health. It should support pupils gain accurate information, develop skills and form positive beliefs, values and attitudes. It also gives pupils essential skills for building positive, enjoyable, respectful, loving and non-exploitative relationships

staying safe both on and offline. This enables them to take responsibility for their body, relationships, reproduction, sexual health and wellbeing.

Relationship and Sex Education is vital in fulfilling our statutory duty to protect and safeguard our pupils, to promote their wellbeing and prepare them for the physical and emotional changes they will experience so they are better equipped for the challenges, opportunities and responsibilities of adult life. Because of the personal and social nature of the topics covered in RSE, values and attitudes are a central part of the learning and moral development. Our whole school ethos and values support a safe learning environment for RSE. Technology is evolving at a tremendous pace and the need to protect children from inappropriate online content, cyber-bullying and exploitation is a growing concern. It is therefore an important aspect of our PSHE programme.

In summary this means we have a duty that our Relationships and RSE will be age appropriate, building knowledge and life skills over time in a way that prepares pupils for issues they will soon face.

The Relationship and Sex Education Curriculum

Some elements of the RSE curriculum are covered by the statutory requirements of the Science curriculum. The curriculum delivered through PSHE lessons covers:

Relationships and Sex Education

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

Health Education

- Mental Wellbeing
- Internet safety and harms
- Physical health and fitness
- Healthy Eating
- Drugs, alcohol and tobacco
- Health and prevention
- Basic first aid
- Changing adolescent body (puberty)

The law

It is important to know what the law says about sex, relationships and young people, as well as broader safeguarding issues. There are many different legal provisions whose purpose is to protect young people and which ensure young people take responsibility for their actions. Pupils should be aware of the relevant legal provisions when relevant topics are being taught for example:

- marriage
- consent, including the age of consent

- violence against women and girls
- online behaviours including image and information sharing (including 'sexting, youth produced sexual imagery, nudes etc)
- pornography
- abortion
- sexuality
- substance misuse
- violence and exploitation by gangs
- extremism / radicalisation
- criminal exploitation (for example through gang involvement or county lines)
- hate crime
- female genital mutilation (FGM)

Attitudes and Values

- learning the importance of values, individual conscience and moral considerations
- learning the value of marriage, family life and stable relationships
- learning the value of respect, love, care and relationships that are healthy, equal and safe
- exploring, considering and understanding moral dilemmas
- challenge stereotypes and gendered expectations for both boys and girls (including the gender expectations of sex portrayed through pornography)
- developing critical thinking as part of decision making

Personal and Social Skills

- learning to manage emotions and relationships confidentially and sensitively
- developing self-respect and empathy for others
- equipped with the information, skills and values to have safe, fulfilling and enjoyable relationships
- learning to make choices based on an understanding of difference and with an absence of prejudice
- explore and develop the social and personal skills needed to make informed choices with an appreciation of the consequences of choices made
- develop assertiveness skills to managing negotiation and conflict
- learning how to recognise and avoid abuse, control and exploitation, and how to seek help if they are being abused / exploited
- learning how to recognise pressure and ways of dealing with it
- understand a range of 'different families', sexualities and the gender spectrum: Lesbian, Gay, Bisexual and Transgender (LGBT) and able to challenge transphobic and homophobic, bi-phobic and transphobic language and bullying and make all people feel included.
- able to take responsibility and have respect for their bodies, wellbeing and sexual health
- develop the knowledge and skills to be able to seek appropriate help

Knowledge and Understanding

- learning and understanding physical and emotional development at appropriate stages, including the appropriate terminology to describe the names for their genitalia and reproductive organs
- learn that their body belongs to them and they can say who has access to it

- learn and implement strategies to keep safe both on and offline (including inappropriate online content, cyberbullying and exploitation)
- consider the impact of the media on body image and portrayal of all genders
- understanding human sexuality, reproduction, sexual health, emotions and healthy relationships
- learning about contraception and protection and the importance of protecting against STI's, HIV and AIDS 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 a delay
- the avoidance of unplanned pregnancy
- learn about the law and sexual consent.

This is delivered through a programme which:

- caters for students' needs and is sensitive to individuals and groups
- assists students to understand their personal responsibilities for their own bodies
- encourages the acceptance of sexual matters without embarrassment
- enables students to accept variations in rates of growth and development, physical, social and emotional
- creates an atmosphere where questions and discussions can take place without embarrassment
- provides reassurance that change is part of the life cycle and enables students to develop strategies for coping with change
- involves extended service providers who specialise in relationship and sex education as part of the PSHE programme and enrichment
- provides guest speakers in lessons to ensure students have access to unbiased and independent information
- enables students to communicate about any unwanted invasion of personal body space and/or their body
- raises awareness of sources of help and enables students to acquire the skills and confidence to seek out and engage with external advice and support, school liaises with parents to secure students' welfare through the school's pastoral system and nurses. Nurse and Healthy Child Team will suggest appropriate resources for lessons/school website/Its Learning and offer more targeted intervention for individuals/small groups where appropriate
- Ensures a response to current practice, developments and incidents in young people's lives both locally and nationally eg online access, pornography, sexualised behaviour, upskirting, inappropriate images on-line grooming, child sexual exploitation (CSE), sexting, bullying (including cyber bullying), peer on peer/teenage relationship abuse, initiation/hazing type violence and rituals, domestic violence, sexual violence and harassment, LGBT issues, Female Gender Mutilation (FGM), Forced Marriage (FM), etc.

The programme is delivered in keeping with the school's values. Morality is an essential part of sexuality and relationships. The relationship and sex education programme will work towards promoting the values that are important in society. These include:

- value of family life, friends and the wider community
- taking responsibility for choices and actions
- respect for individual and human rights
- respect for human dignity
- freedom from exploitation
- respect for diversity and minority groups.

The curriculum will be taught in mixed gender groups in timetabled PSHE lessons, Science lessons and will be enriched through assemblies and Learning Manager activities during form time.

Assessing, monitoring, evaluating and reviewing RSE

RSE will be assessed in accordance with the school's policy for Assessment, Monitoring, Evaluating and Reviewing of Curriculum Subjects. Assessment of the curriculum should:

- Be planned from the beginning as an integral part of teaching and learning
- Ensure all pupils make progress in achieving the expected educational outcomes for Relationships, RSE and Health Education from September 2020
- Provide regular opportunities for pupils to give and receive feedback on their progress and achievements, helping them to identify what they should do next
- Enable pupils to identify and gather evidence of their progress in developing knowledge, skills, understanding and attitudes
- Bi-annually complete the Growing up In North Yorkshire Survey to support the monitoring and evaluation of the RSE provision and to identify any emerging issues for pupils

Monitoring and Evaluation

The RSE programme is regularly monitored and evaluated within the school's framework for teaching and learning and delivery of the curriculum. The views of pupils, parents/carers and staff are used to make changes and improvements to the programme on an ongoing basis.

- To review and plan the content and delivery of the programme of study for RSE
- To review resources and renew as appropriate

To update training in line with current guidance and staff identified needs

Roles and responsibilities

Student entitlement

The school regards access to a coherent programme of relationship and sex education as a fundamental right for all students and will provide appropriate courses for all students. This is regardless of disability, educational needs, race, nationality, ethnic or national origin, sex, gender, identity, religion, sexual orientation or looked after children. The programme is structured to emphasise the individual students' responsibility for the health of their own body.

All aspects of relationship and education are taught within a moral framework and with due regard and sensitivity to the range of different values and beliefs within a multi-faith and multi-cultural society. We promote all pupils' spiritual, moral, social and cultural development to enable them to participate fully in democratic, modern Britain.

Parent/Carer entitlement

We work in active partnership with families, value their views and endeavour to keep them informed of Relationship Education and RSE provision. This policy is published on the school website. Parents are notified in writing and given information about the programme prior to the RSE programme being delivered. Links to resources and help from external agencies will be available on the website to support parents/carers in appropriate discussions with their child.

All parents/carers have a legal right to withdraw their child from Sex Education within the Relationship and Sex Education programme element of PSHE lessons (not the or Relationships or Health Education or Sex Education lessons in the Science National Curriculum). From September 2020 the request to withdraw can be respected up to and until three terms before a child turns 16. After that point, if the child wants to receive sex education rather than be withdrawn, we will make arrangements to provide the child with sex education during one of those terms.

A minority of parents/carers may wish to do so, and in this event, they should contact the Assistant Headteacher. The school will discuss individual cases with the family concerned and ensure appropriate, purposeful education during the period of withdrawal.

School staff

The Assistant Headteacher will be responsible for monitoring the provision of RSE and for reporting the results to the Senior Leadership Team, and to the Governors. The PSHE co-ordinator is responsible for the implementation and quality of long term and medium term RSE schemes of work, ensuring pupils make progress, ensuring staff are confident to deliver the programme, ensure procedures for assessment, monitoring and evaluation are in place, evaluating the programme, reporting the findings on an annual basis and for making recommendations for changes to the programme. The RSE programme is regularly monitored and evaluated within the school's framework for teaching and learning and delivery of the curriculum. The views of pupils, parents/carers and teachers are used to make changes and improvements to the programme on an ongoing basis. Staff will be provided with the appropriate training to deliver the programme and ensure that they appropriately report any information or disclosure which raises concern that a child may be at risk of significant harm as per school safeguarding procedures. The Headteacher and Governing body are responsible for ensuring there is an up to date RSE policy and that this is delivered and resourced appropriately.

Pupils have access to on-site sexual health provision including advice about sexual health through the School Nurse and advice and support around contraception services and STI testing through the Healthy Child Team appointments and drop in service. Appropriate signposting to local support services including sexual health services is provided by the Pastoral Team and Nursing Team.

External agencies

Visitors may be used alongside teaching staff to enhance the delivery of the curriculum. We will ensure that the visitor or visiting organisations credentials have been appropriately checked and the information they provide fits with our planned programme and published policy.