



# Heathside School

## Relationship and Sex Education Policy

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<b>Staff Member with Responsibility:</b>	Mrs A Shakespeare, Vice Principal
<b>Reviewed by:</b>	Local Advisory Board
<b>Reviewed Date:</b>	Spring 2018
<b>Next Review Due:</b>	Spring 2021

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### Introduction and Purpose of Policy

Heathside School believes that relationship and sex education (RSE) makes an essential contribution to every student's health, wellbeing and preparation for adult life in society. Effective relationship and sex education is essential if young people are to make responsible and well informed decisions about their lives. A comprehensive programme of RSE provides accurate information about the body, reproduction, sex, and sexual health. It also gives children and young people essential skills for building positive, enjoyable, respectful and non-exploitative relationships and staying safe both on and offline. It is an integral part of the PSHE programme within the school.

Relationship and sex education is compulsory from age 11 onwards.

The aim of the relationship and sex education policy is:

- to endorse the entitlement of all students in this school to relationship and sex education.
- to confirm the coverage and scope of relationship and education in this school.
- to ensure that appropriate guidance is available for the staff that will deliver the programme of relationship and sex education in the school.
- to specify the right of parents to withdraw their children from all or part of relationship and sex education.

### What is Relationship and Sex Education?

It is part of lifelong learning about sex, sexuality, emotions, relationships and sexual health. It contributes to the spiritual, moral, cultural, mental and physical development of students and prepares them for the experiences, rights and responsibilities of adult life.

At Heathside the relationship and sex education programme will cover three main elements:

## **Attitudes and Values**

- learning the importance of values and individual conscience and moral considerations.
- learning the value of family life and stable loving relationships for the nurture of children.
- learning the value of respect, love and care.
- exploring, considering and understanding moral dilemmas.
- developing critical thinking as part of decision making.

## **Personal and Social Skills**

- learning to manage emotions and relationships confidently and sensitively.
- developing self-respect and empathy for others.
- learning to make choices based on understanding of differences and with an absence of prejudice.
- developing an appreciation of the consequences of choices made and how relationships can affect health and wellbeing, including mental health.
- managing conflict.
- learning how to recognise and avoid exploitation and abuse.

## **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 health advice, contraception and support services (including education about HIV and AIDS - and other sexually transmitted diseases).
- supporting students to make wise and informed choices regarding sexual activity.
- developing an awareness of sex and the law.
- developing an understanding of the diversity of relationships and sexuality.
- an understanding of the difference between consenting and exploitative relationships.
- understanding internet safety issues such as sexting and sharing of images.

All pupils at Heathside are entitled to relationship and sex education. Heathside will provide a coherent, well-balanced programme of relationships and sex education that:

- reflects the age and maturity of the students.
- meets the particular needs of both boys and girls.

## **Content and organisation**

Relationships and sex education is not an isolated subject. It permeates the whole school curriculum, the ethos of the school, and the pastoral system.

Many subjects, but particularly Science, Religious Education and PSHE explore some elements of relationship and sex education.

At Heathside, during Key Stage 3 students will receive relationship and sex education through the PSHE curriculum, in particular exploring:

- Physical and emotional changes during puberty
- Management of growth and change during puberty
- Relationships: friends and families, marriage, and civil partnerships
- Health services
- Sexual relationships: law, consent, contraception
- Sex, gender, sexuality and sexual orientation
- E-safety

During Key Stage 4, students will receive relationship and sex education through PSHE enrichment days, within other subjects in the curriculum (for example, Religious Education and Science) and through the pastoral support system.

In Key Stage 5, students receive relationship and sex education through organised enrichment days and pastoral support.

### **Confidentiality**

- Teachers cannot offer or guarantee absolute confidentiality in some matters and students will be made aware of this.
- Heathside is aware that effective relationship and sex education can lead to the disclosure of a Child Protection issue and this will be acted on in accordance with the school's Child Protection Policy.
- Students will be informed of the sources of confidential help available which currently include the School Counsellor, Pastoral Staff and local advice centres, including the school nurse (on request).
- As part of an effective PSHE programme, ground rules will be explained by the teacher before the start of any sensitive discussions.

### **Parents' Right of Withdrawal**

- Parents have the right to withdraw their children from all or part of any relationship and sex education provided.
- Parents do not have the right to withdraw their children from the teaching of the biological aspects of human growth and reproduction that are included in the National Curriculum for science.

### **Monitoring and evaluation**

- The PSHE Co-ordinator will liaise annually with the other curriculum areas to ensure that the syllabus is being covered and that the biological and emotional elements are properly co-ordinated.
- The KS4 enrichment days will be reviewed annually and evaluated by the students and staff.
- The Senior Leadership Team will monitor the implementation of this policy through the cycle of departmental reviews.