

Relationships and Sex Education (RSE) Policy

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THE JO RICHARDSON

SUCCESS FOR ALL

C O M M U N I T Y S C H O O L

ACHIEVE

Relationships and Sex Education (RSE)

The Head of PDE is the named member of staff responsible for relationships and sex education (RSE) at JRCS.

RSE is lifelong learning about physical, moral and emotional development. It is about the understanding of the importance of the various stages in life surrounding sexual as well as platonic relationships. It is also about the teaching of sex, sexuality and sexual health.

The prime responsibility for bringing up children rests with parents/carers. The RSE programme recognises that parents/carers are key figures in helping their children manage the emotional and physical aspects of growing up, in preparation for the challenges and responsibilities that sexual maturity brings. The RSE programme offered at JRCS is complementary to the role of parents/carers and gives due regard to parents'/carers' views about content and presentation.

Appropriate and responsible RSE is an important element in the work of the School in preparing students for adult life. The School has a legal responsibility to ensure that all students receive a planned and structured programme of RSE.

The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019, made under sections 34 and 35 of the Children and Social Work Act 2017, make Relationships Education compulsory for all students receiving primary education and Relationships and Sex Education (RSE) compulsory for all students receiving secondary education. They also make Health Education compulsory in all schools except independent schools. Personal, Social, Health and Economic Education (PSHE) continues to be compulsory in independent schools.

RSE is defined as:

"It is a lifelong learning about physical, moral and emotional development. It is about the understanding of the importance of marriage for family life, stable and loving relationships, respect, love and care. It is also about the teaching of sex, sexuality and sexual health. It is not about the promotion of sexual orientation or sexual activity – this would be inappropriate teaching."

Thus, the process of RSE involves the delivery of information and knowledge, but also examines opinions and concepts and encourages thought and discussion. In this way personal and interpersonal skills are developed. The programme aims to help all students to examine their own and others' attitudes and values in order to make informed decisions. There is also the opportunity for discussion about feelings, fears and myths. Account is taken of diverse influences on sex and sexual behaviour including parents, culture, religion, economic status and media, gender and peer groups. The School has a clear duty to promote those values which are widely shared in contemporary society, including honesty in relationships, tolerance, mutual respect and fidelity and the value of family life. Our aim is to support all our students to move with confidence from childhood through to adolescence into adulthood respecting not only themselves, but others too in the process.

This is in line with the Education Act 2002 which states that all schools must provide a balanced and broadly-based curriculum which: -

- promotes the spiritual, moral, cultural, mental and physical development of students at the school and of society; and
- prepares students at the school for the opportunities, responsibilities and experiences of later life.

Within this framework, the RSE programme aims to: -

- enhance self-esteem;
- help students to have respect for themselves and others;
- help students to understand that growth and development is unique in each individual and also inevitable and natural;
- develop an understanding of sexuality and the responsibility that this entails;
- help students to understand the nature and types of relationships and that relationships should be caring and non-exploitative;
- increase understanding and knowledge of family structures;
- increase awareness of sex-role stereotyping;
- correct misinformation and counteract prejudice and ignorance;
- not only be informative, but also to present opportunities for students to be more reflective;
- encompass personal, health and community education;

- encourage a sharing of ideas in a supportive situation.

Acceptance of negative views on the part of some students' attitudes and behaviour concerning relationships and family life could mean that other students would feel left out or, at the very least, devalued. Thus, there is a need for sensitivity when dealing with individuals. The School has an obligation to all students to support and assist them in managing their own individual lives. It is therefore crucial for all students to feel they have the support of teachers and have someone to turn to for advice and counselling.

Where is it taught?

RSE is taught through the PDE and science curriculum. These curriculum areas provide a comprehensive, coherent and developmental programme which considers the students' level of maturity.

How is it taught?

The teaching of RSE uses a variety of methods within the PDE framework. The methods give students the opportunity to clarify their attitudes and values as well as the chance to discuss matters from their own perspective. It is thus active and developmental.

Methods will include:

- teacher exposition/demonstration
- pair/group discussions
- structured questioning
- "brainstorming"
- decision-making exercises
- use of videos

The delivery of this programme will be led by trained teaching staff, however external professionals may be brought in to further aid students learning. The RSE programme at JRCS is regularly monitored and evaluated by the Head of PDE as well as through learning walks and observations.

Right to withdraw from RSE

Parents/Carers have the right to withdraw their child/children from parts of the PDE RSE programme, excluding the statutory science curriculum. Should a parent/carer wish to do so, a signed letter must be addressed to the Headteacher outlining reasons for withdrawal. A meeting will then be arranged to discuss the decision of withdrawal.

The RSE programme will be reviewed on an annual basis. Details of the curriculum are recorded in the Departmental Handbook.

Access

At JRCS a health professional is available to consult with KS5 students on sexual health related matters and relationships. Condoms may only be issued by a health professional who has received the appropriate training. Every young person being given condoms will have the opportunity to discuss issues relating to their health and sexual relationship.

What is taught?

Year 7	<u>Relationships and sex education</u> <ol style="list-style-type: none"> 1. Puberty 2. Puberty - Periods 3. FGM 4. Bullying Banter 5. Positive Relationships 6. Family & Marriage
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Year 8	<u>Relationships and sex education</u> <ol style="list-style-type: none"> 1. Self-awareness 2. Managing own behaviour 3. Conception 4. Consent 5. Sexting 6. Pornography Child Sexual Exploitation
Year 9	<u>Relationships and sex education</u> <ol style="list-style-type: none"> 1. Types of Contraception 2. STIs 3. Body Image 4. Teenage Pregnancy 5. LGBTQ
Year 10	<u>Relationships and sex education</u> <ol style="list-style-type: none"> 1. Intro to sex ed 2. STIs and Contraception 3. Harmful Sexual Behaviour/ Public Sexual Harassment 4. Stereotypes and Final reviews
Year 11	Bespoke programme of learning which consolidates prior learning and builds on the above.
Year 12	<ol style="list-style-type: none"> 1. Harmful Sexual Behaviour 2. Consent and Coercive relationships
Year 13	Consent/sexual offences/bystander intervention/legality