

SOUTH CRAVEN SCHOOL

RELATIONSHIPS, SEX & HEALTH EDUCATION POLICY

Relationships, Sex & Health Education – key definitions

Relationships education is learning about the emotional, social and physical aspects of growing up, relationships, gender, sexuality, sex and sexual health. It should support students in gaining accurate information, developing skills and forming positive beliefs, values and attitudes. It also gives students essential skills for building positive, enjoyable, respectful, loving and non-exploitative relationships, staying safe both on and offline and enabling them to take responsibility for their body, relationships, reproduction, sexual health and wellbeing.

Sex education is the biology or mechanics of sex, drawing on knowledge of the human life cycle and the ways a baby could be conceived and born, as set out in the National Curriculum for Science.

The role of RS&HE in personal development and the development of the South Craven Learner

RS&HE education makes a strong contribution to supporting the personal development of all students and their development as South Craven Learners. This is particularly the case with:

- developing responsible, respectful and active citizens who are able to play their part and become actively involved in public life as adults
- promoting equality of opportunity so that all students can thrive together, understanding that difference is a positive, not a negative, and that individual characteristics make people unique
- promoting an inclusive environment that meets the needs of all students, irrespective of age, disability, gender reassignment, race, religion or belief, sex or sexual orientation
- developing students' character, which we define as a set of positive personal traits, dispositions and virtues that informs their motivation and guides their conduct so that they reflect wisely, learn eagerly, behave with integrity and cooperate consistently well with others. This gives students the qualities they need to flourish in our society
- developing students' confidence, resilience and knowledge so that they can keep themselves mentally healthy
- enabling students to recognise online and offline risks to their well-being – for example, risks from criminal and sexual exploitation, domestic abuse, female genital mutilation, forced marriage, substance misuse, gang activity, radicalisation and extremism – and making them aware of the support available to them
- enabling students to recognise the dangers of inappropriate use of mobile technology and social media
- developing students' age-appropriate understanding of healthy relationships through appropriate relationship, sex and health education

Our principles for high quality Relationships, Sex & Health Education At

South Craven School, we will ensure that RS&HE:

- is an identifiable part of our personal, social, health and economic education curriculum, which has planned, timetabled lessons as well as a broader range of learning opportunities
- works in partnership with parents and carers, informing them about what their children will be learning and about how they can contribute at home
- delivers lessons where students feel safe and encourages participation by using a variety of teaching approaches with opportunities to develop critical thinking and relationship skills

- is based on reliable sources of information, including about the law and legal rights, and distinguishes between fact and opinion
- promotes safe, equal, caring and enjoyable relationships and discusses real-life issues appropriate to the age and stage of students, including friendships, families, consent, relationship abuse, sexual exploitation and safe relationships online
gives a positive view of human sexuality, with honest and medically accurate information, so that students can learn about their bodies and sexual and reproductive health in ways that are appropriate to their age and maturity
- gives students opportunities to reflect on values and influences (such as from peers, media, faith and culture) that may shape their attitudes to relationships and sex, and nurtures respect for different views
- includes learning about how to get help and treatment from sources such as the school nurse and other health and advice services, including reliable information online
- fosters gender equality and LGBT+ (lesbian, gay, bisexual, trans) equality and challenges all forms of discrimination in lessons, school and in every-day life
- meets the needs of all students with their diverse experiences - including those with special educational needs and disabilities
- seeks students' views about RS&HE so that teaching can be made relevant to their real lives and assessed and adapted as their needs change

The curriculum

The Department for Education has identified the following elements as statutory.

Relationships and Sex Education - this will build on teaching at primary school. It aims to give young people the information they need to help them develop healthy, nurturing relationships of all kinds. A school will cover content on what healthy and unhealthy relationships look like and what makes a good friend, colleague and successful marriage or committed relationship. At the appropriate time, the focus will move to developing intimate relationships, to equip young people with the knowledge they need to make safe, informed and healthy choices as they progress through adult life. By the end of secondary school, students will have been taught content on:

- families
- respectful relationships, including friendships
- online media
- being safe
- intimate and sexual relationships, including sexual health

Health Education – this aims to give a child the information they need to make good decisions about their own health and wellbeing, to recognise issues in themselves and others, and to seek support as early as possible when issues arise. By the end of secondary school, students will have been taught content on:

- 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

It is also important for students 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. Students should be aware of the relevant legal provisions when relevant topics are being taught for example:

- marriage
- consent, including the age of consent
- violent conduct
- 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)

The delivery model

Relationships, sex and health education is delivered through a combination of discrete classroom learning, cross curricular learning through a variety of academic subjects, the formal tutorial programme, assemblies, enrichment activities and activities week. Discrete classroom delivery is through Y9 Beliefs and Values which covers Relationships, family life and sexual health and Drugs and alcohol education. Cross curricular delivery mainly comes through Science, IT, Performing Arts and PE. The delivery of the statutory elements are mapped across the Y7-11 curriculum.

Safeguarding and Confidentiality

RS&HE can be a sensitive issue. To protect privacy and engender respect for all, staff will be expected to develop ground rules with students at the onset of work. This will include information on confidentiality and information will be given on where students can get help on personal concerns both inside and outside school. Students will be informed about the remit of confidentiality and that staff cannot offer or guarantee students unconditional confidentiality.

If students ask particularly sensitive questions that appear to be inappropriate in the circumstances, staff will deal with this outside of the lesson but an agreed holding statement will be used for example, 'that is a really interesting question and I need time to think because I want to give you a really good answer' this then allows staff to follow a number of options. These include: further questioning of the student with another member of staff present asking them for interpretation of the question they asked. Time to consult with colleagues to construct an appropriate answer, or liaise with the student's family, and obtain information about where to get further help or, if the matter is considered a potential Safeguarding issue, the staff member responsible for this will be notified.

It is the responsibility of the school to support its students and to carry out its functions with a view to safeguarding and promoting the welfare of students. In fulfilling this duty we must have regard to

guidance around safeguarding. Staff will report any information or disclosure which raises concern that a child or children may be at risk of significant harm to the school's senior member of staff, the Designated Safeguarding Lead. The Designated person will then, in line with the School's Child Protection Policy, take action as appropriate.

The Parental right to withdraw their child from RS&HE lessons:

- Parents/carers cannot withdraw their child from Relationships or Health Education
- Parents/carers have no right to withdraw their child from aspects of the National Curriculum for Science
- Any parent/carer request to withdraw from sex education 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, the school will make arrangements to provide the child with sex education during one of those terms
- Before granting a request to withdraw an identified member of staff will offer to meet with the parents/carers to discuss their concerns to see if the issues can be resolved
- If a student is withdrawn from sex education, it is the school's responsibility to ensure that the student receives appropriate, purposeful education during the period of withdrawal

Assessing RS&HE

RS&HE will be assessed in accordance with the school's assessment policy and will be reported on in Y9 through the Beliefs and Values SPM. Assessment of the curriculum will:

- ensure all students make progress in achieving the expected educational outcomes
- provide regular opportunities for students to give and receive feedback on their progress and achievements, helping them to identify what they should do next
- enable students to identify and gather evidence of their progress in developing knowledge, skills, understanding and attitudes

Monitoring and Evaluation

The RS&HE programme is regularly monitored and evaluated within the school's framework for teaching and learning and delivery of the curriculum. The views of students, parents/carers and staff are used to make changes and improvements to the programme on an on-going basis to:

- review and plan the content and delivery of the programme of study for RS&HE
- review resources and renew as appropriate
- update training in line with current guidance and staff identified needs
- make use of the Growing Up In North Yorkshire Survey to support the monitoring and evaluation of the RS&HE provision and to identify any emerging issues for students

Appendices

Please see below

Understanding Relationships, Sex and Health Education at your child's secondary school: a guide for parents

We want all children to grow up healthy, happy, safe, and able to manage the challenges and opportunities of modern Britain. That is why, from September 2020, all secondary age children will be taught Relationships, Sex and Health Education.

These subjects are designed to equip your child with knowledge to make informed decisions about their wellbeing, health and relationships as well as preparing them for a successful adult life. The world for all young people looks very different from the way it did 20 years ago when this curriculum was last updated – these changes bring the content into the 21st century, so that it is relevant for your child.

Your child's school will have flexibility to deliver the content in a way that is age and developmentally appropriate and sensitive to the needs and religious background of its pupils.

Relationships and Sex Education

Relationships and Sex Education will build on the teaching at primary. It aims to give young people the information they need to help them develop healthy, nurturing relationships of all kinds.

Your child's school will cover content on what healthy and unhealthy relationships look like and what makes a good friend, colleague and successful marriage or committed relationship. At the appropriate time, the focus will move to developing intimate relationships, to equip your child with knowledge they need to make safe, informed and healthy choices as they progress through adult life.

By the end of secondary school, pupils will have been taught content on:

- families
- respectful relationships, including friendships
- online media
- being safe
- intimate and sexual relationships, including sexual health

You can find further details by searching '**relationships, sex and health education**' on GOV.UK.

Health Education

Health Education aims to give your child the information they need to make good decisions about their own health and wellbeing, to recognise issues in themselves and others, and to seek support as early as possible when issues arise.



By the end of secondary school, pupils will have been taught content on:

- 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

You can find further details by searching '**relationships, sex and health education**' on GOV.UK.

Your rights as a parent

The important lessons you teach your child about healthy relationships, looking after themselves and staying safe, are respected and valued under this new curriculum. Teaching at school will complement and reinforce the lessons you teach your child as they grow up.

Your child's school is required to consult with you when developing and renewing their policies on Relationships, Sex and Health Education. These policies must be published online and be available to anybody free of charge.

You can express your opinion, and this will help your child's school decide how and when to cover the content of the statutory guidance. It may also help them decide whether to teach additional non-statutory content. Schools are required to ensure their teaching reflects the age and religious background of their pupils.

Some schools will start to teach these subjects from September 2019 – if you'd like to know more, please speak to your child's school about what they plan to teach.



Right to withdraw your child

You cannot withdraw your child from Health Education or the Relationships Education element of Relationships and Sex Education, because it is important that all children receive this content, covering topics such as friendships and how to stay safe.

If you do not want your child to take part in some or all of the Sex Education lessons delivered at secondary, you can ask that they are withdrawn. Your child's head teacher will consider this request and discuss it with you, and will grant this in all but exceptional circumstances, up until three school terms before your child turns 16. At this age, your child can choose to receive Sex Education if they would like to, and the school should arrange for your child to receive this teaching in one of those three terms (unless there are exceptional circumstances).

If your child's school is planning to teach these subjects from September 2019, your right to withdraw your child from Sex Education will be governed by the current legislation and so is absolute for the 2019/20 academic year – your child cannot opt in, and the head teacher will not overrule this request. This will remain the case until September 2020, when the new subjects will become compulsory and the new right to withdraw provisions will apply.

The science curriculum in all maintained schools also includes content on human development, including reproduction, which there is no right to withdraw from.

