

# **Thomas Telford School**



## **Relationships and Sex Education (RSE) and Health Education Policy**

Prepared by: R Price

July 2022

## **Rational and Ethos**

This policy covers our schools approach to statutory Relationships and Sex Education (RSE) and Health Education

Relationships and Sex Education (RSE) and Health Education helps children and young people deal with some of the issues they face as they grow up.

Our school has a responsibility to provide all students with accurate information about relationship and health matters by promoting positive attitudes and values which influence healthy patterns of behaviour.

We believe that Relationships and Sex education and Health education should be part of the formal curriculum and something which permeates the ethos of the School.

## **Aims**

The aims of this policy are to provide, through our broad and balanced curriculum, Relationships and Sex Education (RSE) and Health Education which:

- gives young people the kind of information they need to help them develop healthy, nurturing relationships of all kinds, not just intimate relationships.
- enables them to know what a healthy relationship looks like and what is acceptable and unacceptable behaviour in relationships
- helps students understand the benefits of healthy relationships to their mental wellbeing and self-respect
- gives them the information that they need to make good decisions about their own health and wellbeing
- enables 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.
- achieves the aims of the whole curriculum
- creates responsible young people who make a positive contribution to society

## **Roles and Responsibilities**

At Thomas Telford we believe that:

- All students have a right to be informed on matters of health and sexual development and that this should be delivered across the curriculum.
- Staff will promote within the RSE Programme, courtesy, respect and acceptance of responsibility for self and for others and will develop a teaching approach which will be complementary and supportive to the role of parents.
- Staff that deliver the RSE Programme should receive continuing professional development to enhance their skills within this area of specialism
- Parents will be informed of the content of the RSE and Health Education Programme, which will reflect parents' views in its content and presentation.
- The Headmaster and teachers will ensure that the RSE and Health Education programme is delivered in accordance with the revised Department for Education statutory guidance.

## **Legislation**

We are required to teach RSE as part of the statutory guidance for governing bodies, proprietors, head teachers, principals, senior leadership teams and teachers.

Current regulations and guidance from the Department of Education state that from September 2020, pupils receiving secondary education must be taught RSE and Health Education.

<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education>

Other documents that inform the school's RSE policy include:

- Education Act (1996)
- Equality Act (2010)
- Supplementary Guidance SRE for the 21<sup>st</sup> Century (2014)
- Keeping children safe in education – Statutory safeguarding guidance (2021)
- Children and Social Work Act (2017)

## Curriculum Design

There are five areas of the RSE curriculum

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

There are eight area of the Health Education curriculum

- **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**
- 
- We believe that the best practice in planning the curriculum is to take a spiral approach which gradually revisits and reintroduces topics at a more complex level for each year group. This allows students to embed the essential skills and attributes young people need to manage their lives – both now and in the future.
  - The statutory RSE and Health Education programme will be planned and delivered during Science curriculum time. Most of the content is delivered in mixed sex groups of 12-15 that are extracted from Science lessons. In Year 7, for the Changing Adolescent body session, the students are taught in single sex groups to discuss menstruation and other aspects of puberty.
  - The sessions will include videos, discussions, worksheets, online materials and a wide variety of other teaching resources which promote understanding within a moral context and underpin the values and ethos of the school. The utmost care will be taken to ensure the material is appropriate for the age range and stage of development of the student.
  - The issues covered in the RSE lessons are followed up and reinforced via discussions in English curriculum time, assemblies and personal tutorial.

- Students are encouraged to reflect on their own learning and progress through discussion and the use of baseline and exit assessments in their booklet.

An overview of the learning in each year group can be found below:

**Coordinators:** J Morgan & E Powell

**Main Teachers:** E Powell, J Morgan, R Price, N Grant, J Tindall

**Year 7**

**Looking after yourself**

- healthy lifestyle
- healthy eating and links between poor diet and health risks
- personal hygiene
- dental health
- importance of sleep for good health

**Changing adolescent body**

- key facts about puberty
- the main changes that take place in males and females

**Relationships & Managing friendships**

- that there are different types of stable relationships
- what marriage is, including legal status
- roles and responsibilities of parents
- characteristics of positive friendships

**Year 8**

**Relationships - Consent**

- how to actively communicate and recognise consent from others including sexual consent facts about reproductive health
- the strategies for identifying and managing sexual pressure

**Relationships - Equality**

- how stereotypes can cause damage relationships
- different types of bullying (including cyberbully)
- legal rights and responsibilities regarding equality

**Mental wellbeing**

- the positive link between physical activity and mental wellbeing

## Year 9

- how to talk about emotions
- how to recognise the early signs of mental wellbeing
- common types of mental ill-health

### **Intimate and sexual relationships - contraception**

- the facts about the full range of contraceptive choices
- the facts about pregnancy including miscarriage
- that there are choices in relation to pregnancy

### **Intimate and sexual relationships – Sexual transmitted infections**

- how different sexually transmitted infection are transmitted and how risk can be reduced through safer sex
- about the prevalence of some STIs , the impact and treatment
- how to get further advice including where to access confidential sexual and reproductive health advice and treatment

### **Online and media**

- rights and responsibilities online
- online risks
- the impact of viewing harmful content
- that sharing indecent images of children (including those created by children) is a criminal offense
- how information and data is generated, collected and shared online.

## Year 10

### **Intimate and sexual relationships, including sexual health**

- the concepts of, and laws relating to, sexual consent, sexual exploitation, abuse, grooming, coercion, harassment, rape, domestic abuse, forced marriage, honour-based violence and FGM and how these can affect current and future relationships
- how to recognise the characteristics of healthy one-to-one intimate relationships
- that all aspects of health can be affected by choices they make in sex and relationships.
- the benefits of regular self-examination and screening
- that specifically sexually explicit material e.g pornography presents a distorted picture of sexual behaviour

### **Drugs, Alcohol and Tobacco**

- the facts about legal and illegal drugs and their associated risks, including the link to serious mental health conditions
- the law relating to the supply and possession of illegal substances
- the physical and psychological consequences of addiction including alcohol dependency
- the facts about the harms from smoking tobacco
- how the use of alcohol and drugs can lead to risky sexual behaviour
- pupils should know about the science relating to blood, organ and stem cell donation.

#### **Internet safety and harms**

- the similarities and differences between the online world and the physical world including the impact of unhealthy comparison with others online
- over-reliance on online relationships including social media
- the risks related to online gambling
- how to identify harmful behaviours online and how to report or find support if they have been affected.

### **Year 11**

Year 11 RSE content will be delivered through a dedicated assembly programme and classroom-based delivery and discussion.

#### **Health and Well-being**

- Target setting and achieving potential
- Self-esteem and leading a healthy lifestyle
- Selflessness
- Preparing for exams and stress management
- Mental health awareness

#### **The Wider World**

- Discrimination of groups, on the basis of religion, race, disability, gender, sexuality
- Impacts of social media

#### **Relationships**

- Building positive relationships

- Sexual harassment and consent
- Bullying
- Respect, love and adult relationships
- Fertility rights, contraception and parenting

### **Sixth Form**

The 6.1 curriculum will be delivered through a combination of assemblies and in-lesson delivery of key content.

The 6.2 curriculum will be delivered through a combination of assemblies and half-termly drop-down sessions.

#### **Health and well-being**

- Self-concept
- Mental health and emotional wellbeing
- Healthy lifestyles
- Managing risk and personal safety
- Sexual health
- Drugs, Alcohol and Tobacco

#### **Relationships**

- Relationship values
- Forming and maintaining respectful relationships
- Consent
- Contraception and parenthood
- Bullying, abuse and discrimination

#### **Living in the wider world**

- Choices and pathways
- Work and career
- Employment rights and responsibilities
- Financial choices

For further information regarding content, see statutory guidance:

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/805781/Relationships Education Relationships and Sex Education RSE and Health Education.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/805781/Relationships_Education_Relationships_and_Sex_Education_RSE_and_Health_Education.pdf)



### **Monitoring and evaluation**

- Staff will promote within the RSE and Health Education Programme, courtesy, respect and acceptance of responsibility for self and for others and will develop a teaching approach which will be complementary and supportive to the role of parents.
- Staff will critically reflect on their work in delivering RSE and Health education through lesson evaluation and meetings with the RSE co-ordinators.
- Staff that deliver the RSE and Health Education Programme should receive continuing professional development to enhance their skills within this area of specialism
- The delivery of RSE and Health Education will be monitored and evaluated in the same way as other subjects to ensure that the provision of RSE and Health education is consistently delivered to a high standard.
- All students have a right to be informed on matters of health and sexual development and that this should be delivered across the curriculum. Students will be given the opportunity to give their input on the content and quality of RSE and Health education through the use of whole group surveys and student voice meetings.

### **Engaging Stakeholders**

- Parents will be informed of the content of the RSE and Health Education Programme, which will reflect parents' views in its content and presentation.
- We will notify parents when RSE and Health education will be taught in the form of a letter which will give parents the opportunity to ask questions or raise concerns
- Parent information sessions and opportunities for parents to view the materials and resources will be made available if this is required.
- The policy will be available to parents through the school website
- Parents/carers have the right to request that their child be withdrawn from some or all of the sex education delivered as part of statutory RSE. There is no right to withdraw from Relationships Education or Health Education.
- If parents wish to withdraw their child from any part of the Sex Education Programme, they will be given the opportunity to do so by contacting Miss Emma Powell, Director of Science
- Governors will be informed of the RSE and Health Education policy and curriculum through meeting with Miss Emma Powell, Deputy Head with responsibility for the delivery of RSE and Health Education.
- Feedback from student voice will be used to evaluate and develop the RSE programme annually.

### **Curriculum accessibility (SEND)**

The RSE curriculum will be made accessible to all pupils including those with SEND through high quality teaching that is differentiated and personalised. When preparing these lessons for those with SEND, there will be consultation with the SENCO before delivering the RSE programme.

#### **Review Date**

This policy will be reviewed in July 2023 to ensure that it continues to meet the needs of the students, staff and parents.