

Hope SENTAMU LEARNING TRUST



SECONDARY SCHOOL RELATIONSHIPS AND SEX EDUCATION AND HEALTH EDUCATION POLICY January 2022 to January 2023

THIS POLICY APPLIES TO SECONDARY SCHOOLS/ACADEMIES IN THE HOPE SENTAMU
LEARNING TRUST

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Signed by:

_____ **Chief Executive Officer** **Date:** _____

_____ **Chair of Trust Board** **Date:** _____

Policy Updates

Date	Page	Policy updates
Jan 2022		New Template Policy

Statement of intent

At Graham school, we understand the importance of educating pupils about relationships, sex, and their health, for them to make responsible and well-informed decisions in their lives.

The teaching of RSE and health education can help to prepare pupils for the opportunities, responsibilities, and experiences of adult life. It allows us to promote the spiritual, moral, social, cultural, mental and physical development of pupils at school and in wider society.

We have an obligation to provide pupils with high-quality, evidence and age-appropriate teaching of these subjects. This policy outlines how the school's/academy's RSE and health education curriculum will be organised and delivered, to ensure it meets the needs of all pupils.

1. Legal framework

This policy has due regard to all relevant legislation and statutory guidance including, but not limited to, the following:

- Equality Act 2010
- The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019
- Children and Social Work Act 2017
- DfE (2021) 'Keeping children safe in education
- DfE (2021) 'Teaching about relationships, sex and health'
- DfE (2019) 'Relationships Education, Relationships and Sex Education (RSE) and Health Education'
- DfE (2015) 'National curriculum in England: science programmes of study'

This policy operates in conjunction with the following Trust policies:

- Behaviour Policy (*Trust-wide policy and local procedures*)
- Special Educational Needs and Disability Policy (*Trust-wide policy*)
- E-Safety and Acceptable Use Policy (*Trust-wide policy*)
- Equality Objectives Policy (*Trust-wide policy*)
- Anti-Bullying Policy (*Trust-wide policy*)
- Child Protection and Safeguarding Policy (*Trust-wide policy*)
- Data Protection (UK GDPR) Policy and Data Retention Schedule (*Trust-wide policy*)
- Acceptable Use Agreement (*Trust-wide document*)

2. Roles and responsibilities

2.1. The Local Governing Committee (LGC) and Trust Board is responsible for:

- Ensuring all pupils make progress in achieving the expected educational outcomes.
- Ensuring the RSE and health education curriculum is well-led, effectively managed and well-planned.
- Evaluating the quality of provision through regular and effective self-evaluation.
- Ensuring that teaching is delivered in ways that are accessible to all pupils with Special Educational Needs and Disabilities (SEND).
- Providing clear information to parents/carers on the subject content and the right to request that their child is withdrawn.
- Ensuring RSE and health education is resourced, staffed and timetabled in a way that ensures the school/academy can fulfil its legal obligations.

2.2. The Headteacher/Principal is responsible for:

- The overall implementation of this policy.

- Ensuring all staff are suitably trained to deliver the subjects.
- Ensuring parents/carers are fully informed of this policy.
- Reviewing all requests to withdraw pupils from non-statutory elements of the RSE and health education curriculum.
- Discussing withdrawal requests with parents/carers, and the pupil if appropriate, to ensure their wishes are understood and to clarify the nature and purpose of the curriculum, including the benefits of receiving the education.
- Ensuring withdrawn pupils receive appropriate, purposeful education during the period of withdrawal.
- Encouraging parents/carers to be involved in consultations regarding the school's/academy's RSE and health education curriculum.
- Reviewing this policy on an annual basis.
- Reporting to the LGC on the effectiveness of this policy and the curriculum.

2.3. The RSE and health education subject leader is responsible for:

- Overseeing the delivery of RSE and health education.
- Working closely with colleagues in related curriculum areas to ensure the RSE and health education curriculum compliments, and does not duplicate, the content covered in other curriculum subjects.
- Ensuring the curriculum is age-appropriate and of high quality.
- Reviewing changes to the RSE and health education curriculum and advising on their implementation.
- Monitoring the learning and teaching of RSE and health education, providing support to staff where necessary.
- Ensuring the continuity and progression between each year group.
- Helping to develop colleagues' expertise in the subject.
- Ensuring teachers are provided with adequate resources to support teaching of the curriculum.
- Ensuring the school/academy meets its statutory requirements in relation to RSE and health education.
- Leading staff meetings and ensuring all members of staff involved in the curriculum have received the appropriate training.
- Organising, providing and monitoring CPD opportunities in the subject.
- Ensuring the correct standards are met for recording and assessing pupil performance.
- Monitoring and evaluating the effectiveness of the subjects and providing reports to the Headteacher/Principal.

2.4. The Designated Safeguarding Lead (DSL) is responsible for:

- Offering advice and consultation for safeguarding-related subjects in the RSE and health education curriculum.

- Promoting knowledge and awareness of safeguarding issues amongst staff.
- Being an appropriate point of contact for staff who have concerns about the welfare of a pupil that have arisen through the teaching of RSE and health education.

2.5. Subject teachers are responsible for:

- Acting in accordance with, and promoting, this policy.
- Delivering RSE and health education in a manner that is sensitive, of high quality and appropriate for each year group.
- Ensuring they do not express personal views or beliefs when delivering the curriculum.
- Planning lessons effectively, ensuring a range of appropriate teaching methods and resources are used to cover the content.
- Modelling positive attitudes to RSE and health education.
- Liaising with the Special Educational Needs Coordinator (SENCo) to identify and respond to individual needs of pupils with SEND. Liaising with the RSE and health education subject leader on key topics, resources and support for individual pupils.
- Monitoring pupil progress in RSE and health education.
- Reporting any concerns regarding the teaching of RSE or health education to the RSE and health education subject leader or a member of the Senior Leadership Team (SLT).
- Reporting any safeguarding concerns or disclosures that pupils may make as a result of the subject content to the DSL.
- Responding appropriately to pupils whose parents/carers have requested to withdraw them from the non-statutory components of RSE, by providing them with alternative education opportunities.

2.6. The SENCo is responsible for:

- Advising teaching staff how best to identify and support pupils' individual needs.
- Advising staff on the use of Teaching Assistants in order to meet pupils' individual needs.

3. Organisation of the RSE and health education curriculum

For the purpose of this policy:

- "Relationships and sex education" is defined as teaching pupils about developing healthy, nurturing relationships of all kinds, and helping them to understand human sexuality and to respect themselves and others.
- "Health education" is defined as teaching pupils about how they can make good decisions about their own health and wellbeing, and how physical health and mental wellbeing are interlinked.

The RSE and health education curriculum will be developed in consultation with teachers, pupils and parents/carers, and in accordance with Department for Education (DfE) recommendations.

We will gather the views of teachers, pupils and parents/carers in the following ways:

- Questionnaires
- Meetings
- Letters
- Training sessions

The majority of the RSE and health education curriculum will be delivered through Personal, Social, Health and Economic Education (PSHE) lessons. The RSE and health education subject leader will work closely with their colleagues in related curriculum areas to ensure the curriculum complements and does not duplicate the content covered in national curriculum subjects.

The school/academy will ensure that the curriculum remains in line with the DfE's 'Relationships Education, Relationships and Sex Education (RSE) and Health Education' guidance at all times.

The school/academy will consider the context and views of the wider local community when developing the curriculum to ensure it is reflective of circumstances in the local area. The religious background of all pupils will also be considered when planning teaching, to ensure all topics included are appropriately handled.

The RSE and health education curriculum will be informed by topical issues in the school/academy and wider community, to ensure it is tailored to pupils' needs.

4. RSE subject overview

RSE will continue to develop pupils' knowledge on the topics taught at a primary level, in addition to the content outlined in this section.

4.1. Families

By the end of secondary school, pupils will know:

- That there are different types of committed, stable relationships.
- How these relationships might contribute to human happiness and their importance for bringing up children.
- What marriage is, including their legal status, e.g. that marriage carries legal rights and protections not available to couples who are cohabiting or who have married, for example, in an unregistered religious ceremony.
- Why marriage is an important relationship choice for many couples and why it must be freely entered into.
- About the characteristics and legal status of other types of long-term relationships.
- About the roles and responsibilities of parents/carers with respect to raising children, including the characteristics of successful parenting.

Pupils will also know how to:

- Determine whether other children, adults or sources of information are trustworthy.
- Judge when a family, friend, intimate or other relationship is unsafe, and recognise this in others' relationships.
- Seek help or advice if needed, including reporting concerns about others.

4.2. Respectful relationships, including friendships

By the end of secondary school, pupils will know:

- About the characteristics of positive and healthy friendships in all contexts (including online), including trust, respect, honesty, kindness, generosity, boundaries, privacy, consent and the management of conflict, reconciliation and ending relationships. This includes different (non-sexual) types of relationships.
- Practical steps they can take in a range of different contexts to improve or support respectful relationships.
- How stereotypes, particularly those based on sex, gender, race, religion, sexual orientation or disability, can cause damage, e.g. how they might normalise non-consensual behaviour.
- That in school and in the wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including people in positions of authority and due tolerance of other people's beliefs.
- About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to seek help.
- About the types of behaviour in relationships that can be criminal, including violent behaviour and coercive control.
- What constitutes sexual harassment and violence and why these are always unacceptable.
- About the legal rights and responsibilities regarding equality, with reference to the protected characteristics defined in the Equality Act 2010, and that everyone is unique and equal.

4.3. Online and media

By the end of secondary school, pupils will know:

- Their rights, responsibilities and opportunities online, and that the same expectations of behaviour apply in all contexts.
- About online risks, including that material shared with another person has the potential to be shared online and the difficulty of removing potentially compromising material placed online.
- Not to provide material to others that they would not want shared further and not to share personal material which they receive.
- What to do and where to get support to report material or manage issues online.
- The impact of viewing harmful content.
- That specifically sexually explicit material, e.g. pornography, presents a distorted picture of sexual behaviours, can damage the way people see themselves in relation to others and negatively affect how they behave towards sexual partners.
- That sharing and viewing indecent images of children is a criminal offence which carries severe penalties, including jail.
- How information and data is generated, collected, shared and used online.

4.4 Being safe

By the end of secondary school, pupils will know:

- About the concepts of, and laws relating to, sexual consent, sexual exploitation, abuse, grooming, coercion, harassment, rape, domestic abuse, forced marriage, honour-based violence and Female Genital Mutilation (FGM), and how these can affect current and future relationships.
- How people can actively communicate and recognise consent from others, including sexual consent, and how and when consent can be withdrawn – this includes online.

4.5. Intimate and sexual relationships, including sexual health

By the end of secondary school, pupils will know:

- How to recognise the characteristics and positive aspects of healthy one-to-one intimate relationships, which include mutual respect, consent, loyalty, trust, shared interests and outlook, sex and friendship.
- That all aspects of health can be affected by choices they make in sex and relationships, positively and negatively, e.g. physical, emotional, mental, sexual and reproductive health and wellbeing.
- The facts about reproductive health, including fertility and the potential impact of lifestyle on fertility for both men and women.
- The range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others.
- That they have a choice to delay sex or enjoy intimacy without sex.
- The facts about the full range of contraceptive choices, their effectiveness and options available.
- The facts around pregnancy including miscarriage.
- That there are choices in relation to pregnancy, with legally and medically accurate, impartial information on all options including keeping the baby, adoption, abortion and where to get further help.
- How the different sexually transmitted infections (STIs) are transmitted, how risk can be reduced through safer sex and the importance of facts about testing.
- About the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment.
- How the use of alcohol and drugs can lead to risky sexual behaviour.
- How to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment.

5. RSE programmes of study

The school/academy will determine an age-appropriate, developmental curriculum which meets the needs of young people and includes the statutory content outlined in section 4 of this policy.

Year 7

Managing on- and off-line friendships and relationships

Families and Relationships

What are the different types of families, and does it matter what kind I have?

Friends and Friendship

How do I maintain genuine friendships and avoid toxic ones?

Bullying or Banter?

When does banter become bullying? What is and isn't acceptable?

Cyberbullying (E-safety)

How can we prevent cyber bullying?

Healthy relationships

What are healthy and unhealthy relationships and what are the consequences?

Introduction to the concept of consent

What does consent mean, both legally and ethically, and why it is so important?

Sexting and Nudes (E-safety)

What is sexting and how does it impact me?

Female Genital Mutilation

What is it, why is it so serious and what can we all do to help?

Year 8

Sexuality and Consent

Sexual Orientation

What is the difference between sexual orientation and gender identity?

Unhealthy Relationships

When is a relationship no longer healthy and how can it be ended?

Sexual Consent

What is consent and how do we ask for it?

Introduction to contraception

What is contraception and why is it important?

Parenting Skills

What qualities are required to be a good parent?

Marriage

Legal status of marriage and other forms of relationships.

What is the purpose of marriage?

Tackling racism and religious discrimination promoting human rights

Discrimination and prejudice

What is discrimination and prejudice and how are people protected (the law)?

Teenage prejudice

How is the media prejudice towards teenagers and what impact could this have?

Discrimination against those who are disabled

How are disabled people discriminated against?

Religious discrimination

What is religious discrimination and why is it still happening?

Racism and stereotyping

Why is racism and stereotyping wrong?

Homophobia

Homophobia: how can we stamp it out?

Year 9**Managing conflict at home; dangers of running away.****Conflict**

How can we better manage family conflicts, breakdown of relationships and illness?

Running Away

Is anything solved by running away from home?

Romantic Relationship

Beginning a romantic relationship: How can I identify and ignore pressure statements?

Sex education including healthy relationships, consent, Contraception and STIs.**Consent and the Law**

Consent: What is sexual consent? What does the law say?

STIs and Prevention

STI Types and Prevention: What are STIs and what should you do if you are worried you have an STI?

Contraceptives

Contraceptives: What are the most contraceptive options?

Condoms

Condom Negotiation: How do I use a condom safely?

Unplanned Pregnancy

What are the options available if you have an unplanned pregnancy?

Pornography

Why is pornography so dangerous?

Year 10**Managing Relationships, types of relationships and unhealthy relationships****Conflict management**

How can we manage and resolve conflict safely?

Same sex relationships

Why do people have same sex relationships and what is it like to be in one?

Forced and arranged marriages

What do we need to know?

Consent, rape and sexual harassment

How can we establish clear sexual boundaries?

Break ups

How can we manage break ups amicably and get over a broken heart?

Revenge Porn

Social media image sharing and the law. What is revenge porn? Teenage Pregnancy: What issues do young parents face?

Year 11

Sex education including healthy relationships, consent, Contraception and STIs.

Relationship Abuse: Disrespect NoBody

Understanding the different types of relationship abuse

Consent & Rape: Disrespect NoBody

Understanding the law around consent & what consent looks like

Nudes and sexual images the law and the consequences: Disrespect NoBody

How do date rape and sexual assault happen and how can we report it?

Contraception, STIs & GUM Clinics:

How do I take responsibility for my sexual health and access advice and treatment?

Good Sex

What makes 'good sex' and is it best to wait for someone you care about?

Prejudice

Racism and stereotyping

Why is xenophobia, racism & extreme nationalism so dangerous in Britain?

6. Health education subject overview

The physical health and mental wellbeing curriculum will continue to develop pupils' knowledge on the topics taught at a primary level, in addition to the content outlined in this section.

6.1. Mental wellbeing

By the end of secondary school, pupils will know:

- How to talk about their emotions accurately and sensitively, using appropriate vocabulary.
- That happiness is linked to being connected to others.
- How to recognise the early signs of mental wellbeing concerns.
- About common types of mental ill health, e.g. anxiety and depression.
- How to critically evaluate when something they do or are involved in has a positive or negative effect on their own or others' mental health.
- About the benefits and importance of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness.

6.2. Internet safety and harms

By the end of secondary school, pupils will know:

- About the similarities and differences between the online world and the physical world, including the impact of unhealthy or obsessive comparison with others online, over-reliance on online relationships, the risks related to online gambling, how information is targeted at them and how to be a discerning consumer of information online.
- How to identify harmful behaviours online, including bullying, abuse or harassment, and how to report, or find support, if they have been affected by those behaviours.

6.3. Physical health and fitness

By the end of secondary school, pupils will know about:

- The positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress.
- The characteristics and evidence of what constitutes a healthy lifestyle, maintaining a healthy weight, including the links between an inactive lifestyle and ill health.
- About the science relating to blood, organ and stem cell donation.

6.4. Healthy eating

By the end of secondary school, pupils will know how to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer.

6.5. Drugs, alcohol and tobacco

By the end of secondary school, pupils will know about:

- The facts about legal and illegal drugs and their associated risks, including the link between drug use and serious mental health conditions.
- The law relating to the supply and possession of illegal substances.
- The physical and psychological risks associated with alcohol consumption and what constitutes low risk alcohol consumption in adulthood.
- The physical and psychological consequences of addiction, including alcohol dependency.
- The dangers of drugs which are prescribed but still present serious health risks.
- The facts about the harms from smoking tobacco, the benefits of quitting and how to access the support to do so.

6.6. Health and prevention

By the end of secondary school, pupils will know about:

- Personal hygiene, germs including bacteria, viruses, how they are spread, treatment and prevention of infection, and about antibiotics.
- Dental health and the benefits of good oral hygiene and dental flossing, including healthy eating and regular check-ups at the dentist.
- The benefits of regular self-examination and screening.
- The facts and science relating to immunisation and vaccination.
- The importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn.

6.7. Basic first aid

By the end of secondary school, pupils will know:

- Basic treatments for common injuries.
- Life-saving skills, including how to administer CPR.
- About the purpose of defibrillators and when one might be needed.

6.8. Changing adolescent body

By the end of secondary school, pupils will know:

- Key facts about puberty, the changing adolescent body and menstrual wellbeing.
- About the main changes which take place in males and females, and the implications for emotional and physical health.

7. Health education programmes of study

The school/academy will determine an age-appropriate, developmental curriculum which meets the needs of young people and includes the statutory content outlined in section 6 of this policy.

Year 7

Bullying or Banter?

When does banter become bullying? What is and isn't acceptable?

Cyberbullying (E-safety)

How can we prevent cyber bullying?

The risks of alcohol, tobacco & other substances.

Introduction to drugs (including non-illegal drugs)

What are the pros and cons of different drugs?

Introduction to Alcohol

What are the harmful effects of consuming alcohol?

Alcohol and Peer Pressure

How can peoples' actions be influenced by their peers especially when it comes to alcohol?

Healthy Living

Food, diet, 5 a day, water consumption, exercise and sleep

Managing puberty & issues

Puberty

What can I expect, what's normal and why does it happen?

Puberty and Hygiene

How does my changing body need me to take care of it? (Includes oral hygiene)

Understanding Periods

The menstrual cycle and PMS – what do I need to know?

Personal Safety, Hygiene and basic First Aid

What do we need to know about personal safety and basic first aid?

What to do in medical emergencies

What is good hygiene including dental hygiene

Medical care and hygiene

Healthy Lifestyles

The importance of exercise and sleep

The importance of nutrition and diet

Activity to be healthier: How can I commit to a healthy life?

Exercise types and a healthy heart

Energy drinks: caffeine, dopamine and diabetes

The effects and dangers of energy drinks on teens

Mental Health

Why do we need self-esteem and how can we achieve good self-esteem?

Year 8

Alcohol and drug misuse and managing peer influence

Drugs and the dangers

How dangerous are drugs and what are the different types of drugs?

Drugs and the law

Smoking and vaping.

Is smoking really that bad and is vaping a better option?

Mental health & emotional wellbeing: body image

Is the body perfect an illusion?

Are you really you on social media?

Why is body talk a bad idea?

Online safety and digital literacy

Profile settings

Why must we be so careful with profile settings and social media?

Online grooming

What is online grooming and how can we recognise the warning signs?

Digital footprint

What is acceptable and unacceptable behaviour online? Your digital footprint.

Online stress

What is 'The Fear of Missing Out' and how can this create online stress?

Year 9

Mental health and ill health, tackling stigma.

Stress

How can we keep good mental health and deal successfully with stress?

Depression

What is Depression and how do you deal with a panic attack?

Self-harm

What is self-harm and why do people do it?

Isolation

Why does isolation in religion and society happen?

Who can be isolated in society?

Hate crimes and the impact

What do we mean by 'Hate Crimes'?

Eating disorder and mental health

How can we recognise and prevent eating disorders?

Suicide and the signs

Why do people commit suicide and what are the warning signs?

Gangs, crime and risky behaviour

Peer Pressure

Why is peer pressure so powerful and how can we overcome it?

Anti-Social Behaviour

Why do people do it and what are the consequences?

Gangs

Are gangs really that glamorous?

County Lines

What is it and how are people being exploited?

Young Offenders

How does the law deal with young offenders?

Assessing the risks of drugs and alcohol abuse and addiction

Positive and Negative Risks

What are positive and negative risks and how can we make better decisions? All connected to drugs, alcohol and aerosol usage.

Addiction

How can we prevent additions, manage addictions and help addicts?

Health and Wellbeing

Tobacco Marketing and the effect

Alcohol: what is normal?

NPS and resisting peer pressure - Resilience

Risky situations/ Real life risks

Exploring Ethical dilemmas in a safe setting

E-safety

Send Me A Pic!

The risk of sending nude images (the law)

Understand that it is abusive to pressure others into sending nudes

How to support a victim in seeking help

Year 10

E-safety, social media and self-esteem

Social media

How can we manage the pressures of life online and keeping up with other people?

Body Shaming

What is body shaming? Is it bullying and why do people do this?

Scams and on one fraud

How can we protect ourselves from fraudsters and scams?

Drugs: Class A, B and C drugs: Risk management and managing addiction.

Class C Drugs

Why do people misuse prescription drugs and what are the consequences?

Class B Drugs

What are they and why are they so dangerous?

Class A Drugs

Can anyone end up addicted and how do we prevent addiction?

Risk Taking: Identifying risks and managing risks effectively

What are positive and negative risks and how can we make better decisions?

Binge drinking

What is it? Is binge drinking really that bad for you?

Tattoos & Piercing

Do we need to worry about body piercings and tattoos?

Gambling

Why is gambling so addictive and how do online gambling sites hook us in?

Knife Crime

How can we assess and manage the risks of knife crime?

Hate Crimes

What is hate crime and why does it happen?

Year 11

Personal Safety, Health, Wellbeing, and hygiene: CPR

Responsible Health Choices

Vaccinations, organ and blood donations, stem cells and hygiene

What is cancer and what causes cancer?

Testicular cancer and how to check your testicles.

Breast cancer, how to check your breasts and the importance of cervical screening to prevent cervical cancer.

Fertility and reproductive health including menopause

What do we need to know about fertility & our reproductive health?

What is CPR? How do we perform this and find sources of life-saving help?

Defibrillators

Managing tough times, change, grief and bereavement

Mental Health & Emotional Wellbeing

New challenges

Reframing negative thinking

Recognising mental ill health and when to get help: coping with stress

Promoting emotional wellbeing

Gambling Addiction

How can we manage risks?

How can we manage impulses and influences to gamble?

How can we help people who have developed problems with gambling?

8. Delivery of the curriculum

Through effective organisation and delivery of the RSE and health education, we will ensure that:

- Core knowledge is sectioned into units of a manageable size.
- The required content is communicated to pupils clearly, in a carefully sequenced way, within a planned scheme of work.
- Teaching includes sufficient and well-chosen opportunities and contexts for pupils to embed new knowledge so that it can be used confidently in real-life situations.

RSE and health education complement several other curriculum subjects. Where appropriate, the school/academy will look for opportunities to make links between the subjects and integrate teaching.

The RSE and health education curriculum will be delivered by appropriately trained members of staff.

The curriculum will proactively address issues in a timely way in line with current evidence on pupil's physical, emotional and sexual development. RSE and health education will be delivered in a non-judgemental, age-appropriate, factual and inclusive way that allows pupils to ask questions in a safe environment.

Teaching of the curriculum reflects requirements set out in law, particularly in the Equality Act 2010, so that pupils understand what the law does and does not allow, and the wider legal implications of the decisions they make.

The school/academy will integrate LGBTQ+ content into the RSE curriculum - this content will be taught as part of the overall curriculum, rather than a standalone topic or lesson. LGBTQ+ content will be approached in a sensitive, age-appropriate and factual way that allows pupils to explore gender identity and the features of stable and healthy same-sex relationships.

The curriculum will be designed to focus on pupils of all gender identities and expressions and activities will be planned to ensure all are actively involved.

The school/academy will ensure it delivers teaching on sensitive topics, e.g. the body, in a way that is appropriate and sensitive to the various needs of the school community, e.g. cultural background. All teaching and resources will be assessed by the RSE and health education subject leader to ensure they are appropriate for the age and maturity of pupils, are sensitive to their religious backgrounds and meet the needs of any SEND, if applicable. Throughout every year group, appropriate diagrams, videos, books, games, discussion and practical activities will be used to assist learning. Inappropriate images, videos, etc., will not be used, and resources will be selected with sensitivity given to the age and cultural background of pupils. Pupils will be prevented from accessing inappropriate materials on the internet when using such to assist with their learning. The prevention measures taken to ensure this are outlined in the Trust's E-Safety and Acceptable Use Policy.

Teachers will establish what is appropriate for one-to-one and whole-class settings, and alter their teaching of the programmes accordingly. Teachers will ensure that pupils' views are listened to and will encourage them to ask questions and engage in discussion. Teachers will answer questions sensitively and honestly.

Teachers will focus heavily on the importance of healthy relationships, including marriage, when teaching RSE, though sensitivity will always be given as to not stigmatise pupils on the basis of their home circumstances. In teaching the curriculum, teachers will be aware that pupils may raise topics such as self-harm and suicide. When talking about these topics in lessons, teachers will be aware of the risks of encouraging these behaviours and will avoid any resources or material that appear as instructive rather than preventative.

Teachers will ensure lesson plans focus on challenging perceived views of pupils based on protected characteristics, through exploration of, and developing mutual respect for, those different to themselves.

At all points of delivery of the curriculum, parents/carers will be consulted, and their views will be valued. What will be taught and how, will be planned in conjunction with parents/carers.

The procedures for assessing pupil progress are outlined in section 15 of this policy.

9. Curriculum links

The school/academy will seek opportunities to draw links between RSE and health education and other curriculum subjects wherever possible to enhance pupils' learning. RSE and health education will be linked to the following subjects:

- **Citizenship** - pupils are provided with the knowledge, skills and understanding to help prepare them to play a full and active part in society, including an understanding of how laws are made and upheld and how to make sensible decisions.
- **Science** - pupils are taught about the main external parts of the body and changes to the human body as it grows, including puberty.
- **ICT and Computing** - pupils are taught about how they can keep themselves safe online and the different risks that they may face online as they get older.
- **PE** - pupils can develop competence to excel in a broad range of physical activities, are physically active for sustained periods of time, engage in competitive sport and lead healthy, active lives.
- **PSHE and RE** - pupils learn about respect and difference, values and characteristics of individuals.

10. Working with parents/carers

The school/academy understands that parents'/carers' role in the development of their children's understanding about relationships and health is vital; therefore, we will work closely with parents/carers when planning and delivering the content of the school's/academy's RSE and health education curriculum.

When in consultation with parents/carers, the school/academy will provide:

- The curriculum content, including what will be taught and when.
- Examples of the resources the school/academy intends to use to deliver the curriculum.

- Information about parents'/carers' right to withdraw their child from non-statutory elements of RSE and health education.

Parents/carers will be provided with frequent opportunities to understand and ask questions about the school's/academy's approach to RSE and health education. Parents/carers will be regularly consulted on the curriculum content, through meetings and letters, and the curriculum will be planned in conjunction with parents'/carers' views.

The school/academy will remain aware that the teaching of some aspects of the curriculum may be of concern to parents/carers. If parents/carers have concerns regarding RSE and health education, they will submit these via email to e.robins@gra.hslt.academy or k.sissons@gra.hslt.academy or contact the school office to arrange a meeting with the Headteacher/Principal on 01723 366451

11. Working with external agencies

Working with external agencies will be used to enhance our delivery of RSE and health education and bring in specialist knowledge and different ways of engaging pupils. External experts may be invited to assist from time-to-time with the delivery of the RSE and health education curriculum but will be expected to comply with the provisions of this policy.

When working with external agencies, the school/academy will:

- Check the visitor credentials of all external agencies.
- Ensure the teaching delivered by the external experts fits with the planned curriculum and provisions of this policy.
- Discuss with the visitor the details of how they intend to deliver their sessions and ensure the content is age-appropriate and accessible for all pupils.
- Request copies of the materials and lesson plans the visitor will use, to ensure it meets the full range of pupils' needs.
- Agree with the agency on how confidentiality will work in any lesson and that the visitor understands how safeguarding reports must be dealt with in line with the Trust's Child Protection and Safeguarding Policy.

The school/academy will use visitors to enhance teaching by an appropriate member of teaching staff, not to replace teaching by those staff.

12. Withdrawal from lessons

The school/academy will always recognise that parents/carers have the right to request that their child is withdrawn from some or all of sex education delivered as part of statutory RSE. The school/academy will uphold that parents/carers do not have a right to withdraw their child from the relationships or health elements of the programmes.

Requests to withdraw a child from sex education will be made in writing to the Headteacher/Principal.

Before granting a withdrawal request, the Headteacher/Principal will discuss the request with the parents/carers and, as appropriate, the pupil, to ensure their wishes are understood and to clarify the nature and purpose of the curriculum. The Headteacher/Principal will inform parents/carers of the benefits of their child receiving RSE and any detrimental effects that withdrawal might have. All discussions with parents/carers will be documented. These records will be kept securely on CPOMS in line with the Trust's Data Protection (UK GDPR) Policy and Data Retention Schedule.

Following discussions with parents/carers, the school/academy will respect the parents'/carers' request to withdraw their child up to and until three terms before the pupil turns 16. After this point, if the pupil wishes to receive RSE rather than be withdrawn, the school/academy will make arrangements to provide the pupil with RSE.

Pupils who are withdrawn from RSE will receive appropriate, purposeful education during the full period of withdrawal.

For requests concerning the withdrawal of a pupil with SEND, the Headteacher/Principal will take the pupils' specific needs into account when making their decision.

13. Equality and accessibility

The school/academy will comply with the relevant requirements of the Equality Act 2010 and will ensure the curriculum does not discriminate against pupils because of their:

- Age
- Sex
- Race
- Disability
- Religion or belief
- Gender reassignment
- Pregnancy or maternity
- Marriage or civil partnership
- Sexual orientation

The school/academy will consider the backgrounds, gender, age range and needs of its pupils and determine whether it is necessary to put in place additional support for pupils with the above protected characteristics.

The school/academy will be aware that pupils with SEND are entitled to learn about RSE and health education, and the curriculum will be designed to be inclusive of all pupils. The school/academy will be aware that some pupils are more vulnerable to exploitation, bullying and other issues due to the nature of their SEND - teachers will understand that they may need to liaise with the SENCo and be more explicit and adapt their planning or work to appropriately deliver the curriculum to pupils with SEND.

Where there is a need to tailor content and teaching to meet the needs of pupils at different developmental stages, the school/academy will ensure the teaching remains sensitive, age-appropriate, developmentally appropriate and is delivered with reference to the law.

The school/academy will take steps to foster healthy and respectful peer-to-peer communication and behaviour between all pupils, and provide an environment which challenges perceived limits on pupils based on their gender or any other characteristic.

The school/academy will be actively aware of everyday issues such as sexism, misogyny, homophobia and gender stereotypes and take positive action to build a culture within which these are not tolerated. Any occurrences of such issues will be identified and managed promptly. Sexual violence and sexual harassment are not acceptable and will not be tolerated. Any reports of sexual violence or sexual harassment will be handled in accordance with the Trust's Child Protection and Safeguarding Policy.

14. Safeguarding and confidentiality

All pupils will be taught about keeping themselves safe, including online, as part of a broad and balanced curriculum.

To meet DfE's best practice advice, the DSL will be involved in the formulation of safeguarding-related areas of the curriculum, as the knowledge and resources may help to address safeguarding issues more appropriately and effectively.

When teaching issues that are particularly sensitive for pupils of all ages, e.g. self-harm or suicide, teachers will be made aware of the risks of inadvertently encouraging, or providing instructions to, pupils. Teaching of these subjects will always prioritise preventing harm to pupils as a central goal. Confidentiality within the classroom will be an important component of RSE and health education, and teachers will be expected to respect the confidentiality of their pupils as far as is possible, in compliance with the Trust's Data Protection (UK GDPR) Policy.

Teachers will, however, understand that some aspects of RSE may lead to a pupil raising a safeguarding concern, e.g. disclosing that they are being abused, and that if a disclosure is made, the DSL will be alerted immediately. Pupils will be made aware of how to raise their concerns or make a report, and how their report will be handled – this includes the process for when they have a concern about a peer.

15. Assessment

The school/academy will have the same high expectations of the quality of pupils' work in RSE and health education as for other curriculum areas. Lessons will be planned to provide suitable challenge to pupils of all abilities.

Teaching will be assessed and assessments used to identify where pupils need extra support or intervention. There are no formal examinations for RSE and health education; however, to assess pupil outcomes, the school/academy will capture progress in the following ways:

- Tests
- Written assignments
- Classwork
- Homework
- Self-evaluation

16. Staff training

Training will be provided by the RSE and health education subject leader to the relevant members of staff on a termly basis to ensure they are up-to-date with the RSE and health education curriculum. Training will also be scheduled around any updated guidance on the curriculum and any new developments, which may need to be addressed in relation to the curriculum.

The school/academy will ensure teachers receive training on the Social Exclusion Report on Teenage Pregnancy, and the role of an effective RSE curriculum in reducing the number of teenage conceptions.

Appropriately trained staff will be able to give pupils information on where and how to obtain confidential advice, counselling and treatment, as well as guidance on emergency contraception and their effectiveness.

17. Monitoring and review

The RSE and health education subject leader will be responsible for monitoring the quality of teaching and learning for the subject. They will conduct subject assessments on a termly basis, which will include a mixture of the following:

- Self-evaluation
- Topic feedback forms
- Learning walks
- Work scrutiny
- Lesson planning scrutiny

The RSE and health education subject leader will create annual subject reports for the Headteacher/Principal and LGC to report on the quality of the subjects. They will also work regularly and consistently with the Headteacher/Principal and RSE link governor, e.g. through review meetings, to evaluate the effectiveness of the subjects and implement any changes.

Policy Review

This policy will be reviewed by the Trust Board and school/academy LGC on an annual basis.

Any changes needed to the policy, including changes to the programmes, will be implemented by the Headteacher/Principal. Any changes to the policy will be clearly communicated to all members of staff and stakeholders will be consulted.

The next scheduled review date for this policy will be December 2022 for January 2023 release.