

Relationships, Sex and Health Education policy



Written by: Lizzie Bell **Job Role:** Deputy Headteacher **Date:** February 2021

Approved by: Governors

Last reviewed on: February 2023

Next review due by: February 2024

Introduction

From April 2021 it will be compulsory to teach Relationship, Sex and Health Education in primary schools. We must also teach elements of sex education contained in the science curriculum. As a secondary school we must provide Relationship Sex Education (RSE) to all pupils as per the [Children and Social work act 2017](#).

At Paces school we recognise the importance of teaching pupils about relationships, sex and health. Subject content and how we teach these sensitive topics will be determined by the age and learning needs of individual pupils.

Policy development

This policy has been developed in *consultation with staff, pupils and parents*. The consultation and policy development process involved the following steps:

- Training- The Deputy Head (PSHE and RSE coordinator) attended DfE accredited RSHE training in February 2021
- Review – The Deputy Head pulled together all relevant information including relevant national and local guidance, as well as consulting other special schools in Sheffield
- Staff consultation – school staff were given the opportunity to look at the policy and make recommendations
- *Parent/stakeholder consultation – parents were invited to comment on their thoughts and concerns regarding RSHE and the draft policy*
- Pupil consultation – as appropriate we investigated what exactly pupils want from their RSHE
- Ratification – once amendments were made, the policy was shared with governors and ratified

Definition

Sex and Relationships Education is defined as ‘lifelong learning about physical, moral and emotional development. It is about the understanding of the importance of ...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. (DFE Guidance 0116/2000)

Health Education builds children’s knowledge, skills, and positive attitudes about health. Health education teaches about physical, mental, emotional and social health. It motivates students to improve and maintain their health, prevent disease, and reduce risky behaviours (DFE Guidance)

As appropriate, Paces aims to teach pupils:

- To make healthy choices throughout their lifetime
- The importance of good personal hygiene
- The importance of positive mental health and wellbeing
- How to look after their mental health and what to do if they need help in this area

- About nutrition and the benefits of physical activity
- About the differences and similarities between males and females
- To name different body parts
- About different developmental stages of life from babyhood to old age
- Pregnancy and birth
- To talk about their feelings about relationships
- About the changes that they will experience both physically and emotionally and to prepare them for these (including menstruation)
- How to stay safe in relationships
- To value healthy, loving relationships and family life
- To be confident and develop positive self esteem
- To respect themselves and others
- To make safe and healthy choices and to understand the consequences of doing this and not doing this.
- How to recognise and avoid abuse and exploitation
- To develop an understanding of and respect for difference including sexuality, disability, culture and gender
- About online safety

We aim to create and maintain a safe environment within which all pupils feel able to ask questions and discuss issues openly. For any pupil wishing to discuss something confidential, relating to the lesson content, an opportunity will be provided with a trusted member of staff.

Delivery of RSHE at Paces

RSHE is taught within the Personal, Social, Health and Economic (PSHE) education curriculum. Biological aspects of RSHE are taught within the science curriculum, and other aspects are included in religious education (RE).

Relationship, Sex and Health Education at Paces is covered in two ways. Firstly, as an ongoing process from Reception upwards, as part of our PSHE curriculum and, at times, as part of the Science and RE curriculum. PSHE planning is designed to be delivered within the daily Task Series. Teachers, however, may choose to teach certain topics at different times according to the learning level and style of the pupils in their group.

The second and main area of sex education (for secondary pupils), and some areas of relationship education (for all pupils), is covered in blocks of teaching over one or two full days. This will usually take place in the summer term and will be led by the Deputy Head teacher, planned following discussions with the teachers. Teaching in blocks will allow the sensitive aspects of relationship and, where appropriate, sex education to be highly differentiated. The pupils will be grouped according to their stage and learning level and therefore, not necessarily with their class group. This will require careful planning and organisation with all the teachers.

Where sex education is taught, parents are informed, and resources will be shared. Parents have the right to excuse their child from the Sex Education Curriculum but do not have the right to excuse them from the Relationships or Health Education Curriculum.

Roles and responsibilities

The Governing Board

The governing board will approve the RSHE policy and hold the Headteacher to account for its implementation.

The Headteacher

The headteacher is responsible for ensuring that RSHE is taught consistently across the school, and for managing requests to withdraw pupils from non-statutory/non-science components of RSE.

Staff

- Staff are responsible for:
- Delivering RSHE in a sensitive way
- Delivering RSHE with carefully planned resources, considering each pupil's communication needs and ensuring every pupil is equipped to ask questions on all the areas covered, as they need to.
- Modelling positive attitudes to RSHE
- Monitoring progress
- Responding to the needs of individual pupils
- Responding appropriately to pupils whose parents wish them to be withdrawn from the non-statutory/non-science components of RSHE

Staff do not have the right to opt out of teaching RSHE. Staff who have concerns about teaching RSHE are encouraged to discuss this with the headteacher.

All teachers are responsible for teaching RSHE at Paces.

Pupils

Pupils are expected to engage fully in RSHE and to treat others with respect and sensitivity.

Parents' right to withdraw

For pupils in primary school, parents do not have the right to withdraw their children from relationships education.

Parents have the right to withdraw their children from the non-statutory/non-science components of sex education within RSE.

Requests for withdrawal should be put in writing and addressed to the headteacher. Alternative work will be given to pupils who are withdrawn from sex education.

For secondary aged pupils, parents have the right to withdraw their children as above up to and until 3 terms before the child turns 16. After this point, if the child wishes to receive sex education rather than being withdrawn, the school will arrange this. Requests for withdrawal should be put in writing and addressed to the headteacher. A copy of withdrawal requests will be placed in the pupil's educational record.

The headteacher will invite any parents who wish to withdraw their child, to have a discussion before taking any appropriate action.

Alternative work will be given to pupils who are withdrawn from sex education.

Training

Training on the specific areas of the RSHE curriculum will be delivered to teachers throughout the year, according to the long-term planning, to ensure teachers are upskilled and confident in their delivery. The Deputy Head will be responsible for co-ordinating training.

All staff are trained on the delivery of RSE as part of their induction and it is included in our continuing professional development calendar.

The Headteacher will also invite visitors from outside the school, such as school nurses or sexual health professionals, to provide support and training to staff teaching RSE where appropriate.

Monitoring arrangements

The delivery of RSHE is monitored by the Senior Leadership Team as part of their lesson observation cycles, including work and planning scrutiny:

Pupils' development in RSHE is monitored by class teachers as part of our internal assessment systems. Individual termly targets will reflect specific learning areas for pupils within RSHE.

This policy will be annually reviewed by: Lizzie Bell (Deputy Head Teacher and RSHE coordinator)

At every review, the policy will be approved by the governing board.

