

SPALDING HIGH SCHOOL



RELATIONSHIP & SEX EDUCATION POLICY

HEADMISTRESS: Mrs M K Anderson
HEAD OF PSHE: Mr R Hempsall
PD COORDINATOR: Mrs H Waldron
RS & CITIZENSHIP HEAD OF DEPT: Miss L McArthur
HEAD OF SCIENCE: Mrs N Gregory
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(Students & Community)

LINK GOVERNOR: (SEND) Mrs D Mulley
(SAFEGUARDING) Mr E Fragale
(HEALTH & SAFETY) Mr J Smith

Executive Summary:

This policy sets out how Relationship and Sex Education will be delivered at Spalding High School to ensure that all students receive their entitlement to a responsible and relevant programme that enables them to make informed positive and healthy choices.

Related Policies:

Anti-bullying Policy
Confidentiality Policy
Curriculum Policy
PSHE Policy
Safeguarding Policy
SEND Policy

Chairman of Governors

Date

Headmistress

Date

Section 1: What is Relationship and Sex Education?

1.1 Relationship and Sex Education is lifelong learning about physical, moral and emotional development. It is about the understanding of the importance of family life, stable and loving relationships, of mutual respect, love and care. It is also about the teaching of sex within healthy relationships, sexuality and sexual health. It has three main elements:

- Attitudes and values
- Personal and social skills
- Knowledge and understanding.

All students are entitled to responsible and relevant Relationship and Sex Education as a key element of PSHE and Citizenship education. It is a shared responsibility of staff, students, parents/carers and governors. This policy has been developed after consultation with all of these groups. The implementation of this policy is the responsibility of all members of staff.

1.2 Aims:

- To allow students to make informed positive and healthy choices about their lifestyles;
- To help students make these choices by giving them the necessary knowledge and information about their physical, sexual and emotional development;
- To foster self-esteem and respect for themselves and others;
- To recognise the value of stable, loving and caring relationships and to help students appreciate the value of family life and the responsibilities of parenthood;
- To generate an open and supportive atmosphere where questions and discussions on relationships and sexual issues can take place;
- To be aware that there are many different and conflicting pressures on young people today, e.g. social media and peer pressure, and risk-taking behaviour, such as drugs, smoking and alcohol;
- To understand the law as it applies to sexual relationships, e-safety and social media use, and the consequences of their actions in relation to sexual activity and parenthood;
- To develop the skills to resist unwanted sexual advances and to communicate their wishes and feelings with confidence, to include the teaching of consent and the dangers of sexual exploitation;
- To provide students with information about different types of contraception, safer sex and how they can access local sources of further advice and treatment;
- To develop an awareness of sexual identity, to challenge sexism, homophobia and gender prejudice in society and to promote equality of opportunity for all.

1.3 Delivery:

Relationship and Sex Education is taught mostly by teaching staff at Spalding High School, with specific inputs from specialist professionals. Teachers and all those contributing to the teaching are expected to work within the aims listed within this policy, which are in line with current legislation and safeguarding (**section 1.5**)

1.4 Entitlement:

Relationship and Sex Education is taught from Y7-13 in PSHCE/PD lessons, the content of the course following the latest guidance. Aspects of the content are also taught and discussed in Science, Religious Studies and Computing lessons. Parents have the right to request that their child be withdrawn from some or all of sex education delivered as part of statutory RSE, except for those parts included in the statutory National Curriculum; this includes Relationships Education, Health Education, and Science. Any parent who wishes to do so is asked to contact the Headmistress at the School. Parents can be reassured, however, that the programme at Spalding High School has been designed so that it will complement and support their role as parents and that we offer opportunities for parents to actively involve themselves in the determination of the School's policy.

If a child is withdrawn, except in exceptional circumstances, the school will respect the parents' request to withdraw the child, up to and until three terms before the child turns 16, in line with the National Curriculum for RSE.

1.5 Confidentiality:

Effective Relationship and Sex Education should enable and encourage young people to talk to a trusted adult if they have issues and concerns regarding relationships and behaviour – this may include talking about the fact that they are having sex or contemplating doing so. It is desirable that this trusted adult should be their parent or carer, but this is not always possible. Staff cannot offer or guarantee absolute confidentiality to students. In their dealings with students, staff must always make it clear that they can only keep **some** things they are told confidential. Staff have a responsibility to share information with people who can help them if they feel a student's health or safety may be compromised. Health professionals however are bound by their own professional codes of conduct to maintain confidentiality.

This part of the policy therefore sets out the procedure at Spalding High School relating to student disclosures, particularly those relating to under-16 year olds having, or contemplating engaging in, sexual intercourse and/or unhealthy relationships :

- It should be made clear to the student, before any disclosure is made, that no guarantee of absolute confidentiality can be given. The student can also be reassured that their needs are paramount and that if confidentiality has to be broken, then they will be informed first;
- Wherever possible, the young person is encouraged to talk to their parent or carer. If the student feels unwilling or unable to do this, then the teacher can take steps to ensure that the young person will be counselled and informed on a one-to-one basis on health related matters. This will include, where appropriate, precise information about where the young person can access contraception and advice services. This may be by a health professional or may be by a member of the staff. Up-to-date information is made available to the School on the availability of such services.
- Any child protection issues or worries are addressed by referring any concerns to the designated teacher (in the case of SHS, this is the Designated Safeguarding Lead who has received appropriate training for the role) who will follow the procedures set out in the School's Safeguarding Policy, developed after specialist training and in line with procedures laid down by the Local Safeguarding Children's Board.

1.6 Implementation:

At Spalding High School Relationship and Sex Education is an integral part of a broad and balanced programme which addresses the personal development of each student. As a general principle, the curriculum follows the recommended learning objectives proposed by the PSHE Association (as far as it is relevant for students).

The content and timing of Relationships and Sex Education in each year group is listed in Appendix 1.

APPENDIX 1

Year group	Topic	Subject
7	<p>Male and female reproductive systems, reproduction, pregnancy and birth</p> <p>Puberty – body change</p> <p>Puberty – coping with puberty and emotions</p> <p>E-Safety- TBC</p>	<p>Science</p> <p>Science</p> <p>PSHE</p> <p>PSHE</p>
8	<p>Healthy relationships and introduction to contraception. Includes a lesson on sexual identity (LGBT+)</p> <p>Self-image/mental health awareness</p> <p>E-Safety- TBC</p> <p>Chelsea’s choice – drama presentation about child sexual exploitation (Joint biennial presentation with Year 9)</p> <p>Multi agency day of activities with safety as a focus. Includes workshops on online safety, fire safety, drugs/alcohol, healthy relationships and anti-social behaviour.</p>	<p>PSHE</p> <p>PSHE</p> <p>PSHE</p> <p>PSHE</p> <p>‘Stay Safe’ Day</p>
9	<p>Consent</p> <p>Difficult relationship experiences</p> <p>E-Safety- TBC</p> <p>Drugs/Safety</p> <p>Chelsea’s choice – drama presentation about child sexual exploitation (Joint biennial presentation with Year 8)</p> <p>Inheritance</p> <p>STIs</p> <p>Multi agency day of activities with safety as a focus. Includes workshops on online safety, road safety, alcohol/drugs, healthy relationships and county lines.</p>	<p>PSHE</p> <p>PSHE</p> <p>PSHE</p> <p>PSHE</p> <p>PSHE</p> <p>Biology</p> <p>Biology</p> <p>‘Stay Safe’ Day</p>

10	<p>STIs</p> <p>Different relationships/stereotyping</p> <p>Keeping safe - exploited</p> <p>Drinking & Parties</p> <p>Unplanned Pregnancy</p> <p>Fertility Choices</p> <p>Sexual Harassment & 'Rape Culture'</p>	<p>PSHE</p> <p>PSHE</p> <p>PSHE</p> <p>PSHE</p> <p>PSHE</p> <p>PSHE</p>
11	<p>Abortion, sex before marriage, marriage and remarriage, the importance of family life, adultery, divorce, homosexuality. <i>(Students explore the Christian and Sikh perspectives on these issues.)</i></p> <p>Menstrual cycle and hormones, assisted reproductive technology, contraception.</p> <p>Sex in the media/pornography</p> <p>Parenting skills and marriage</p>	<p>Religious Studies</p> <p>Biology</p> <p>PSHE</p> <p>PSHE</p>
12	<p>HIV (biennial presentation)</p> <p>Risky Behaviour (includes safe sex, the legalities surrounding issues of consent and the challenges that arise when sexual consent is perceived to be given whilst under the influence of alcohol or drugs).</p>	<p>PD</p> <p>PD</p>
13	<p>HIV (biennial presentation)</p>	<p>PD</p>