Relationships, Sex and Health Education (RSHE) Policy

Policy reviewed by:	**Curriculum Committee**
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Defining Relationships, Sex and Health Education (RSHE) DfE Guidance:

The Department for Education defines RSHE (Relationships, Sex, and Health Education) as a statutory curriculum in England, teaching pupils about healthy relationships, emotional well-being, online safety (including deepfakes, sextortion), consent, body parts (including genitalia), puberty, managing risks, and understanding diverse families and protected characteristics like gender reassignment, emphasizing age-appropriateness, parental engagement, and addressing modern challenges like online harms and misogyny.

The Aims of Relationships, Sex and Health Education:

1. Preparation for Adult Life: Providing pupils with the information needed to make informed and ethical decisions about their wellbeing, health, and relationships.
2. Safety and Harm Prevention: Helping young people identify when situations are "not right" and providing them with the vocabulary and confidence to report abuse or concerns, both in person and online.
3. Character Development: Cultivating positive traits such as honesty, integrity, courage, kindness, and trustworthiness.
4. Healthy Relationship Skills: Teaching the characteristics of positive friendships and family life, emphasizing mutual respect, consent, and the ability to manage conflict.
5. Health Literacy: Ensuring pupils understand physical health, mental wellbeing, the importance of healthy lifestyles (diet, exercise, sleep), and the risks associated with drugs, alcohol, and tobacco

In this school RSHE comprises of the key areas detailed below. Lessons are taught progressively over each Key Stage and to a level that students understand:

- Families
- Respectful relationships
- Online safety and awareness
- Being safe
- Intimate and sexual relationships, including sexual health
- Mental Wellbeing
- Wellbeing Online
- Physical health and fitness
- Healthy Eating
- Drugs, alcohol, tobacco and vaping
- Health protection and prevention, and understanding the healthcare system
- Personal safety
- Basic first aid
- Developing bodies

The school recognises that RSHE must be taught at all Key Stages and appears in each year's Skill for Life curriculum. Parents wishing to see the RSHE programme, the materials used and/or the Skills for Life scheme of work may do so by contacting the Head of Skills for Life. Where there is crossover of RSHE topics in another faculty's curriculum, this is mapped. Examples of this would be in Science, ICT, Physical Education, Creative Studies (Cooking and Hospitality) and English.

The delivery of RSHE:

All teachers are responsible for teaching about and modelling good relationships within school. Much of the general work in school is based on good relationships and in this regard RSHE is supported by the school's Behaviour and Anti-bullying Policy. It is the responsibility of the Science department's staff to deliver the National Curriculum for Science according to the Scheme of Work. Where specific sex education occurs, which is outside of the National Curriculum for Science, Form Teachers deliver RSHE within the Skills for Life curriculum, where the staff deliver the statutory information.

Teachers are given suitable CPD to enhance their delivery of the subject and the Head of Faculty for Skills for Life will offer 1:1 support where necessary, to model best practice.

Methods of teaching and resourcing:

In the delivery of RSHE teachers will use a variety of teaching methods and resources, and topics are taught to the level of understanding and maturity of the students. The following are recognised methods for the effective delivery of RSHE:

- Discussion,
- Drama and role play,
- Research and presentation.

Teachers will also use other teaching methods to enable students to learn about RSHE which are age appropriate, taking into account the developmental needs of the individual student. Parents and carers are welcome to discuss with teachers their approach to RSHE and the methods of teaching and learning to be used.

Monitoring and evaluating RSHE:

RSHE will be monitored by the school's Head of Skills for Life, whose responsibilities will be to:
a) Ensure that RSHE occurs in the school's curriculum according to the schemes of work for Skills for Life,
b) Monitor the use of teaching and learning styles via lesson pop ins
c) Monitor the use of teaching materials,
d) Evaluate the effectiveness of the school's programme including gathering feedback from staff and students

The Head of Skills for Life will be given time to monitor and evaluate the school's RSHE programme as it occurs in the school's schemes of work for each Key Stage. The Head of Skills for Life may also deploy the second in faculty to support with monitoring and evaluation, and members of the Leadership Team if necessary.

Dealing with sensitive issues:

Teachers need to be sure that they are aware of issues that may arise out of teaching and learning about RSHE. The protocols for discussion-based lessons with students are that:

- No one (teacher or student) will have to answer a personal question,
- No one will be forced to take part in a discussion,
- Only the correct names for body parts will be used,
- Meanings of words will be explained in a sensible and factual way,
- Teachers may use their discretion in responding to questions and may say that the appropriate person to answer the question is the parent.

Where a member of staff is concerned that a Child Protection issue is arising it is his/her responsibility to follow the school's policy and report directly to the Designated Safeguarding Lead (DSL).

Visitors contributing to RSHE:

From time to time as part of a planned module of work the school will invite in local experts on issues relating to RSHE as well as using health and other professionals associated with the school. All school associated health professionals, and other professionals, and visitors will be asked to conform to the following:
Visitors contributing to RSHE will do so at the invitation of the school and will be:

- qualified to make an appropriate contribution,
- visitors must agree with the aims of the school in delivering its policy on RSHE,
- when in class visitors will be supervised by a teacher, who will be present at all times,
- visitors will follow the school's Child Protection procedures if a disclosure occurs within the classroom setting,
- visitors will know and understand where their contribution fits into the school's programme for RSHE and Skills for Life.

Services to Young People provided by the school:

The school provides services for its young people. These services are provided by health and other professionals attached to the school. The school nurse can be asked to provide a drop-in clinic for students.
The above services are advertised throughout the school and on the school website. Parents and carers may also contact these services by making an appointment with the school nurse.

Parental right to withdrawal from RSHE:

Parents and carers have the right to withdraw their child from sex (but not relationships) education delivered as part of the statutory RSHE provision. They do so by communicating to the Head Teacher. When the Head Teacher receives such a letter/communication he/she will invite the parents or carers to a meeting, at which the Head Teacher will explain clearly what the school's policy is and seek to accommodate the wishes and/or concerns of the parents or carers. If that is not possible the student will be withdrawn from some or all of the sex education lessons (as agreed with parents or carers) and placed in another class where suitable work and supervision will be provided.