



<b>Relationships and Sex Education Policy</b>			
<b>Date</b>	<b>Review Date</b>	<b>Headteacher</b>	<b>PSHE Subject Lead</b>
21.02.23	21.02.25	Dr Temi Ladenika	Alejanrda Benavides

### Introduction

Personal, Social, Health and Economic education (PSHE) and Relationships and Sex Education (RSE) both cover broad areas of particular relevance and concern to children and young people today - mental health and wellbeing, physical health (including healthy lifestyles and first aid) and learning about safe, healthy relationships, including understanding consent and negotiating life online.

RSE focuses on exploring the emotional, social and physical aspects of growing up, how to have healthy relationships, engaging in sex, and learning about human sexuality and sexual health. PSHE focuses on strengthening the knowledge, skills and connections to keep young people healthy and safe and prepare them for life and work.

PSHE and RSE are compulsory within all schools. This policy is written following the statutory guidance on [relationships and sex education \(RSE\) and health education](#).

### Purpose

We aim to promote the spiritual, moral, cultural, mental and physical development of all pupils and equip them so that they are able to engage in society successfully. We aim to teach them to be considerate of others, understand how to protect their mental and physical wellbeing, and engage in relationships in a healthy and respectful way.

Treating others equally and with respect is a value that is promoted through all aspects of the curriculum. Likewise teaching on RSE follows the Equality act 2010. Pupils will be taught about protected characteristics such as age, ethnicity, gender, religion, sexual orientation. We aim to foster an environment where pupils respect each other regardless of differences in these characteristics. Our pupils will understand their legal right to not to be discriminated against and will know they should not discriminate against others.

Through our RSE curriculum, pupils will be taught how to act safely online and will be made aware of the consequences of putting content online so that they can be wise about what they share on the internet.

Our pupils will understand what healthy relationships look like and the importance of consent. They will be able to recognise signs of a harmful relationship and where to get help or advice. We have a whole school approach to safeguarding and any disclosure made to a member of staff will be followed through according to the safeguarding policy.

Regarding sexual health, pupils will be taught how to protect themselves from sexually transmitted diseases and where to seek medical advice.

Students will be taught about the importance of family life, marriage, and the value of being in a long-term, committed, relationship.

### Delivery of subject content

RSE is not delivered as a standalone subject but rather across the curriculum. The main RSE curriculum will be delivered through the following subjects:

- Wellbeing
- PSHE
- RE
- Biology

RSE may also be covered by other subjects where specific subject content lends itself to RSE. In these cases, RSE will be covered in the context of that subject and so is not a part of the RSE curriculum. All members of staff will be trained to ensure that any RSE teaching (whether a part of the RSE curriculum or not) complies with this policy and is set at an appropriate level (taking into consideration the maturity of our pupils).

The PSHE subject lead is responsible for the RSE curriculum. We will monitor the delivery of this curriculum and update it as needed following changes to legislation, or feedback from pupil/parents/members of staff.

The bulk of RSE will be delivered through PSHE lessons. The aims of the PSHE curriculum here at Pulse and Water College are to:

- Promote the spiritual, moral, cultural, mental and physical development of all students.
- Prepare pupils for the opportunities, responsibilities and experiences of later life.
- Encourage pupils to value themselves and others.
- Allow pupils to acknowledge and appreciate difference and diversity.
- Teach pupils how to make informed choices.
- Prepare pupils to be positive and active members of a democratic society.
- Teach pupils to understand what constitutes a safe and healthy lifestyle.
- Provide a safe place in which sensitive discussions can take place.
- Promote safety in forming and maintaining relationships.
- Provide pupils with techniques for understanding and managing their emotions.
- Provide pupils with the opportunities to consider issues which may affect their own lives and/or the lives of others.
- Help pupils to identify the characteristics of healthy relationships, how relationships may affect mental and physical health; and how to stay safe online.
- Prepare pupils for puberty and give them an understanding of sexual development and the importance of health and hygiene.
- Help pupils develop feelings of self-respect, confidence and empathy.

- Create a positive culture around issues of sexuality and relationships.

### SEND

As far as it is appropriate, students with special educational needs (SEND) should follow the same PSHE and RSE curriculum as all the other students. Careful considerations are given concerning the level of differentiation needed. Individual students may work one to one with teachers when necessary.

### Assessment

Assessments will be conducted in PSHE. Regarding the physical development aspect of RSE, assessments will be conducted in biology lessons.

### Informing parents

We know that the role of parents and guardians is of most importance in teaching our pupils about Sex and relationships. Therefore, parents are worked with closely when preparing the RSE curriculum. At referral meetings, we explain that their child will be given education on sex and relationships and we give parents a chance to voice any concerns that they may have. Parents are also informed of this policy and are notified about any changes to this policy. We also take feedback from parents into consideration when reviewing this policy.

### Right to withdraw

We understand that as a parent/guardian you may have concerns about your child receiving relationships and sex education. Education on relationships is compulsory for all pupils due to its importance to preparing pupils to engage successfully in society. However, you have the right to withdraw your child from the sex education aspects of the RSE curriculum. If you are considering withdrawing you child, we advise that you request to see the subject content and speak with the Headteacher to provide a chance for your concerns to be addressed.

If you would still like to withdraw your child from sex education following these discussions, then (other than in exceptional circumstances) your child will be withdrawn from sex education until three terms before they turn 16. At this point, your child may receive sex education if they wish to, and we will arrange to provide sex education during one of these three terms.

### Related policies

Safeguarding policy, PSHE policy, Curriculum Policy, SEN and additional needs policy, Pupil behaviour and discipline policy, Anti-bullying policy, Equality and diversity policy.

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<b>Reviewer</b>	Olusolape Burhani	<b>Date</b>	21/02/23
<b>Next review</b>	22/02/25	<b>Reviewer</b>	Alejanrda Benavides