

St Patrick's RC High School



Relationship, Sex and Health Education Policy

Review Date: Summer 2020 - 2021

Date of Next Review: Summer 2021 - 2022

Prepared By: H Mainwaring

Committee: Pupil Welfare

Signed: (Chair)

St Patrick's RC High School

RELATIONSHIPS, SEX AND HEALTH EDUCATION (RSHE)

School Mission Statement

Our outstanding school community is guided by the Gospel values of: love, forgiveness, reconciliation, justice, integrity, humility and truth. Faith and worship are lived, taught and celebrated. We recognise the importance of service to others and the opportunity to be witnesses to Christ in our community.

All are unique and strive for personal growth. We celebrate the pursuit of academic excellence, applaud ambition and value the achievements of all. Our pupils are expected to achieve their best and use their learning to make a difference in the world they live in.

School British Values Statement

St Patrick's teachers uphold public trust in the profession and maintain high standards of ethics and behaviour. Teachers do this by not undermining fundamental British values and ensuring that personal beliefs are not expressed in ways which exploit pupils' vulnerability or might lead them to break the law.

Status

Statutory. Under section 3.6 of the National Curriculum, RSHE is compulsory from year 7 onwards.

2. Statutory requirements

As a maintained secondary school we must provide RSHE to all pupils as per the Children and Social work act 2017.

In teaching RSHE, we must have regard to guidance issued by the secretary of state as outlined in section 403 of the Education Act 1996.

Rationale

RSHE is about the emotional, social and cultural development of pupils, and involves learning about relationships, sexual health, sexuality, healthy lifestyles, diversity and personal identity.

RSHE involves a combination of sharing information, and exploring issues and values.
RSHE is not about the promotion of sexual activity.

A key aim of the school is that each pupil will develop the skills and knowledge to make decisions. Decisions about how they relate to others can only be made if they have adequate knowledge and understanding of their own physical and emotional development. This is not a task for the school in isolation, and we seek to work with parents to ensure that the teaching of sex education is in line with the Catholic ethos of the school and reflects parents' expectations and complements teaching at home. Parents will be informed about the teaching of sex education at the New Intake Evening, so that they can decide whether or not to withdraw their child. We aim to

provide opportunities to clarify values and attitudes that surround personal relationships and family life.

Sex and relationships education is a positive opportunity to help young people deal with growing and maturing into adulthood. In today's ever changing world, it is crucial that young people are guided in their understanding and knowledge. With the advent of social media and the advances of the internet young people are continually exposed to overt and covert sexual images, as well as and messages through the media and from their peers. Many of the messages they receive are misunderstood and ignorance can often be difficult to admit. There are also the added dimensions of prejudice, sexism and discrimination that complicate an already confusing picture. Sex and relationships education is a positive opportunity to help young people deal with growing and maturing into adulthood.

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). Some aspects of RSHE are also taught through form time.

1. Aims

The aims of relationships and sex education (RSHE) at our school are to:

- Provide a framework in which sensitive discussions can take place
- 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
- Teach pupils the correct vocabulary to describe themselves and their bodies

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

1. Review – This policy has been reviewed and created in relation to relevant information including relevant national and local guidance
2. Staff consultation – Some school staff were given the opportunity to look at the policy and make recommendations
3. Pupil consultation – we investigated what exactly pupils want from their RSHE
4. Ratification – once amendments were made, the policy was shared with governors and ratified.

Pupils also receive stand-alone sex education sessions.

Across all Key Stages, pupils will be supported with developing the following skills:

- Communication, including how to manage changing relationships & emotions
- Recognising and assessing potential risks
- Assertiveness
- Seeking help and support when required
- Informed decision-making
- Self-respect and empathy for others
- Recognising and maximising a healthy lifestyle
- Managing conflict and unhealthy relationships
- Discussion and group work

These skills are taught within the context of family life.

Who was consulted?

Staff and Governors were consulted about this policy and the contents of the schemes of work.

Relationship to other policies

Sex Education forms an integral part of the curriculum policy and the schemes of work for Science, RE, Citizenship, and Personal Social and Health Education (PSHE). This policy also relates to child protection. This RSHE policy is also aligned with the role of a form tutor at St Patrick's RC High School.

Roles and responsibilities of Headteacher, other staff, Governors

The Governing Board will:

- Ensure that the school provides sex and relationships education, including education about HIV and AIDS and other sexually transmitted diseases
- Seek the advice of the Headteacher on this policy, keep it up to date, and make it available to parents
- Ensure that sex and relationships education is provided in a way that encourages pupils to consider morals, the value of family life, and the importance of marriage.
- Ensure that the school delivers RSHE in accordance with the teaching of the Catholic Church.

The Headteacher will ensure that:

- The Governing Board is advised about the nature and organisation of sex and relationships education and how it reflects the aims and values of the school
- Sex and relationships education is provided in a way that encourages pupils to consider morals, the value of family life, and the importance of marriage
- Pupils are protected from inappropriate teaching materials
- A scheme of work is agreed and implemented
- Year 7 parents are informed about the programme for sex education each year.

Staff who teach sex and relationships education are expected to:

- Provide sex and relationships education in accordance with this policy and in a way which encourages pupils to consider morals and the value of family life and marriage/committed relationships
- Participate in training to provide sex education in line with the school curriculum policy
- Implement the agreed scheme of work
- Draw to the attention of the Headteacher any materials which they consider to be inappropriate
- Ensure that pupils have an opportunity explore the emotional aspects of sex education, discussing self-esteem, emotional well-being and responsibilities within relationships.
- Respond appropriately to those pupils whose parents wish them to be withdrawn from sex and relationship education.

If a pupil asks a question that is deemed too personal or explicit, the teacher should:

- Acknowledge the question and promise to speak to the pupil later on an individual basis, and/or in consultation with the head of year/the school, refer the pupil to an appropriate agency, such as the school nurse, helpline or safeguarding lead if necessary.
- The teacher should seek advice from the PSHE/RSHE lead and be supported in their response to said question.

Arrangements for monitoring and evaluation

The school will report to the Governors' Pupil Welfare Committee on parental complaints and/or the number of pupils withdrawn from lessons. Lessons on sex and relationship education will be observed in the normal programme of monitoring

teaching and learning. Judgements about the impact of the teaching of RSHE will be included in learning walks and through pupil assessment. Staff and pupils will also take part in frequent pupil/staff voice sessions.

Parents' right to withdraw

Parents' have the right to withdraw their children from the non-statutory components of RSHE. 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 discuss the request with parents and take appropriate action. Alternative work will be given to pupils who are withdrawn from RSHE.

Training

Staff are trained on the delivery of RSHE 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 RSHE. All visitors will be subject to our External Visitors & Visiting Speakers Policy. RSHE training is also delivered to form tutors as a section of their induction training.

Staff receive specific training in relation to the new statutory guidance of RSHE. This is also included in our continuing professional development calendar. Some training is targeted specifically to year groups in line with the RSHE scheme of work.

Support from external agencies and companies

The school will access support from external agencies and companies for the purpose of Teaching and Learning. The involvement of these external agencies aims to seek access to a wealth of experience, expertise and a wide range of resources to ensure the RSHE curriculum delivered to meet the needs of our pupils.

The school will also utilise outside agencies and support to deliver RSHE content to pupils where appropriate to ensure pupils are gaining a range of Teaching and Learning. External contributors will lend expertise and add a partnership element to the schools RSHE Curriculum.

The school will ensure all external contributors, agencies and companies are accompanied by a St Patrick's staff member at all times during their visit as some guests may not be frequent school visitors and may not have the appropriate paperwork carried out by the Criminal Records Bureau.

Our curriculum is set out as per Appendix 1 but we may need to adapt as and when necessary.

We have developed the curriculum in consultation with parents, pupils and staff taking into account the needs and feelings of pupils. If pupils ask questions outside the scope of our curriculum, teachers will respond in an appropriate manner so pupils are fully informed and don't seek answers online

For more information about our curriculum, see our curriculum map in Appendix 1 & The School website.

Children with Special Educational Needs.

Teaching and resources will be differentiated as appropriate to address the needs of these children. This is to ensure that all pupils have full access to the content of sex and relationship education. The school ensures that the RSHE curriculum is inclusive and meets the needs of all our pupils, including those with special educational needs and disabilities (SEND) by ensuring staff have awareness of student needs and are able to appropriate differentiate and support. Teaching Assistants will also support in classes as and when deemed necessary.