

Policy Title: RSE Policy

Mortimer



Leader: Mrs K.Meyer
Review Date: September 2024

Relationships, Sex and Health policy

Context:

In order to embrace the challenges of creating a happy, healthy and successful adult life, students need knowledge that will enable them to make informed decisions about their wellbeing, health and relationships to build their self-esteem and resilience. High-quality, evidence based, and age-appropriate teaching of relationships, sex and health education can prepare students for their responsibilities and experiences of adult life. The curriculum should promote spiritual, moral, social, cultural, mental and physical development of students both at school and in society. The Relationships Education, Relationships and Sex Education and Health Education (England) regulations, 2019 make Relationships and Sex Education compulsory for all secondary school students.

Aims:

The aims of Relationships, Sex and Health Education (RSHE) at Mortimer School are to:

- Meet the statutory obligations to the guidance on Relationships Education, RSE and Health Education (England) regulations (2020).
- To comply with the Equality Act (2010) and ensure the needs of all students are appropriately met and that all students understand the importance of equality and respect.
- Provide a framework in which discussions can take place sensitively and inclusively, with respect to the background and beliefs of students and parents always with the aim of providing students with the knowledge they need of law.

- Prepare students for puberty and give them an understanding of sexual development and the importance of health and hygiene.
- Build on knowledge acquired at primary school and develop further student's understanding of health, with an increased focus on risk areas such as drugs and alcohol and the impact this can have on consent and decision making in relation to relationships and sexual health as well as introducing knowledge about intimate relationships and sex.
- Help students develop feelings of self-respect, self-worth, confidence and empathy.
- Create and maintain a positive culture around issues of sexuality and relationships.
- Create a culture where students know what is right and when and how to report when it is not.
- To support students to develop resilience, to know how and when to ask for help and where to access support.
- Teach about mental wellbeing and the challenges students face in person and online.
- Ensure the compulsory content is taught within the wider programme of Personal, Social and Health Education.
- Provide an opportunity for students to gain the knowledge and attributes to help them become successful and happy adults who make meaningful contributions to society.

Statutory requirements:

The Relationships Education, Relationships and Sex Education (RSE) and Health Education (England) regulations 2019 are made under sections 34 and 35 of the Children and Social Act, 2017 and provide that pupils receiving secondary education must be taught RSE and Health Education. The new subjects of Relationship Education and RSE must be taught in all maintained schools,

academies, and independent schools. The new provisions include a requirement by the Secretary of State to publish guidance on Relationship Education, RSE and Health Education and require schools to make a statement of policy under the provision of Relationship Education and RSE; and set out the circumstances in which a student is to be excused from RSE.

At Mortimer School, we teach Relationship Education, RSE and Health Education as set out in this policy.

Relationship and Sex Education (RSE) Secondary Education

The aim of RSE is to give students the information they need to help them develop healthy, nurturing relationships of all kinds, not just intimate relationships. It is about the emotional, social and cultural development of students, and involves learning about relationships, consent, sexual health, sexuality, healthy lifestyles, diversity and personal identity.

It should enable students to know what a healthy relationship looks like, what makes a good friend, a good colleague and successful marriage or any other type of committed relationship. It will cover contraception and sexually transmitted diseases, developing intimate relationships and resisting pressure to have sex (and not applying pressure). It will teach what is acceptable and not acceptable behaviours in a relationship.

RSE does not encourage early sexual experimentation. It teaches young people to understand human sexuality and to respect themselves and others. It enables young people to mature, build their confidence and self-esteem and understand the reasons for delaying sexual activity.

RSE provides knowledge about sex and sexual health so young people can make healthy choices as they progress through adult life.

RSE involves a combination of sharing information, and exploring issues, beliefs, values within a safe environment. RSE is delivered in a non-judgemental, factual way and allows scope for students to ask questions in a safe environment.

RSE provides students with the understanding of the benefits of healthy relationships to their mental well-being and self-respect.

RSE is not about the promotion of sexual activity. It is about enabling young people to make healthy and informed choices about their relationships (both sexual and non-sexual) to keep themselves and others safe and healthy.

Delivery of RSE:

Sex is taught within the Personal, Social, Health and Economic (PSHE) education curriculum at Mortimer School.

Topics at KS3 include friendships, leading a healthy active lifestyle including personal health and safety, including substance abuse, puberty, and personal hygiene; identifying and developing healthy relationships; peer pressure, consent, the law and LGBTQ+. These topics will be revisited at key stage 4 with age-appropriate development and adaptation to include learning around sexually transmitted disease, contraception, understanding sexual violence and sexual harassment, domestic abuse and how to report it, exploitative relationships, forced marriage and Female Genital Mutilation (FGM). Students will develop a knowledge and understanding around a wide range of issues including sexting, sexual consent, rape, and the impact of pornography on developing and maintaining respectful and healthy relationships with others.

Biological aspects of RSE are taught within the science curriculum, safety on the internet, inappropriate sharing of images and cyber safety are taught within the ICT curriculum as part of E-safety, including how to recognise risks,

harmful content and contact and how to report issues. Other aspects, such as faith, or other perspectives are included in the RE curriculum.

Students also receive stand-alone relationships, sex and health education sessions delivered by trained health professionals/outside agencies, for example, the NHS and Children's Northeast.

Across all key stages in the keeping with DfE guidance 'Sexual violence and sexual harassment between children in schools and colleges' students will be supported with developing the following skills:

- Communication, including how to manage changing relationships and emotions.
- Knowledge of what sexual violence and sexual harassment are.
- Recognising and assessing potential risks.
- Any report of sexual violence or sexual harassment should always be reported.
- Both males and females can be victims.
- The impact of victim blaming.
- All students understand the importance of equality and respect.
- Assertiveness.
- Seeking help and support when required.
- Informed decision-making and consent.
- Self-respect and empathy for others.
- Recognising and maximising a healthy lifestyle.
- Recognising and maximising healthy relationships.
- Managing conflict.

Parent's right to withdraw:

Parents have the right to withdraw their children from some aspects of sex education delivered as part of statutory RSE. There is no right to withdraw from Relationships Education or Health Education.

Requests for withdrawal should be put in writing and addressed to the headteacher. The headteacher will discuss the request with parents/carers listening to their reasons for withdrawing their child and supporting that parents/carers have the final say on withdrawal. The headteacher will make clear that withdrawing from sex education can be reversed at any point. Alternative work will be given to students who are withdrawn from RSE.

Once those discussions have taken place, except in exceptional circumstances, the school should respect the parents' request to withdraw the child, up to and until three terms before the child turns 16. After that point, if the child wishes to receive sex education rather than be withdrawn, the school should make arrangements to provide the child with sex education during one of those terms.

The process is the same for SEND children. However, there may be exceptional circumstances where the headteacher may take a student's specific needs into account when making the decision.

Training

Staff are trained on the delivery of RSE prior to their being asked to teach it.

The PSHE/RSE co-ordinator will invite visitors from outside the school such as school nurses, safeguarding partnerships or sexual health professionals to provide support and training to staff teaching RSE whilst always ensuring the content is accurate and appropriate.

Monitoring arrangements:

The delivery of RSE is monitored by SLT and the PSHE/RSE lead member of staff through school monitoring and quality assurance procedures.

Students' development in RSE is monitored by class teachers as part of their curriculum provision.

This policy will be reviewed annually and approved by the governing body.

Safeguarding and confidentiality:

During RSE lessons students may disclose information which leads us to believe that they themselves and/or others may be at risk of harm. It is therefore important that teachers, students and parents/carers know and understand Mortimer's safeguarding policy.

This defines what teachers and other adults working in the school can and cannot keep confidential. It is essential that confidentiality is discussed with students so that everyone understands these boundaries. No one working with children can agree confidentiality if a child is thought to be at risk.

We will ensure that students know where to get help on personal concerns such as abuse and sexual health both inside and outside the school. Our RSE policy is therefore closely aligned to the school's safeguarding policy and adheres to statutory guidance 'Keeping Children Safe in Education'.

Students with Special Educational Needs and Disabilities (SEND)

It is important that RSE is adapted and accessible for all students. Mortimer School recognises this particularly important when planning teaching resources with special educational needs. The school will ensure that high quality teaching this is differentiated and personalised to the individual needs

of the students will be in place to ensure accessibility. Mortimer School will refer to be mindful of, preparing outcomes as set out in the SEND code of practice, when preparing and teaching these subjects to those students with SEND.