

COGNITA

Relationships and Sex Education (SRE) Policy

September 2020/21



LONG CLOSE SCHOOL

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1 Introduction and aims

The purpose of this policy is to ensure that our Relationships and Sex Education (RSE) and Health Education supports our school ethos and fulfils our school aims, which are defined as:

To inspire pupils through an education of breadth and depth.

To provide a safe and supportive school environment underpinned by excellent pastoral care, where each pupil can feel happy, confident, and valued as an individual.

To foster a vibrant school community, built on trust, tolerance, and respect, and instil a sense of social responsibility.

To provide a rich and stimulating school experience, where our pupils can explore and develop their interests and talents and discover new ones.

To provide a nurturing family atmosphere in which every pupil can thrive and achieve.

1.1 This policy applies to all students, including those in the Early Years.

1.2 This policy forms part of the curriculum.

1.3 We see the curriculum as, 'The total learning experience for our students, which includes not only the taught lessons but also the routines, behaviours, events, activities and other opportunities that our students experience on a daily, weekly and yearly basis in order to ensure that all of them make the best progress possible and attain high standards'.

1.4 A well-structured and coherent curriculum is a fundamental element of the tripartite education that underpins all successful schools and includes Teaching, Learning and Assessment (see model below) and is underpinned by Wellbeing.

The aims of RSE at our school are to:

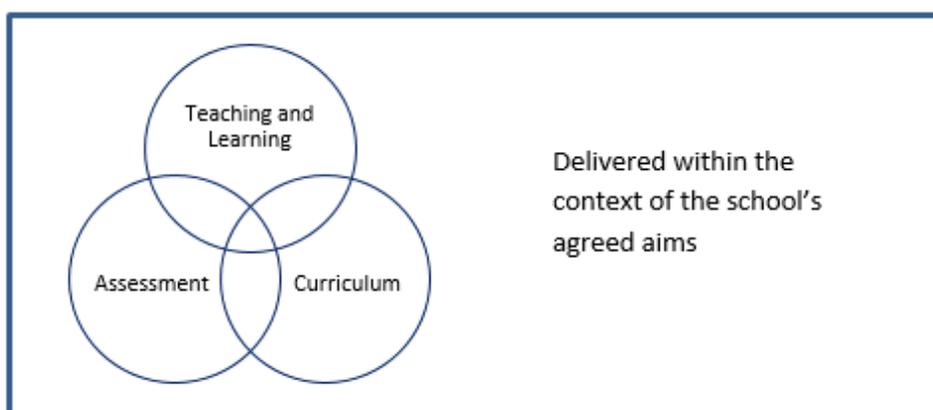
1.5 Provide a framework in which sensitive discussions can take place.

1.6 Prepare students for puberty, and give them an understanding of sexual development and the importance of health and hygiene.

1.7 Help students develop feelings of self-respect, confidence and empathy.

1.8 Create a positive culture around sexuality and relationships.

1.9 Teach students the correct vocabulary to describe themselves and their bodies.



1.10 Help students understand that healthy relationships are an important part of wellbeing.

2 Statutory requirements

- 2.1 Our policy follows the statutory guidance given by the government (DfE) and meets the requirements of the Independent School Standards/ Aspects of RSE are infused within the day to day operation of our school; incorporated through the curriculum, both in content included in subject schemes of work and through other planned learning opportunities in the school. They are captured in our written aims and expressed in the ethos and behaviours of everyone.
- 2.2 As a Preparatory School, we must ensure that every registered student who is provided with primary education at the school is provided with relationships education, in accordance with section 34 of the Children and Social Work Act 2017 and the Independent School Standards
- 2.3 As a Secondary school, we must ensure that every registered pupil who is provided with secondary education at the school is provided with relationships and sex education, except in so far as the pupil is excused as mentioned in sub-paragraph 9, in accordance with section 34 of Children and Social Work Act 2017 and the Independent School Standards, and with regard to guidance outlined in section 403 of the Education Act 1996.

At Long Close School, we teach RSE as set out in this policy.

3 Policy development

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

- Review – The PSHE Lead reviewed all relevant information, including but not limited to, relevant national and local guidance.
- The policy was drafted in accordance with statutory guidance and aligned with the Independent School Regulations. The school curriculum plans were amended accordingly.
- Staff consultation – school staff were given the opportunity to review the policy and make recommendations.
- Parent/stakeholder consultation – parents and any interested parties were invited to ask questions about the policy and offer commentary.
- Ratification – once amendments were made, the policy was published.
- Policy review – this policy will be reviewed in June 2022.

4 Definition

- 4.1 RSE is about the emotional, social and cultural development of students, and involves learning about relationships, sexual health, sexuality, healthy lifestyles, diversity and personal identity.
- 4.2 RSE involves a combination of sharing information and exploring issues and values.

- 4.3 RSE is not about the promotion of sexual activity, sexual orientation, or a specific sexual identity.

5 Curriculum

- 5.1 Our curriculum is set out in Appendix 1, but we may need to adapt this as and when necessary.
- 5.2 We have developed the curriculum in consultation with parents, students and staff, taking into account the age, needs and feelings of students.
- 5.3 Primary sex education will focus on:
- Preparing boys and girls for the changes that adolescence brings; and
 - **How a baby is conceived and born.**

It will:

- i. consider the ages, aptitudes and needs of all pupils, including those pupils with SEND/ and an EHC plan;
 - ii. not undermine the fundamental British values of democracy, the rule of law, individual liberty, and mutual respect and tolerance of those with different faiths and beliefs; and
 - iii. ensure that discriminatory, extremist opinions or behaviours are challenged as a matter of routine.
- 5.4 For more information about our curriculum, see Appendices 1 and 2 and our Curriculum Policy

6 Delivery of RSE

- 6.1 Our RSE is taught as part of our PSHEE curriculum. The PSHEE course is delivered to all students through discrete PSHEE lessons taught by our teachers. There is one lesson of taught PSHEE a week. Elements of the programme may be supported through the bringing in of additional expertise, such as outside speakers, trained health professionals, or the use of teachers with a particular interest or knowledge in a specific area. In addition to these discrete sessions, PSHEE is also embedded within the curriculum (e.g. social issues through the teaching of English Literature; Health through Biology and PE; Citizenship through History & RE). There are also centrally organised sessions which supplement the delivery in house.
- 6.2 Relationships education focuses on teaching the fundamental building blocks and characteristics of positive relationships, including:
- Families and people who care for me
 - Caring friendships
 - Respectful relationships
 - Online relationships
 - Being safe
- 6.3 For more information about our RSE curriculum, see Appendices 1 and 2 and our Curriculum Policy.
- 6.4 RSE focuses on giving young people the information they need to help them develop healthy, nurturing relationships of all kinds, including:
- Families
 - Respectful relationships, including friendships
 - Online and media

- Being safe
- Intimate and sexual relationships, including sexual health

6.5 For more information about our RSE curriculum, see Appendices 1 and 2 and our Curriculum Policy.

These areas of learning are taught within the context of family life, taking care to ensure that there is no stigmatisation of children based on their home circumstances (families can include single parent families, LGBTQ+ parents, families headed by grandparents, adoptive parents, foster parents/carers amongst other structures), along with reflecting sensitively that some children may have a different structure of support around them (for example: looked after children or young carers).

7 Roles and responsibilities

Staff & Governance

7.1 PSHE Lead Teacher

The people with responsibility for the overview and yearly evaluation of this policy are Nathaniel King (Senior School), Rebecca Wade and Sarah Benktander (Prep School). However, all staff are responsible for ensuring this policy is implemented and acted on.

When evaluating the use and impact of this policy, our school leaders will evaluate the extent to which there is evidence of a curriculum which:

- Fulfils the aims of the school;
- Embeds aspiration, attributes and the expectation to achieve high standards and high rates of progress; and
- Provides engagement and excitement for learning.

7.2 The Headteacher

The Headteacher is responsible for ensuring that RSE is taught consistently across the school, and for managing requests to withdraw students from non-science components of RSE (see section 8).

7.3 The Chair of Governors

The Chair of Governors (Director of Education) will hold the Headteacher to account for the implementation of this policy.

The Chair of Governors will ensure that:

- all pupils make progress in achieving the expected educational outcomes;
- the subjects are well led, effectively managed and well planned;
- the quality of provision is subject to regular and effective self-evaluation;
- teaching is delivered in ways that are accessible to all pupils with SEND;
- clear information is provided for parents on the subject content and the right to request that their child is withdrawn; and,
- the subjects are resourced, staffed and timetabled in a way that ensures that the school can fulfil its legal obligations.

7.4 Staff

Staff are responsible for:

- Delivering RSE in a sensitive way;
- Modelling positive attitudes to RSE;
- Monitoring progress;
- Responding to the needs of individual students; and

- Responding appropriately to students whose parents wish them to be withdrawn from the non-science components of RSE.

Staff do not have the right to opt out of teaching RSE. Staff who have concerns about teaching RSE are encouraged to discuss this with the Headteacher.

All class teachers are responsible for delivering the Science aspect of RSE in our school.

8 Students

Students are expected to engage fully in RSE and, when discussing issues related to RSE, treat others with respect and sensitivity.

8.1 Students with Special Educational Needs and Disabilities

Our curriculum is inclusive and our RSE and Health Education is accessible for all students. For those pupils with special educational needs or specific learning difficulties, the school has a well-established Learning Support department, led by the Head of Learning Support Kim Wall. Further details of this provision can be found in our Special Educational Needs and Disability (SEND) Policy.

High quality teaching that is differentiated and personalised will be the starting point to ensure accessibility.

As set out in the SEND code of practice, when teaching these subjects to those with SEND, Long Close School is mindful of preparing students for adulthood.

Long Close School is aware that some pupils are more vulnerable to exploitation, bullying and other issues due to the nature of their SEND. Relationships Education and RSE can also be particularly important subjects for some pupils; for example those with Social, Emotional and Mental Health needs or learning disabilities. Such factors will be taken into consideration in designing and teaching these subjects.

9 Parents' right to withdraw

- 9.1 If parents require more information on RSE for primary aged children, this is a useful information source of information for them:

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/812593/RSE_primary_schools_guide_for_parents.pdf

- 9.2 If parents require more information on RSE for secondary aged children, this is a useful information source of information for them:

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/812594/RSE_secondary_schools_guide_for_parents.pdf

- 9.3 Parents do not have the right to withdraw their children from relationships education.

Parents have the right to withdraw their children from the non-science components of sex education within RSE.

Requests for withdrawal should be put in writing using the form found in Appendix 3 of this policy and addressed to the Headteacher.

Alternative work will be given to students who are withdrawn from sex education.

- 9.4 Parents have the right to withdraw their children from the non-science components of sex education within RSE up to and until 3 terms before the child turns 16. After this point, if the child wishes to receive sex education rather than being withdrawn, the school will arrange this.

Requests for withdrawal should be put in writing using the form found in Appendix 3 of this policy 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 students who are withdrawn from sex education.

10 Training

- 10.1 Staff are trained on the delivery of RSE as part of their induction and it is included in our continuing professional development programme.
- 10.2 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 RSE.

11 Monitoring arrangements

- 11.1 The delivery of RSE is monitored by Charlie Tanton (Head of Prep), Preet Randhawa (Head of Senior) Smra Ghafoor (Assistant Head) and Nathaniel King (PSHE Lead) through departmental meetings, work scrutiny and learning walks.
- 11.2 Students' development in RSE is monitored by class teachers as part of our internal assessment systems.

Appendix 1: Curriculum Map

Relationships and Sex Education Curriculum Map

Year Group	Relationships (Summer 1 st Half)	Changing Me (Summer 2 nd Half)
Year 1	<ul style="list-style-type: none"> Belonging to a family Making friends/being a good friend Physical contact preferences People who help us Qualities as a friend and person Self-acknowledgement Being a good friend to myself Celebrating special relationships 	<ul style="list-style-type: none"> Life cycles – animals and humans Changes in me Changes since being a baby Differences between male and female (correct terminology) Linking growing and learning Coping with change Transition
Year 2	<ul style="list-style-type: none"> Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships 	<ul style="list-style-type: none"> Life cycles in nature Growing from young to old Increasing independence Differences in female and male bodies (correct terminology) Assertiveness Preparing for transition
Year 3	<ul style="list-style-type: none"> Family roles and responsibilities Friendship and negotiation Keeping myself safe and who to go to for help Being a global citizen Being aware of how my choices affect others Awareness of how other children have different lives Expressing appreciation for family and friends 	<ul style="list-style-type: none"> How babies grow Understanding a baby's needs Outside body changes Inside body changes Family stereotypes Challenging my ideas Preparing for transition
Year 4	<ul style="list-style-type: none"> Jealous Getting on and Falling Out Girlfriends and boyfriends Love and loss 	<ul style="list-style-type: none"> Being unique Having a baby Girls and puberty Confidence in change

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	<ul style="list-style-type: none"> Memories of loved ones Showing appreciation to people and animals Respect of how you treat others Special pets Know what makes a good relationship 	<ul style="list-style-type: none"> Accepting change Preparing for transition Environmental change
Year 5	<ul style="list-style-type: none"> Self-recognition and self-worth Building self-esteem How to make new friends Boyfriends and Girlfriends Jealousy Dangers of online grooming SMARRT internet safety rules Safer online communities Rights and responsibilities on-line Online gaming and gambling Reducing screen time 	<ul style="list-style-type: none"> Self-and body image Puberty for girls Puberty for boys Conception (including IVF) Growing responsibility Coping with change Preparing for transition Influence of online and media on body image
Year 6	<ul style="list-style-type: none"> Mental health Identifying mental health worries and sources of support Love and loss Managing feelings Power and control Assertiveness Technology safety Take responsibility with technology use Being safe online SMARRT internet safety rules 	<ul style="list-style-type: none"> Self-image Body image Puberty and feelings Conception to birth Reflection about change Physical attraction Transition Girl talk / boy talk Respect and consent Boyfriends/girlfriends Sexting

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YEAR GROUP	LESSON TITLES
Year 7	<p>Health and Wellbeing:</p> <ul style="list-style-type: none">• What do we mean by a healthy lifestyle? Health introduction.• How can I keep healthy? Food groups, diet and nutrition.• Eating responsibly – food labels and health hazards.• Healthy living – exercise and keeping active.• Not eating healthily – what are the consequences?• What’s the big deal about energy drinks?• The dangers of cigarettes and passive smoking.• Puberty – what happens, when and why?• Periods – what happens, when and why?• FGM – what is this and why is it so dangerous?• Introduction to mental health issues. (Depression focus)• What are drugs? Why are they so dangerous?• How can we manage our anger? <p>Living in the Wider World:</p> <ul style="list-style-type: none">• Being an aspirational student.• The importance of self-esteem.• How can we budget our money?• How can I create a personal budgeting plan?• What are savings, loans and interest?• What are the different types of financial transactions?• What are the different types of financial products?• How can we shop ethically?• What are wants and needs and why do we need to know the difference?• How can we enjoy social media but keep our accounts safe and private?

	<ul style="list-style-type: none"> • What is stereotyping and prejudice? (Racism focus) • How can we be resilient and face challenges? <p>Relationships (RSE):</p> <ul style="list-style-type: none"> • Keeping good friendships and avoiding toxic ones. • Family relationships – the different types and why we don’t always get along. • Love and relationships – falling in love and dealing with new feelings. • Bullying or banter? Why do people bully others and how can we stop this? • What is cyber bullying? Why do people bully online? • How do we keep safe and positive relationships (online and off-line) • What is my personal identity and why is diversity important? • Extremism – why does radicalisation happen and why does it challenge our values?
Year 8	<p>Health and Wellbeing:</p> <ul style="list-style-type: none"> • Personal development and target-setting – how can I improve my skills and behaviour? • How can self-confidence boost my achievement? • How can I manage my behaviour to achieve targets and goals? • Why do teenage parents have it so tough? How can we avoid teenage pregnancy? • Stereotyping, discrimination and prejudice. (Disability focus) • How can we look after ourselves and others in an emergency? Personal safety and first aid. • What is vaping and why is it as bad as smoking? • What is mindfulness? How can this aid positive mental health? • Emotional literacy – why is self-awareness in our actions towards others so important? • Cancer awareness <p>Living in the Wider World:</p> <ul style="list-style-type: none"> • Internet safety – what is online grooming and why must we be so careful? • How can we care for our environment and why is it changing? • Careers and development focus – how can we develop our communications skills?

	<ul style="list-style-type: none"> • How can we become entrepreneurs? • Finance – what is income and expenditure? • Finance – budgeting and saving personal finances. • Careers and finance – what are national insurance and income tax? Reading payslips. • Why do we pay tax and how is this spent? • Stereotyping, discrimination and prejudice. Teens and the media focus. • LGBT+ focus: homophobia. <p>Relationships (RSE);</p> <ul style="list-style-type: none"> • How do we have safe sex and use different forms of contraception? • How do we keep good sexual health and avoid STIs? • What is consent and why is it important we know about it? • What is sexting and why is it so risky to send personal images? • What is pornography and why can it be dangerous? • How can we prevent radicalisation and recognise the signs of extremism? • Who are the extremist groups and why are they so dangerous? • Islamophobia. • Stereotyping, discrimination and prejudice. (Religion focus) • British Values – tolerance and respect for others. • Domestic conflict – why do people run away from home and why is this so dangerous? • Body image and the media – focus on boys.
Year 9	<p>Health and Wellbeing:</p> <ul style="list-style-type: none"> • Why do we need to keep to the rules in order to succeed? • How can we foster a growth mindset to succeed and achieve? • How can I develop interpersonal skills to help me succeed? • How can we manage the stress of schools and exams?

- Why do people take illegal drugs and what does the law say about drug use?
- Why do people become selfie-obsessed? What consequences can this have?
- What are the short and long term consequences of excessive alcohol drinking.
- What is self-harm and why do people do this?
- Why can't some people access education?
- How are we protected from prejudice and discrimination?
- Mental health – how can I deal with and manage anxiety?
- Acid attacks – why are these on the increase and what can we do if we witness one?
- Responsible health choices – blood donation, stem cells and vaccinations.

Living in the Wider World:

- How does knife crime impact our communities?
- How does the law deal with young offenders?
- How can we be self-disciplines and achieve our aims at school and in the wider world.
- Employability skills – preparing for and applying to the world of work.
- What other skills do we need to develop for the work environment?
- What does it mean to be 'enterprising' and what is an enterprising personality?
- What is sustainability and why is it essential for our environment?
- Navigating accounts, savings loans and financial institutions.
- What rights do we have as shoppers and consumers?
- How can I stay financially savvy and avoid debt?
- What can we learn from successful business people and entrepreneurs?
- Should we send aid to foreign countries? Is aid the answer?
- How can extreme views lead to human rights abuses and atrocities?
- How do charities like UNICEF help across the world?

Relationships (RSE):

- Who are the LGBT+ community and what would they like us to know?

	<ul style="list-style-type: none"> • Why are British communities so diverse? (Immigration and diversity focus) • What are domestic violence and abusive relationships? Healthy and unhealthy relationships. • CSE – how are children and young people lured into dangerous relationships? • Body image and the media – focus on girls. • Body image and the media – does the media contribute towards eating disorders? • Can we respect and celebrate British values and the religion and culture of our choice? • What is peer-pressure and why is it so powerful? How can we overcome this?
Year 10	<p>Health and Wellbeing:</p> <ul style="list-style-type: none"> • How can we manage our time effectively to succeed? • Can tattoos and piercings be dangerous? • Why do some people commit suicide? • How can we manage grief and bereavement? • How can we manage our social anxiety? • Why do some people become homeless and why is homelessness on the increase? • What are hate crimes and why do these still exist? • What is binge drinking, what are the risks and why do people still do it? • Study skills – the power of mind and memory. • Social media and self-esteem. • Internet safety – the dangers of excessive screen time. • How can take steps to live more sustainably? What is a carbon footprint? <p>Living in the Wider World:</p> <ul style="list-style-type: none"> • What is fake news and why do need critical thinking skills? • What is anti-social behaviour and how does it affect communities? • How can we successfully prepare for work experience? • What rights and responsibilities do we have in the workplace?

	<ul style="list-style-type: none"> • What is money laundering and why are some students taken in by this crime? • What are employers looking for in CVs? • British values – how does the criminal justice system work? • What is overt and covert racism and why are people still prejudiced? • Why do some religious people become terrorists? • Why pursue a career in a STEM industry? • How do we choose a career that suits our personality, ambition and qualifications? • Crime, gangs and country lines. • Why do we still need an International Women’s Day? <p>Relationships (RSE):</p> <ul style="list-style-type: none"> • Same sex relationships (LGBT+) • What are forced and arranged marriages and what do we need to know? • Gender and trans-identity (LGBT+) • How can we manage conflict successfully? • Why do sexism, gender prejudice and stereotypes still exist? • What is community cohesion and why is this so important? (British Values) • Revenge porn – what is this and how can we prevent ourselves from being victims? • Why do we have healthy or unhealthy relationships with our role models? • Harassment and stalking – what are these they and what does the law say about them? • Parenting – the different types and styles and looking after a child.
Year 11	<p>Health and Wellbeing:</p> <ul style="list-style-type: none"> • Why is PSHE so important? • Risk taking. • Gambling and online gaming. • Perseverance and procrastination.

- Privilege – why does this affect us all?
- Why do we need sleep and how does sleep deprivation affect us?
- Why is our digital footprint important?
- How can we celebrate diversity and our identities?
- What is body positivity and why is this controversial? (Obesity issues)
- Personal safety in the wider world.
- Fertility and reproductive health issues.
- First aid – CPR.

Living in the Wider World:

- GCSE revision and study skills.
- Applying to college and university.
- Independent living.
- Internet safety – the dark web.
- How is plastic pollution destroying our environment?
- How can we protect animal rights and aid sustainability?
- How can trade unions protect our rights at work?
- What is cyber crime?
- How can we successfully prepare for a job interview?
- Globalisation – how does this affect us?
- What is multiculturalism?
- What is right-wing extremism?
- Why is health and safety at work so important?

Relationships (RSE):

- Bullying – body shaming.
- Relationship break ups.
- What is 'good sex'?

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- Why is essential we know about consent, rape and sexual abuse?
- How can we make ourselves more positive and why is happiness important?
- Relationship types and sexuality.
- What is chem sex and what do we mean when we talk about safe sex?

Appendix 2: By the end of primary school, students should know:

TOPIC	STUDENTS SHOULD KNOW
Families and people who care about me	<ul style="list-style-type: none"> • That families are important for children growing up because they can give love, security and stability • The characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives • That others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care • That stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up • That marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong • How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed
Caring friendships	<ul style="list-style-type: none"> • How important friendships are in making us feel happy and secure, and how people choose and make friends • The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties • That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded • That most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right • How to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed

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TOPIC	STUDENTS SHOULD KNOW
Respectful relationships	<ul style="list-style-type: none"> • The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs • Practical steps they can take in a range of different contexts to improve or support respectful relationships • The conventions of courtesy and manners • The importance of self-respect and how this links to their own happiness • That in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority • About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help • What a stereotype is, and how stereotypes can be unfair, negative or destructive • The importance of permission-seeking and giving in relationships with friends, peers and adults
Online relationships	<ul style="list-style-type: none"> • That people sometimes behave differently online, including by pretending to be someone they are not • That the same principles apply to online relationships as to face-to face relationships, including the importance of respect for others online including when we are anonymous • The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them • How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met • How information and data is shared and used online

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TOPIC	STUDENTS SHOULD KNOW
Being safe	<ul style="list-style-type: none"> • What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context) • About the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe • That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact • How to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know • How to recognise and report feelings of being unsafe or feeling bad about any adult • How to ask for advice or help for themselves or others, and to keep trying until they are heard • How to report concerns or abuse, and the vocabulary and confidence needed to do so • Where to get advice e.g. family, school and/or other sources

Appendix 2: By the end of secondary school, students should know:

TOPIC	STUDENTS SHOULD KNOW
Families	<ul style="list-style-type: none"> • That there are different types of committed, stable relationships • How these relationships might contribute to human happiness and their importance for bringing up children • What marriage is, including their legal status e.g. that marriage carries legal rights and protections not available to couples who are cohabiting or who have married, for example, in an unregistered religious ceremony • Why marriage is an important relationship choice for many couples and why it must be freely entered into • The characteristics and legal status of other types of long-term relationships • The roles and responsibilities of parents with respect to raising of children, including the characteristics of successful parenting • How to: determine whether other children, adults or sources of information are trustworthy: judge when a family, friend, intimate or other relationship is unsafe (and to recognise this in others' relationships); and, how to seek help or advice, including reporting concerns about others, if needed

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TOPIC	STUDENTS SHOULD KNOW
Respectful relationships, including friendships	<ul style="list-style-type: none"> • The characteristics of positive and healthy friendships (in all contexts, including online) including trust, respect, honesty, kindness, generosity, boundaries, privacy, consent and the management of conflict, reconciliation and ending relationships. This includes different (non-sexual) types of relationship • Practical steps they can take in a range of different contexts to improve or support respectful relationships • How stereotypes, in particular stereotypes based on sex, gender, race, religion, sexual orientation or disability, can cause damage (e.g. how they might normalise non-consensual behaviour or encourage prejudice) • That in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including people in positions of authority and due tolerance of other people's beliefs • About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help • That some types of behaviour within relationships are criminal, including violent behaviour and coercive control • What constitutes sexual harassment and sexual violence and why these are always unacceptable • The legal rights and responsibilities regarding equality (particularly with reference to the protected characteristics as defined in the Equality Act 2010) and that everyone is unique and equal
Online and media	<ul style="list-style-type: none"> • Their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online • About online risks, including that any material someone provides to another has the potential to be shared online and the difficulty of removing potentially compromising material placed online • Not to provide material to others that they would not want shared further and not to share personal material which is sent to them • What to do and where to get support to report material or manage issues online • The impact of viewing harmful content • That specifically sexually explicit material e.g. pornography presents a distorted picture of sexual behaviours, can damage the way people see themselves in relation to others and negatively affect how they behave towards sexual partners • That sharing and viewing indecent images of children (including those created by children) is a criminal offence which carries severe penalties including jail • How information and data is generated, collected, shared and used online

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TOPIC	STUDENTS SHOULD KNOW
Being safe	<ul style="list-style-type: none"> • The concepts of, and laws relating to, sexual consent, sexual exploitation, abuse, grooming, coercion, harassment, rape, domestic abuse, forced marriage, honour-based violence and FGM, and how these can affect current and future relationships • How people can actively communicate and recognise consent from others, including sexual consent, and how and when consent can be withdrawn (in all contexts, including online)
Intimate and sexual relationships, including sexual health	<ul style="list-style-type: none"> • How to recognise the characteristics and positive aspects of healthy one-to-one intimate relationships, which include mutual respect, consent, loyalty, trust, shared interests and outlook, sex and friendship • That all aspects of health can be affected by choices they make in sex and relationships, positively or negatively, e.g. physical, emotional, mental, sexual and reproductive health and wellbeing • The facts about reproductive health, including fertility and the potential impact of lifestyle on fertility for men and women • That there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others • That they have a choice to delay sex or to enjoy intimacy without sex • The facts about the full range of contraceptive choices, efficacy and options available • The facts around pregnancy including miscarriage • That there are choices in relation to pregnancy (with medically and legally accurate, impartial information on all options, including keeping the baby, adoption, abortion and where to get further help) • How the different sexually transmitted infections (STIs), including HIV/AIDs, are transmitted, how risk can be reduced through safer sex (including through condom use) and the importance of and facts about testing • About the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment • How the use of alcohol and drugs can lead to risky sexual behaviour • How to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment

Appendix 3: Parent form: Withdrawal from sex education within RSE

TO BE COMPLETED BY PARENTS			
Name of child		Class	
Name of parent		Date	
Reason for withdrawing from sex education within relationships and sex education			
Any other information you would like the school to consider			
Parent signature			

TO BE COMPLETED BY THE SCHOOL	
Agreed actions from discussion with parents	

Appendix 4: DfE RSE Statutory Guidance Suggested Resources

Link to Annex B (page 46) in DfE Relationship Education, Relationships and Sex Education and Health Education guidance – Suggested resources:

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/805781/Relationships Education Relationships and Sex Education RSE and Health Education.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/805781/Relationships_Education_Relationships_and_Sex_Education_RSE_and_Health_Education.pdf)

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Related documentation	
Related documentation	Curriculum Policy SEND Policy EAL Policy Prevent Duty Early Years Policy, where relevant Safeguarding and Child Protection Policy and Procedures Independent School Standards