



**HORRIS HILL**

FOUNDED 1888

# **RSE and Health Education Policy**

<b>Policy reviewed:</b>	<b>February 2021</b>
<b>Policy approval:</b>	<b>Reviewed by Policy Audit Committee February 2021</b>
	<b>Approved by Full Governing Board March 2021</b>
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## Relationships Education, Relationships and Sex Education (RSE) and Health Education Policy : 2020-21

Horris Hill recognises its responsibility to promote positive relationships amongst its pupils, to help pupils understand the world in which they are growing up and to prepare pupils for the opportunities, responsibilities and experiences of adolescent and adult life. Horris Hill seeks to provide a safe and stimulating environment which will enable pupils to learn about spiritual, moral, cultural, mental, physical and emotional development.

The aim of Relationships Education is to teach pupils the fundamental building blocks and characteristics of positive relationships with particular reference to friendships, family relationships and relationships with other children and with adults. The principles of positive relationships also apply in the online world.

The aim of Relationships and Sex Education (RSE) is to provide pupils with age appropriate information, to explore attitudes and values and develop skills to empower them to make positive decisions about themselves. This will help pupils respect themselves and others and allow them to move with confidence from childhood through adolescence into adulthood by putting in place the building blocks needed for positive and safe relationships of all kinds, starting with family and friends, and moving out to other kinds of relationships, including online.

Horris Hill will help pupils :

- Value and respect themselves
- Value and respect others for who they are
- Value healthy, stable and caring relationships based on mutual respect as the basis of a society in which people care for one another
- Value and respect difference in religion, culture, sexual orientation, physical and mental ability and social background
- Value and respect their own and others' rights as outlined in the Rights and Responsibilities published document
- Value discussion so that pupils can be active participants and gain confidence in talking about relationships, health and mental well-being

## **Difficult Questions :**

Clear boundaries for questioning are established and ground rules set in place, determining what is appropriate and inappropriate. Where possible (and appropriate), teachers will endeavour to answer pupils' questions honestly and openly. However, if a pupil asks a question that a teacher is not comfortable with answering, then a provision will be made to ensure the needs of that pupil are met. If a pupil asks a question that raises a safeguarding concern, the teacher will report this to the Designated Safeguarding Lead in line with the school's Safeguarding Policy.

## **Part 1 : Definition of Relationships, Sex and Health Education (Years 7 & 8)**

Relationships and Sex Education (RSE) together with Health Education for Years 7 and 8 is learning about the emotional, social and physical aspects of growing up, relationships, sex, sexuality and sexual health in an age appropriate, factual and non-judgmental manner. Some aspects of RSE are delivered within the science curriculum, and others are delivered as part of PSHE or the wider curriculum. The delivery of RSE should therefore be set within the whole school context and complement and be supported by the wider academic curriculum, by the school's wider policies and documentation, through Form Tutor sessions, and in the sporting, musical, artistic and boarding environments.

The policy and its contents should equip pupils with the information, skills and positive values to have safe, fulfilling relationships and to take responsibility for their physical, mental and sexual health and well-being.

## **Part 2 : Relationships and Health Education Subject Content : Primary age range**

*By the end of Year 6 pupils will have covered*

- Families and people who care : Healthy family life, marriage and civil partnerships
- Caring friendships : Respecting others, tolerance, trust and understanding
- Online relationships : Keeping safe online
- Being Safe : Respecting boundaries, appropriate and inappropriate behaviour, asking for advice and help
- National Curriculum KS2 content in Science regarding life cycles and physical and emotional changes that occur during adolescence
- Physical health and mental well being : Healthy physical lifestyle and healthy eating

- Basic First Aid and how to call for help to the emergency services if necessary
- Puberty : The changes that take place (Yrs 5 & 6 Science curriculum)

### **Part 3 : RSE Subject Content : Secondary age range**

*By the end of Year 8 pupils will have covered*

- Families : different types of family units, marriage/civil partnerships and the law
- Families : Roles and responsibilities of parents/carers
- Respectful relationships : recognise healthy and unhealthy relationships
- Online, the media and being safe
- Sexual health, contraception, being safe and respect **(delivered as part of the formal Year 8 Leavers' Programme by Health Centre staff)**
- Stereotyping and discrimination including sexual orientation and gender identity including LGBT, with reference to the Equality Act 2010 and the Protected Characteristics
- Reproduction and how Puberty can affect emotions **(delivered as part of the Science curriculum)**
- Physical Health and mental well being : equal parts to healthy lifestyle
- Healthy eating
- The dangers of drugs, alcohol and tobacco abuse **(delivered as part of the formal Year 8 Leavers' Programme by Health Centre staff)**
- Basic First Aid including treatment for common injuries, how to administer CPR and the purpose of defibrillators **(delivered as part of the formal Year 8 Leavers' Programme by Health Centre staff)**

### **Part 4 : Delivery of the RSE and Health programme including delivery to SEND pupils**

Relationships and Sex education (RSE), together with Health Education must be accessible to all secondary age pupils. The programme should also be mindful that some pupils are more vulnerable to exploitation, bullying and other issues due to the nature of their SEND.

Delivery of the programme as outlined in the contents will be via classroom teaching in a range of curriculum areas such as PSHE, Science, PE and Religious Studies, through assemblies, chapel readings, lectures, pupil boarding and food committees, the awarding of pupil responsibilities and via displays around the school.

Any use of visitors will be used to enhance the teaching of a member of staff and not be used as a replacement for it.

### **Part 5 : Working with Parents**

The role of parents in the development of their children's understanding about relationships is vital. The school will work with parents with regard to the RSE and Health Education programme and ensure parents know what will be taught. As such, the policy will be available on the school's website and on hard copy upon request.

### **Part 6 : Parental Request for child to be excused/withdrawn from sex education**

Whilst parents will not be able to withdraw their child from relationships education, parents will be able to request withdrawal of their child from sex education. The Headmaster will automatically grant a request to withdraw a pupil from any sex education delivered at the primary age range other than as part of the science curriculum which may include content on human development and features of life cycles which are common to all animals. Before granting any request for withdrawal in the secondary age range ie Years 7 and 8, other than as part of the science curriculum which may include content on human development, including reproduction, it would be good practice for the Headmaster to discuss the request with the parent. Once those discussions have taken place, outlining the benefits of receiving this important aspect of the RSE programme, unless there are exceptional circumstances, the school should respect the parental request. For those pupils alternative provision will be made.

### **Part 6 : Complementary school policies, practices and documentation**

- The Safeguarding and Child Protection Policy
- The Bullying Policy
- The Good Behaviour and Sanctions Policy
- The Online Safety Policy
- The Rights and Responsibilities Document
- The Online Safety Booklet
- Digital Parenting Guide to Parents
- Safeguarding Briefings to Parents
- Safeguarding Briefings to Staff

- The PSHE Programme of Study
- The Monitors Guide
- The Boarding Council
- The Food Committee
- Form Tutor sessions
- Whole school Assemblies