

RELATIONSHIPS AND SEX EDUCATION (RSE) POLICY (SENIOR SCHOOL)

Owner: REH
Reviewed: March 2022
Governor Approval: March 2022
Next Review: March 2023

The intention of this policy is to provide clear rulings and guidance for all staff and to define the school's approach to RSE (relationships and sex education). Following the initial consultation with parents by letter in June 2020, the school is committed to working closely with parents, carers and guardians, should future amendments to the policy be considered. This consultation is to ensure that parents have the opportunity to understand the purpose and content of the RSE Curriculum. It has been reviewed by the governing body and is informed by the DfE's statutory guidelines requiring us to teach RSE as part of PSHE from September 2020.

Moral values and framework

Our overarching aim is to inform, empower and equip pupils to make informed choices and to navigate their present and future emotional lives and loving relationships with self-knowledge, integrity and respect for both themselves and others. This helps them to develop fundamental life skills underpinned by values of tolerance, authenticity and inclusivity. We view the partnership between home and school as vital in providing a context for the successful delivery of RSE.

Content

RSE is delivered through a bespoke programme which responds to the needs of our pupils. It is taught within PSHE, Biology and Philosophy, Religion and Ethics lessons, at times using qualified staff supplied by carefully-selected outside agencies who are trained and confident in talking about relevant, age-appropriate issues such as healthy and unhealthy relationships, equality, pleasure, abuse, sexuality, prejudice, gender identity, on-line safety, sex and consent, whilst always recognising the unique nature of each individual. Matters such as puberty, abortion, assisted conception are presented in a clear, impartial and scientific way, and the law is addressed on issues such as forced marriage and FGM.

Approach

The school recognises that RSE can be a difficult issue, so facts are presented in an objective and balanced manner within a secure learning environment. This normalises the reality of sexual development and the upheaval of adolescence, reassuring pupils in the process. Pupils are taught about the law and their rights to confidentiality; information given is linked to school-based and community health services and organisations. RSE has at its core the importance of safeguarding students, promoting their emotional well-being and improving their ability to achieve in school.

Diversity and inclusion

As a school we have a specific responsibility in relation to equality, therefore any RSE fosters gender and LGBTQ+ equality and challenges all form of discrimination and bullying. We are

respectful of how pupils choose to identify themselves and understand that their sexual orientation and gender identity may be emerging at this time. Whilst remaining sensitive to a range of cultural and religious views about sexual behaviour, we ensure that all pupils have access to the learning they need to stay safe, healthy and to understand their rights as individuals.

Members of staff responsible

Head of PSHE, Assistant Head of PSHE, Head of Biology and Head of Philosophy, Religion and Ethics (PRE).

Curriculum design

The school's RSE programme is a progression, beginning in Thirds and concluding in the Upper Sixth. It builds on the Jigsaw framework introduced in the Junior School and is covered predominately in PSHE lessons. In addition, some topics are taught in Biology and PRE lessons, as outlined below:

Third Form/Y7

PSHE - Introduction to RSE, anatomy and puberty.

One session in form groups led by Esther Hardy of allaboutrse.co.uk followed by a whole year group Q+A session.

Biology - Reproduction in organisms including humans (Department for Education National Curriculum)

- Physical and emotional changes at puberty.
- The menstrual cycle - the process and hormones involved.
- An overview of the human reproductive systems including the reproductive organs and fertilisation.
- Contraception with a reference to both preventing pregnancy and the spread of Sexually Transmitted Infections (STIs).
- Pregnancy - the development of the foetus from fertilisation to birth.
- Infertility with a focus on the hormonal reasons it may occur and Assisted Reproductive Therapies (ART) including IVF.

Lower Fourth/Y8

PSHE - Friendships, healthy and unhealthy relationships, peer pressure, the law, sex and the media, where to go for information.

Three sessions in paired form groups with Esther Hardy of allaboutrse.co.uk

In addition, [Natasha Devon](#) is invited in to speak to the whole L4 year group about self-esteem, body image and having the confidence to make positive choices in a media-driven world

Upper Fourth/Y9

PSHE - Consent (including digital consent) and a Q+A session

A year group talk followed by sessions in forms groups, both with Esther Hardy of allaboutrse.co.uk

In addition, a speaker from [Gendered Intelligence](#) gives a talk on Trans Awareness to the whole year group.

Lower Fifth/Y10

PSHE - Contraception, women's health and what if?

A whole year group session followed by Q+A in form groups with Esther Hardy of allaboutrse.co.uk

In addition, a speaker from [Positive Voice](http://PositiveVoice.org) gives a talk on HIV and AIDS to the whole year group.

Biology - Review of STIs, including how they are spread and prevention, with a review of contraceptive methods.

Chlamydia and HIV are both part of the Edexcel GCSE Biology Health and Disease syllabus.

Upper Fifth/Y11

PSHE - General Q+A session

A whole year group with Esther Hardy of allaboutrse.co.uk

PSHE - Festivals, Fun and Freedom

A year group talk before the start of study leave given by a speaker from ithappens.education

In addition, a talk on 'Empowerment of Young Women' is delivered by an external speaker from the [RAP \(Rape Awareness and Prevention\) Project](http://RAP.org)

Biology - Hormonal control of the menstrual cycle

This forms part of the Edexcel GCSE Biology syllabus, and lessons will include:

- Review of physical changes at puberty.
- Hormones involved in the regulation of the menstrual cycle.
- Discussion linking the time of ovulation and pregnancy.
- Contraception and the prevention of pregnancy.
- Assisted Reproductive Therapies including the use of Clomifene and IVF. Focus is on the hormones involved, the process of IVF and the advantages/disadvantages of using each as a means for initiating pregnancy.

The Religious Studies GCSE course covers the following RSE topics:

- Human sexuality: Secular views, Christian teachings and UK laws (current and historical) including heterosexual and homosexual relationships, marriage and civil partnerships.
- Sexual relationships before and outside marriage: Christian teaching and secular trends both current and historical. This includes discussion of moral attitudes (both religious and secular) towards promiscuity, extra-marital affairs, spread of STDs and unwanted pregnancies.
- Contraception and family planning: Christian and Secular views on the use of contraception. Including Catholic and Protestant traditions.
- Christian teachings about marriage: Marriage as a covenant and the religious significance of this. Purpose of marriage and evaluation of its importance in society for creating stability in families. Discussion of the trends towards cohabitation and away from marriage. Changes to the roles of men and women in marriage and reasons why people choose to marry.

- Divorce and re-marriage: Christian teachings on divorce and re-marriage. Including Catholic and Protestant traditions. Moral attitudes in society towards divorce and re-marriage.
- Religious teachings about the nature of and purpose of families in the 21st century: including the diversity of the family unit e.g. single parent families, same-sex couples, extended family, adopted, foster and step families.
- Abortion: including current UK laws, moral attitudes towards aborting both religious and secular, historical and current. Discussion of the Sanctity of life and when does life begin.

Sixth Form/Y12+13

PSHE - Leaving school and moving on.

A speaker from ithappens.education is invited in to speak to the U6 about University, Freshers' Week and accessing services when away from home

In addition, the U6 have a talk on 'Empowerment of Young Women' delivered by a speaker from the [RAP \(Rape Awareness and Prevention\) Project](#) and one on HIV and AIDS delivered by a speaker from [Positive Voice](#)

Biology - The first year of the Edexcel B Biology syllabus covers the following:

Sexual reproduction in mammals, including humans, specifically the development of the ova and sperm cells, the process of fertilisation and development of the zygote, embryo and foetus.

Assessment

how it can be used practically in their daily lives, and then giving the students time to reflect on how this acquisition of knowledge may have changed their ideas and perspective, whilst remaining mindful of their individual values system. Assessment can be carried out in a number of ways, both formally and informally in the classroom setting, but does not have to be written.

Guidance for staff

Staff must not give advice on contraception or distribute contraception to an individual pupil. If a member of staff is approached by an individual pupil for specific advice on contraception or other aspects of sexual behaviour, he/she should encourage the pupil to seek advice from her parents and/or from the relevant health professional eg. a GP or the School Nurse (who is a qualified RGN).

Staff must be aware that there are certain issues which cannot remain confidential between a teacher and a pupil. Any safeguarding concerns should be directed immediately to the relevant Head of Year or Head of Section and this will be passed on if necessary to the DSL or Deputy DSL.

Safeguarding

All teachers at LEH are made aware of the safeguarding procedures regarding all types of abuse and receive regular safeguarding training. Any queries regarding safeguarding policy or procedures should be referred to the DSL or Deputy DSL.

Child withdrawal procedure

A letter outlining the RSE policy and detailing the programme of PSHE lessons is sent to all parents at the start of their daughter's education in the Senior School. If, after due

consideration, parents wish to withdraw their daughter from any PSHE lessons in which RSE is taught, they must make this request to the Head Mistress in writing, though they do not need to enter into details in this correspondence. Their daughter will be able to opt back into these lessons three terms before her sixteenth birthday. Parents are not able to withdraw their daughter from either Biology or RS lessons, as these form part of the National Curriculum.

Focus group

The integral role of RSE within PSHE and our approach is constantly being evaluated and adapted to meet the ever-evolving need of our pupils and to respond to changes in the world around us. A working party made up of a range of staff across the different pastoral layers of the school and key colleagues involved in supporting pupils meets each term to discuss best practice and to offer ideas and suggest improvements. Members include the Head and Assistant Head of PSHE, an external RSE deliverer, a member of the Mindfulness team, members of the Pastoral team, the School Counsellor, the School Nurse and a representative of the LGBTQ+ Pride Club.

Review Process

The RSE policy is reviewed annually and whenever there are any changes in legislation. Considerations include the views of the Heads of PSHE, Biology and PRE, staff training needs, the efficacy of current resources, access to outside agencies, and the reflections of teachers, pupils, parents and Governors.