



CHARTERHOUSE

Relationships and Sex Education Policy

BACKGROUND

From April 2021, the School has a statutory requirement to provide relationships and sex education (RSE) to secondary aged children and young people.

Since September 2020, there has been a consultation process with staff, parents and pupils to ensure that our RSE programme reflects statutory requirements, is professionally informed and has our pupils' needs and the School's values at its heart. In order to set up the policy in time for April 2021, consultation included a webinar and opportunity for questions for all parents, sharing a recording of the webinar with all parents with an invitation to comment and engagement with a cross section of pupils who gave their views as to what is helpful in RSE. There is ongoing review by and feedback from staff and pupils to inform the RSE curriculum intent, implementation and delivery. There is a more formal annual review of pupil representatives and staff and this last took place in spring 2022, informed by the ISI Inspection and associated questionnaires in December 2021. And, during summer 2022, the RSE curriculum is being significantly revised and will be launched from September 2022.

The RSE curriculum is designed to support and complement the role of parents who have the prime responsibility in this sensitive area.

RSE means learning about the emotional, social and physical aspects of growing up, relationships, sex, and human sexuality. The programme seeks to enable pupils to know and understand factual information and to provide them with the skills and strategies to have a safe and fulfilling life and relationships. RSE is not about promoting sexual activity. There are three main elements:

Attitudes and values

- Recognition of the value of different types of family life, marriage, stable and loving relationships
- The nurture of children
- Respect for self and others
- Exploration of moral dilemmas
- Development of critical thinking

Personal and social skills

- Self-confidence, self-esteem and empathy for others
- Managing emotions and relationships confidently and sensitively
- Skills of choice to manage responsibility
- Managing conflict



Knowledge and understanding

- Emotions and relationships
- Physical development
- Sexuality, reproduction, sexual health
- Information on local and national contraception and sexual health services
- Reasons for delaying sexual activity
- The avoidance of unplanned pregnancy

We believe that enabling our pupils to embody our values of kindness, open-mindedness, perseverance, responsibility and moral courage supports all aspects of their spiritual, moral, social and personal development, including their relationships and sex education.

The boarding environment provides many opportunities for pupils to learn informally about relationships, with the guidance of their Heads of Houses, tutors and teachers in boarding houses, lessons, tutor time and co-curricular and social time. In particular, in RSE lessons and at all other times, there is a strong focus on staff educating pupils, as well as pupils supporting each other, to respect and value individuals, particularly in relation to protected characteristics.

The School's values which inform RSE are reinforced through the rewards and behaviour management systems which seek to ensure that pupils' relationships are safe and healthy.

LINKS TO STATUTORY GUIDANCE

This policy has been created to meet the requirements The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019, made under sections 34 and 35 of the Children and Social Work Act 2017, which make RSE compulsory for all pupils receiving secondary education and includes all pupils at Charterhouse. The School is mindful of the implications of the Equality Act (2010), in particular in relation to religious beliefs, special educational needs and disabilities and the needs of lesbian, gay, bi-sexual and transgender (LGBT) pupils. The School also has regard to KCSIE (2021) in this policy and in its practices.

LINKS TO OTHER RELEVANT SCHOOL POLICIES

The Anti-bullying policy, Promotion of Good Behaviour policy and Safeguarding policy are all available via our [website](#). The Spiritual, Moral, Social and Cultural Policy and Personal, Social, Health and Economic Policy are available on request to the School.



INCLUSIVE APPROACH TO RSE

It is important to us that all members of our community understand the importance of equality and respect of all individuals. We celebrate our diversity and want everyone to feel safe, supported and appropriately informed. Our RSE curriculum is designed to be age and developmentally appropriate and delivered in a sensitive and factual manner. It is also designed with reference to English law and is reviewed with parents and with pupils, representing various age groups and needs, including protected characteristics, and staff with particular knowledge and expertise. Being a boarding and House-based environment, we know our pupils well and seek to use this knowledge to tailor our RSE teaching to their needs.

We are mindful of the particular needs of all protected characteristics in RSE and we adopt an intersectional approach, giving pupils the opportunity to learn about and discuss all nine characteristics over the course of five years. However, we focus most on sex, sexuality and gender because these are the issues that we believe are most relevant to our pupils. We want all our pupils to understand how to seek and give consent and we address gender-based violence, which national data and our School experience indicates is something experienced by both sexes but most frequently by females.

As part of RSE, pupils learn that sexual orientation and gender reassignment are two protected characteristics. Learning about Lesbian, Gay, Bi-sexual and Trans (LGBTQ+) matters is integrated into our RSE programme so that all pupils are able to learn about this area of the curriculum. We want LGBTQ+ pupils to learn about healthy relationships and sex on an equal basis to cisgender and heterosexual pupils. This area has been a particular focus in 2021-22, with staff reporting increased levels of confidence to talk about LGBTQ+ issues as a result of training. Our student LGBTQ+ Pride Society reviews the policy under the guidance of their staff mentor and school counselling team and contributes to RSE through such events at international Pride Day.

All teachers know the additional needs of pupils, which are shared on the School's management information system, iSAMS. This knowledge is combined with specialist teaching by our Biology teachers and small group teaching by tutors to ensure RSE is personalised and accessible to all pupils. Staff are particularly mindful of the vulnerability to exploitation and bullying of pupils with SEND. Our Head of Educational Support reviews the RSE policy, considering the needs of pupils with SEND.

Our Head of Theology, Philosophy and Ethics and the Chaplains review the RSE policy with a particular focus on any matters relating to faith.



RELATIONSHIPS AND SEX EDUCATION POLICY

CHARTERHOUSE

Our Head of Biology reviews the policy and ensures that the Biology curriculum contributes appropriately to RSE. We greatly value working with parents to support our pupils with RSE. Our half-termly Reach-Out newsletter and parent forums and webinars throughout the year are some ways in which parents can engage with senior staff, gain up to date information from our expert speakers and access updated information about key school policies. Some webinars involve the participation of pupils, tutors and parents together, developing a shared understanding and thus aiding communication and support of young people and families. We consulted with parents in the first drafting this policy and will do so annually by sharing the policy and providing the opportunity for feedback.

RIGHT TO BE EXCUSED FROM SEX EDUCATION

Along with being consulted on the production and annual review of the RSE policy (see [an inclusive approach to RSE](#) above), parents and pupils are encouraged to discuss any queries, suggestions or concerns regarding RSE teaching with the tutor in the first instance.

If a pupil, or a parent on behalf of their child, wishes to request being excused from part or all of sex education that forms part of RSE, they may do so by first discussing this informally with the tutor who can seek to gain a clear understanding of their wishes and any concerns and clarify the nature and purpose of the school's RSE curriculum. Such right to be excused does not apply to compulsory subjects such as Biology.

Appendix one sets out the outline programme of study. The School may vary the timing of the teaching of topics and teachers may address individual questions about sex when asked, at any appropriate time. The School considers that the sex education elements of relationships and sex education relate to sexual intercourse, sexual health and contraception.

A parent or pupil who still wishes to request being fully or partly excused from sex education should then write to the Head. After discussions, and except in exceptional circumstances where the School believes it is not in the interest of a child to do so, such a request will be granted. Any pupil excused from sex education will be set appropriate independent work to complete during those sessions.

Once a pupil is within three terms of turning 16, if they wish to receive sex education, the School has a statutory duty to arrange this during one of those terms, even if a parent has requested otherwise. We always seek to work with and support pupils and parents in this regard.



Records will be made of any communication relating to a request to be excused from sex education and kept in accordance with the School's data protection policy.

RSE SUBJECT CONTENT AND TEACHING

RSE is taught within the personal, social, and health education (Reach Out) curriculum. Biological aspects of RSE are taught within the science curriculum, and other aspects are included in religious education; such aspects may be compulsory elements of the curriculum, as guided by external exam boards. An outline of the programme of study for Reach Out and RSE is in appendix one.

Pupils' engagement and understanding of RSE is assessed so that teachers can ensure appropriate learning is taking place. Assessment is primarily via spoken questions and answers and end of unit assessments. The latter is also used as an opportunity to gauge the pupils' perception of the usefulness of the curriculum.

Students may receive stand-alone sex education sessions delivered by trained health professionals, including members of the Hunt Health Centre team, where appropriate.

Biology is the responsibility of the Head of Biology. Reach Out is the responsibility of the Deputy Head (Pupils and Community). Heads of each year group oversee the work of tutors in teaching Reach Out, including RSE. Such an approach enables RSE to be taught in a timely way, that is both age appropriate and responsive to any issues that may emerge.

Alongside the formal teaching of RSE, weekly Chapel, including pupil-led services and assemblies, is a forum for learning about relationship issues and reinforcing expectations. In addition, the whole school engages in national and international themed days, such as Safer Internet Day and Anti-bullying week, often with pupil leadership via peer mentors. Indeed pupil voice and leadership play a key role in fomenting positive relationships.

Specific examples of spiritual, moral, social and cultural activities from 2021-22 include: senior leader Chapel address relating to LGBTQ+ inclusion; multiple assemblies each Quarter in which the Head reminds pupils of expectations in relation to Kindness, respect for individuals, particularly in relation to protected characteristics, and the consequences of being a perpetrator of disrespect or not being an active bystander; pupil-led Chapel address against bullying, highlighting examples of unacceptable language, such as sexist, homophobic and racist terms; expert visitors to Pride Society to provide an additional and alternative forum to RSE lessons to discuss sexual health and relationships; forums with alumni speaking about school, university and working life, speaking from the personal perspective of being homosexual or being black; marking LGBTQ+ History Month and Pride Month; pupil-led and SLT-endorsed creation of



RELATIONSHIPS AND SEX EDUCATION POLICY

CHARTERHOUSE

charters for LGBTQ+ and anti-sexism, to go alongside existing anti-racism and anti-bullying charters. The latter specifically highlight examples of exclusive and inclusive behaviour in relation to protected characteristics.

RSE focuses on giving young people the information they need to help them develop healthy, nurturing relationships of all kinds including:

- Positive relationships
- Relationship values
- Forming and maintaining respectful relationships
- Consent
- Contraception and Parenthood
- Bullying, abuse, discrimination
- Social influences

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.

We ensure that all pupils receive provision appropriate to their needs, taking specialist advice internally and externally where necessary and taking into account the particular circumstances of individual groups of students as appropriate. RSE is taught in a factual manner. As with all teaching at Charterhouse, teaching of RSE is done in a non-judgmental way and encourages pupils to ask questions in lessons. Concerns raised by pupils in RSE lessons are addressed in accordance with the School's safeguarding policy.

Pupils have numerous sources of support and people they can speak with at School, including their tutor, Housemaster or Housemistress, counsellors, Head of Educational Support, Chaplains and senior staff. They also have access to an anonymous 'saysomething' facility on the landing page of their intranet area. Any messages sent via this facility are received and addressed by the Designated Safeguarding Lead.

Biology curriculum and RSE

Biology is taught to all pupils from Fourths to Fifths on the timetable, as part of the core curriculum (informed by the Edexcel IGCSE Biology specification) by expert teachers. The delivery of RSE, together with all aspects of Biology teaching, is monitored and evaluated by teachers, pupils and the Head of Department, in line with the School's curriculum, teaching, reporting and assessment policies.



Biology schemes of work are available on request.

Reach Out and RSE

Reach Out covers three themes including relationships and has three over-arching aims:

- Help pupils to live by the School's values within and beyond the school community, enabling them to contribute positively
- Give pupils practical tools and information to help them make informed and balanced choices and navigate issues that impact young people and the practicalities of life in and out of school, including health and well-being, relationships and sex, university and working life
- Provide pupils with a safe and supportive space to explore a wide range of matters and contribute to initiatives

The main approach in teaching Reach Out is via small group discussion in a safe and inclusive manner, avoiding personalising or putting pupils on the spot. Conversations are complemented by talks to the whole year group from a range of external and internal speakers, including our Hunt Health Centre Medical and Wellbeing Centre team. Pupils are actively involved in shaping the Reach Out programme, for example through requesting topic coverage, leading surveys, planning events and discussion forums on such matters as International Women's and Men's Days, Anti-bullying week and Children's Mental Health week.

The subject is monitored and evaluated by pupils and tutors during lessons and by Heads of Year, who meet every fortnight with the Deputy Head (Pupils and Community) and make adjustments to the content in anticipation of and in response to the changing needs and requests of pupils.

There is flexibility for Heads of Houses, Heads of Year, tutors and senior staff to use their pastoral expertise to address RSE matters as they emerge in assemblies or informal, impromptu discussion groups in response to the pupils' needs and best interests. This is supported by the availability of the Reach Out curriculum and resources for supporting discussions with pupils on sensitive topics.

The current programme of study for Reach Out is in appendix one.



APPENDIX ONE: OUTLINE PROGRAMME OF STUDY FOR REACH OUT AND RSE

Year group	Quarter	Topic/theme and <i>Key Days</i>	Link to PSHE Association programme of study which comply with statutory requirements for Reach Out, RSE =R in the table below. FBV=fundamental British Values, PC= protected characteristics
Fourths (Key Stage 3)	Oration	Positive relationships and key safeguarding advice regarding peer-to-peer behaviour and concerns about behaviour of an adult (begins in Induction) Pupil Action Committee elections Learning Skills Self concept, being unique, impact of media, resilience strategies Bullying, abuse and discrimination (Reach Out) <i>Anti-bullying week</i> Human reproduction including puberty and contraception (compulsory element of Biology) Puberty and Sexual Health (Reach Out)	R1-R8; R37, PC FBV L1-L6 H1-5 R38-41, PC R4, R33, PC H34-H36, PC
Fourths (Key Stage 3)	Long	Mental health and emotional well-being Media Literacy and Digital Resilience <i>Safer Internet Day</i> Relationship values, including trust, gender roles, online safety Choices and Pathways	H6-H12 L20-27 R9-R23, PC L7-L10
Fourths (Key Stage 3)	Cricket	Consent Social influences Healthy lifestyles, including physical activity, sleep, diet, personal hygiene Financial choices Drugs and alcohol Tobacco and vaping (Biology) Managing risk and personal safety	R24-R31 R42-47 H13-22 L15-L19 H23-H29 H30-33
Removes (Key stage 4)	Oration	Self concept, Positive relationships, including the impact on relationships of pornography (begins in induction) Pupil Action Committee elections Bullying, abuse and discrimination Relationship values, including managing conflict, strong feelings, ending relationships, managing grief	H1-H4 R1-R8 FBV R28-R34, PC R9, R10, R11, R12, R13, R17
Removes (Key stage 4)	Long	Relationship values including online relationships <i>Safer internet day</i> Consent Emotional health and wellbeing	R14,R15, R16, PC PC R18-22 H5-H10
Removes (Key stage 4)	Cricket	Health-related decisions Drugs, Alcohol and tobacco Sex/gender/orientation/intersex and cogitative development and contraception (Biology)	H11-18 H19-21 R3-R5, PC



RELATIONSHIPS AND SEX EDUCATION POLICY

CHARTERHOUSE

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Fifths (Key stage 4)	Oration	Social influences Pupil Action Committee elections Bullying, abuse and discrimination Learning skills Choices and pathways	R35-R38 FBV R28-34, PC L1-3 L4-6
Fifths (Key stage 4)	Long	Media Literacy and digital resilience <i>Safer internet day</i> Financial choices Contraception and parenthood Sexual health and fertility	L22-29 L16-21 R23-R27, PC H26-H33, PC
Fifths (Key stage 4)	Cricket	Managing risk and personal safety	H22-H25
First Year Specialists (Key stage 5)	Oration	Relationship values, including personal values, prejudice, faith culture; Forming and maintaining respectful relationships (begins in induction) Pupil Action Committee elections <i>Anti-bullying week</i> Mental health and emotional well-being	R1-R3 R4-R10, PC FBV PC H4-H7
First Year Specialists (Key stage 5)	Long	Media Literacy and digital resilience Self-concept, including idealised images and considerations around body enhancement (including online issues) <i>Safer internet day</i> Consent	L20-L25 H1-H3 R11-R13
First Year Specialists (Key stage 5)	Cricket	Work and career Managing risk and personal safety Healthy lifestyles, including screening Pupil Action Committee elections	L5-L7 H8-13 H14-H17 FBV
Second Year Specialists (key stage 5)	Oration	Choices and pathways Bullying, abuse and discrimination <i>Anti-bullying week</i> Drugs, alcohol and tobacco	L1-4 R19-R25, PC H21-H24
Second Year Specialists (key stage 5)	Long	Sexual health Contraception and parenthood Financial choices Employment rights and responsibilities	H18-20, PC R14-R18 L13-L18 L8-L12
Second Year Specialists (key stage 5)	Cricket		

APPENDIX TWO: STATUTORY REQUIREMENTS REGARDING SECONDARY AGE PUPILS AND RELATIONSHIPS AND SEX EDUCATION

By the end of Secondary Education, all pupils should know:

Families

- 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.

Respectful relationships, including friendships

- 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

- 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.



Being safe

- 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

Pupils should know

- 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 and menopause.
- 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 THREE: FORM FOR REMOVAL FROM SEX EDUCATION WITHIN RELATIONSHIPS AND SEX EDUCATION

TO BE COMPLETED BY PARENTS			
Name of child		House	
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	

PARENTS SHOULD EMAIL COMPLETED FORMS TO: head@charterhouse.org.uk

