

# Habs

HABERDASHERS'  
BOYS' SCHOOL

## Relationships and Sex Education Policy

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Reviewed by	Head of PSHCEE

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# 1 Related Information

This statutory policy has been reviewed in accordance with the following guidance:

## 1.1 Statutory Guidance

1 The standard in this paragraph is met if the proprietor—

- a) ensures that every registered pupil who is provided with primary education at the school is provided with relationships education,
- b) ensures 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 (2),
- c) relates to Academies – not within ISI's remit
- d) in making arrangements for the purposes of paragraphs (a), (b) or (c), has regard to any guidance under section 80A of the Education Act 2002 that applies in relation to the provision of education by maintained schools,
- e) makes and keeps up to date a separate written statement of its policy with regard to the provision of education as required by each of paragraphs (a) and (b),
- f) consults parents of registered pupils at the school before making or revising a statement under sub-paragraph (e), and
- g) publishes a copy of the statement on a website and provides a copy of the statement free of charge to anyone who asks for one.

2 Arrangements made by the proprietor for the purposes of sub-paragraph (1)(b) must ensure that where a pupil's parent requests that the pupil is wholly or partly excused from sex education provided as part of relationships and sex education, the pupil is so excused until the request is withdrawn, unless or to the extent that the headteacher considers that the pupil should not be so excused.

3 Sub-paragraph (1)(a) and (c) do not apply to a pupil who is under compulsory school age.

## 1.2 Supporting Documents

The following related information is referred to in this policy:

Safeguarding Policy
Curriculum Policy
The Relationships Education, Relationships and Sex Education (RSE) and Health Education
The Education Act 1966
PSHCEE Policy
Equality Act 2010

## 1.3 Terminology

**Parents** includes one or both parents, a legal guardian, or education guardian

**School** means Haberdashers' Aske's Elstree Schools Limited as Trustee of Haberdashers' Aske's Charity trading as Haberdashers' Boys' School, as now or in the future constituted (and any successor).

**Student** or **Students** means any student or students in the School at any age.

## 2 Background

The information and values that the Students need to sustain healthy relationships in adult life will come primarily from their Parents and wider family. The School's Relationships and Sex Education (RSE) works in partnership with Parents, supporting the emotional development of the Students and helping them to prepare for fulfilled relationships based on the shared values of the School and community. The School is constantly evolving the programme with new resources and reaction to prominent issues like Covid-19 and mental health. Our ambition is to develop further our coverage of the requirements, as detailed in Appendix A.

A consultation on the new regulations regarding statutory topics and parental involvement was carried out in May 2020. A survey was emailed to all parents of Years 7-13 students with details of draft curriculum and age-appropriate delivery points. Parental response forms an important part of shaping delivery but does not amount to a power of veto over curriculum content. Parent information evenings are delivered online and supported by Tooled Up and Digital Parenting websites.

The School Council carried out a pupil-voice focus on the PSHCEE department and provision of RSE and Mental Health Education and completed it in June 2020. Response to their needs has informed further provision. Key Skills courses take in the pupil voice through electronic surveys asking for improvements and constructive comments. External providers are engaged to deliver content on relationships, consent and contraception, pornography, sexism and misogyny, at appropriate levels in the school. Internal workshops using pastoral staff and form groups deliver content on expectations and personal safety. New workshops on pornography and understanding consent are being delivered earlier, in Y7 and Y8, as part of the response to national trends and issues.

## 3 Aim

The School's core aims are:

- To give young people the information they need to develop healthy, nurturing relationships of all kinds
- To provide Students with factually correct and up to date information regarding relationships and sex, covering contraception and sexual health
- To ensure Students have a clear understanding of the legal framework, particularly that of consent, sexting and pornography
- To provide Students with opportunities to develop the communication skills needed for fulfilled, happy relationships, especially the difference between healthy and unhealthy relationships
- To encourage Students to develop critical thinking and decision-making skills, so that they are able to negotiate the challenges of relationships
- To emphasise the importance of values within relationships, with reference to the School Values

- To understand the benefits of healthy relationships to their mental wellbeing and self-respect.

All the School's RSE is taught with the aim of being inclusive and non-judgemental, without discriminating against the Student's sexual orientation, religious beliefs and all other protected characteristics. This is in accordance with The Equality Act 2010. Lessons are taught with emphasis on confidentiality and handling controversial issues sensitively. All staff have undertaken professional development in diversity and sensitivity when dealing with LGBTQ+ and SEND issues.

Secondary RSE should meet the needs of all students, whatever their developing sexuality or identity – this should include age-appropriate teaching about different types of relationships in the context of the law.

## **4 Delivery of RSE**

### **4.1 In the Senior School**

RSE is taught jointly between the Biology and the PSHCEE Departments.

#### *4.1.1 Biology Department*

Year 7 Students are taught the basic structure and function of the reproductive systems, the changes to the body in puberty and the basic biological processes of reproduction and development.

Separate elements of the Year 7, 8 and 9 Student science curriculum deal with Health and Nutrition, the science relating to immunisation and vaccination, sleep, superbugs and viruses and micro-biology hygiene.

Year 9 Students are taught, in more detail, the structure and function of the reproductive systems, the role of hormones in human sexual development and the menstrual cycle, and the process of human development.

Years 10 and 11 science curriculum includes teaching about smoking and vaping, science relating to blood, organ and stem cell donation, chromosomes and inheritance of sex.

The delivery of science curriculum RSE within Biology lessons is carried out by specialist teachers and is the responsibility of the Head of Biology.

#### *4.1.2 PSHCEE Department*

All Students receive a 25-minute weekly form time/PSHCEE lesson led by their Form Tutor. Many of these lessons will cover skills and values that are valuable in developing fulfilling relationships.

All Students in Years 7-11 receive a hard copy of their PSHCEE lesson booklet for use in form time.

In addition, there are assemblies, workshops and external providers on major themes throughout the year which supplement form time and endeavour to cover statutory topics in the new regulations. Whole school issues are also covered in directed time with resources, e.g; radicalisation training or response to Holocaust Memorial Day.

Years 7-10 also receive a timetabled 45 minute Key Skills/PSHCEE lesson (weekly in Years 7, 8 and 10 and fortnightly for Year 9). Further detail is included in this policy in outline.

All resources are held centrally on the school network.

Years 12 and 13 have a separate form time provision, at the discretion of tutors and Head of 6<sup>th</sup> Form with the opportunity to explore topics looking beyond school. These can be pupil-led and extremely effective. The main delivery of RSE in Year 12 and 13 is through assemblies and external providers, for example Drugs ED UK, Gambling Awareness through EPIC Risk Ltd and The RAP Project on sexism and rape culture. Enrichment and Enhancement timetabled periods will include opportunities for speakers on RSE in future.

Those lessons that are particularly relevant to RSE are as follows:

Year 7:

- School Values
- Getting to Know You
- Charles Weller Memorial Trust Wellbeing Toolkits
- Bullying
- Beliefs and Consequences
- Online Safety

Year 8:

- Body Image
- Puberty
- FGM (Female Genital Mutilation)
- Diet and Exercise
- Discrimination
- Banter versus Bullying
- Stereotypes; Tolerance for Others

Year 9:

- School Values
- Gender and Stereotypes in Identity
- Respectful Relationships
- Body Image
- Addictions (Gaming)
- Mental Health/Action for Happiness

Year 10

- Sexuality
- Values
- Stress and Anxiety
- Sexual Health
- Eating Disorders
- LGBTQ+ Rights: Homophobia
- Pornography

Year 11

- Love and Sex: Legal Implications; Ready for Sex?
- Friendships: 6 Ideas

- Feminism and Gender Equality
- Consent: The Law and You
- Exam Anxiety

#### Year 12

- Consent Revisited
- Young Minds Mental Health
- Identity and Stigma
- Sexual Health
- Addiction
- Pornography Revisited

#### Year 13

- Love Versus One Night Stands
- Sexual Health Services at University
- Love the Skin You're In
- Young Adult Sexual Health

In addition to form-time sessions, Year 7 receive a new Key Skills RSE Extension Course period once a week for four to six weeks. This covers age-appropriate lessons on families, peer relationships, personal online safety, self-worth and anti-racism and prejudice. Year 8 has a similar RSE Extension Course, covering individual rights and equality, protected characteristics, e-safety on sexting and image distribution, FGM (Female Genital Mutilation) and understanding of different marriages and partnerships.

Year 9 students receive a four-lesson course on drugs and substances education and external speakers on LGBTQ+ issues and drugs and peer pressure. Consent and Contraception is moving to whole cohort external provision in March 2022.

All Year 10 Students receive between four to six 45-minute RSE lessons (depending upon term calendar) from a specialist teacher as part of their Key Skills carousel. These lessons cover the emotional and health-related aspects of sex and relationships, particularly contraception, consent, pornography, FGM and testicular cancer, sexuality, gender identity, exploitation, and legal understanding of issues.

A course on Identity aims to help with the development of 'who' they are and discusses gender issues, masculinity, personal choices in identity and tolerance for others. Fully integrated discussion of LGBTQ+ education is the aim of all subjects in the school curriculum and extends earlier, age-appropriate introductory discussions from previous years (assemblies /form time in LGBTQ+ History Month, for example)

The Understanding Mental Health course focuses the work done in earlier years by looking at mental wellbeing and discussing the continuum of health, removing stigma and discrimination, and encouraging awareness of ways to wellbeing.

Year 12 and 13 Students discuss a series of issues in form time, revisiting consent and adult relationships with a view to the wider world beyond school, especially campus behaviour in preparation for university, Know Before You Go. They attend presentations from external specialist speakers on topics such as sexual consent and HIV when part of the Enrichment and Enhancement curriculum.

Further details regarding RSE within the PSHCEE curriculum can be found in the PSHCEE department Handbook.

### 4.1.3 *Delivery, monitoring and evaluation*

Within the PSHCEE department, RSE is the responsibility of the Head of PSHCEE. Learning walks and observations, the use of pastoral house teams and pupil feedback are employed across the year groups. Staff in the PSHCEE department attend meetings to discuss the programme and any changes or new initiatives. Transition between Prep and Senior School is discussed by respective Heads of Wellbeing and PSHCEE and Pastoral Heads.

## 4.2 **Prep and Pre-Prep School**

The RSE programme in the Prep and Pre-Prep is taught jointly between the Science and PSHCEE departments:

### 4.2.1 *Science Department*

Year 5 Students are taught lifecycles, including human reproduction, genetics, pregnancy and puberty.

The delivery of RSE within the Science department is the responsibility of the Head of Science and Science teachers.

### 4.2.2 *PSHCEE Department*

The planning and coordination of PSHCEE is the responsibility of the Head of Wellbeing in collaboration with the Deputy Head Academic and Deputy Head Pastoral. In the Pre-Preparatory and Preparatory School, all Students receive one lesson of PSHCEE lasting 45 minutes with form times also used to further supplement class discussions and curriculum content. These lessons are mostly taught by the students' form teacher or by the Head of Wellbeing. The students are given an opportunity at the end of each lesson to fill in a self-assessment sheet on each topic and pupils are consulted when reviewing RSE and PSHCEE to inform future provision. Many of these lessons will cover skills that are important in developing healthy relationships. Those that are particularly relevant to RSE are:

Pre-Prep:

- Being a Good Friend
- Feelings
- Growing Old
- Relationships
- Jealousy
- Changes
- Life cycles in Nature
- Changing me
- Boys' and Girls' Bodies
- Consent (2022)
- Peer on Peer Abuse

Year 3:

- Friends
- Feelings
- Conflict
- Considering Others
- Babies and How They Grow



- Outside Body Changes
- Inside Body Changes
- Family Stereotypes
- Consent (2022)

Year 4:

- Relationships: Changing Friendships
- Courtesy and Behaviour
- Resolving Conflict
- Disagreement
- Communication
- Anger Management
- Friendship and Disagreement
- Unique Me
- Having a Baby
- Girls and Puberty
- Accepting Change

Year 5:

- Getting Along with Others
- Rules & Relationships
- Sensitivity to Others
- What Makes a Good Friend
- Personal Hygiene
- Parts of the Body
- Self and Body Image
- Puberty for Boys
- Puberty for Girls
- Conception
- Consent (2022)

Year 6:

- Getting along with Others
- Friendship
- Groups and Gangs
- Peer Pressure
- Personal Hygiene
- Puberty & Emotions
- Physical Contact – Appropriate Behaviour
- How to Ask for Help
- Self and Body Image
- Babies – Conception to Birth
- Attraction
- Peer on Peer Abuse

## **5 Monitoring and Evaluation**

Given the nature of RSE lessons, observations are not always appropriate. For this reason, the Heads of PSHCEE communicate with those delivering the RSE curriculum to discuss:

- The resources being used

- Their appropriateness and effectiveness
- The reaction of the Students to the lessons and materials
- The inclusion of new topics that may need to be covered.

The School invites Students to provide feedback via surveys and through the School Council discussions.

## **6 Parental Rights**

### **6.1 Senior School**

The School strives to make RSE appropriate to the age, background and beliefs of the Students. A letter to Year 7 parents is sent at the beginning of the academic year to outline the provision and parental rights. The School keeps Parents, in all age groups, up to date with the content of the RSE/PSHCEE programme through Parent talks and communication of provision. The School respects, however, that it is ultimately the responsibility of Parents to educate their children in a manner they deem appropriate. Parents are therefore able to withdraw their child from any PSHCEE lesson, with prior written (including emailed) notice to the Head of PSHCEE. Alternative arrangements, usually private study, will be made for the Student.

The parental right to withdraw Students relates only to PSHCEE lessons, not lessons taking place within the Biology or Science departments, since these are essential to the completion of the GCSE curriculum.

#### *6.1.1 Senior School Parental Rights*

A parent or carer cannot withdraw their child from Health Education or the Relationships Education element of Relationships and Sex Education, because it is important that all children receive this content, covering topics such as friendships and how to stay safe.

If parents do not want their child to take part in some or all the Sex Education lessons delivered at secondary level, they can ask that they are withdrawn by approaching the Head with a request.

The Head will consider this request and discuss it with the parent and will grant this in all but exceptional circumstances, up until three school terms before a Student turns 16. At this age, a Student can choose to receive Sex Education if they would like to, and the School should arrange for them to receive this teaching in one of those three terms (unless there are exceptional circumstances).

### **6.2 Prep and Pre-Prep**

The Relationships Education, Relationships and Sex Education (RSE) and Health Education have made Relationships Education compulsory in all primary schools. For Relationships education and Health education there is no parental right to withdraw Students.

Some aspects of sex education are taught as part of the PSHCEE and Science curriculum in the Prep School. This usually takes place in the Summer term. The school writes to parents to inform as to when this will be taking place and are given an overview of the subject content. All content is tailored to the age and the physical and emotional maturity of the Students. It is

taught in an open and safe environment that allows many opportunities for discussion and clarification. Participation is encouraged but not compulsory and Parents have the right to withdraw their son from sex education lessons if they desire.

#### *6.2.1 Prep and Pre-Prep School Parental Rights*

If Parents would like to withdraw their son from these lessons, they should make a written request to the Head of the Prep and Pre-Prep School, copying the Deputy Head Pastoral (Prep) or Head of Pre-Prep. The Head might wish to discuss the request with Parents to ensure that their wishes are understood and to clarify the nature and purpose of the curriculum. As per Government guidance for Primary Schools, the Head of the Prep and Pre-Prep School will automatically grant a request to withdraw a Student from any sex education delivered in primary schools, other than as part of the science curriculum. In such instances, the School will provide appropriate, purposeful education during the period of withdrawal.

### **6.3 Consultation with Parents**

The School will continue to consult and engage with Parents and Students in the ongoing development of Relationships and Sex Education.

## **Appendix A:**

### **Useful websites**

#### **Relationships and Sex Education (RSE) (Secondary)**

<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education/relationships-and-sex-education-rse-secondary>

#### **Relationships education (Primary) Updated**

<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education/relationships-education-primary>

#### **Physical health and mental wellbeing**

<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education/physical-health-and-mental-wellbeing-primary-and-secondary>