

RELATIONSHIPS, SEX AND HEALTH EDUCATION POLICY

1. Policy Statement:

Sir William Perkins's School (SWPS) recognises its statutory obligation under the [Children Act \(2004\)](#) to promote our students' wellbeing, and under the [Education Act \(2011\)](#) to prepare them for the challenges, opportunities and responsibilities of adult life. The school also recognises that a comprehensive Relationships and Sex Education (RSE) programme can have a positive impact on students' health and wellbeing and their ability to achieve, and can play a crucial part in meeting these obligations.

Therefore, all students at the School are offered the opportunity to receive a comprehensive, well-planned programme of relationships and sex education during their school career, as laid out in the statutory guidance: [Relationships Education, Relationships and Sex Education \(RSE\) and Health Education 2020](#).

This document is available on our website and on request from the School Office. It should be read in conjunction with the following School documents:

- PSHCE policy
- First Aid policy
- Safeguarding and Child Protection policy
- Positive Mental Health policy

SWPS is fully committed to ensuring that the application of this policy is non-discriminatory, in line with the UK Equality Act (2010). Further details are available in the school's Equal Opportunities Policy.

2. Key aims of the RSHE Programme

- to provide information and support for students and parents/carers
- to encourage personal responsibility in all forms of behaviour
- to encourage respect and consideration for, and sensitivity towards, others in all types of relationships; and to foster an awareness and tolerance of others
- to encourage self-esteem
- to develop individual decision-making skills and the ability to resist peer pressure
- to help develop a healthy lifestyle

3. Content of the RSE Programme

Relationship and Sex Education forms part of the curriculum in all year groups and the Appendix of this policy outlines the way that specific aspects are delivered through the teaching of Biology and Religious Studies as well as within the Personal, Social, Health, Citizenship and Economic Education programme ('Life Skills' in the Sixth Form). The majority of the Relationships and Sex Education element of the PSHCE programme is delivered by external experts. The School will take due care in researching outside speakers prior to booking and ensure that the content is age appropriate and non-partisan in nature. Members of SWPS staff will be present throughout these sessions to monitor and evaluate content in line with the School's Visiting Speaker Protocol.

The school recognises that 'young people need high quality sex and relationships education so they can make wise and informed choices' ([The Importance of Teaching, DfE \(2010\)](#)). Therefore, Relationships and Sex Education at the School will seek to tailor the programme to meet the

needs of the students, provide flexibility to ensure topical issues are discussed and to encourage students to question and think about their lives and own behaviour. Relationships and Sex Education is an important part of the spiritual, moral, social, and cultural development of our students.

In addition, biological, moral, and ethical issues related to sex and relationships may well arise in other subjects. When this occurs, as long as any teaching and learning takes place within the context of that subject, it will not be deemed to be part of the Relationships and Sex Education programme and therefore not subject to the right to withdraw.

4. Healthy Relationships and Consent

Sir William Perkins's School recognises the importance to teaching students what healthy and respectful relationships are like, particularly in the context of sexual behaviour. This topic is delivered via a spiral curriculum in every year group. Details of what is covered and in which year group can be found in the Appendix.

5. Confidentiality and advice

When seeking personal advice students will be made aware that some information cannot remain confidential, and that action will ensue if certain disclosures are made. At the same time, students will be offered sensitive and appropriate support. All adults will alert the Deputy Head Pastoral, who is the Designated Safeguarding Lead, or any of their deputies, and/or the Head to any safeguarding disclosures or suspicion of abuse.

Regarding any request for advice on contraception or disclosure of pregnancy, it is hoped that the procedure set out below will ensure that students who are in difficulty know that they can talk to an adult in the school and that they will be given help and support. Any request for support regarding contraception or pregnancy will be reported to the Designated Safeguarding Lead.

- The adult receiving the information must seek guidance from a health professional and safeguarding team as necessary.
- The School will always encourage any student to talk to their parents/carers first:
 - the student will be asked if they can tell their parents/carers and whether they want help in doing so. If this takes place, subsequent responsibility then lies with the parents/carers.
 - if a student refuses to tell their parents/carers, then the student will be referred to a health professional and the incident reported to the Head and Designated Safeguarding Lead who will consult with the health professional about informing the parents/carers.

6. Parental Involvement

Parents/carers have the right to request that their student be withdrawn from some or all of sex education delivered as part of statutory RSE, except for those compulsory aspects taught as part of the Science National Curriculum. The School would encourage parents/carers wishing to exercise this right to make an appointment with the Deputy Head Pastoral or the Head to discuss matters before making a final decision.

Once those discussions have taken place, (unless there are exceptional circumstances), the school should respect the parents'/carers' request to withdraw the student, up to and until three terms before the student turns 16. After that point, if the student wishes to receive sex education rather than be withdrawn, the School should make arrangements to provide the student with sex education during one of those terms.

7. Monitoring and Review

This policy will be reviewed and updated annually, or as events or legislation change dictates, by the Deputy Head Pastoral in consultation with the Assistant Head – Personal Development & Inclusion, Head of Religious Studies, and Head of Biology. All teaching staff and relevant adults will be informed of any changes in the current legislation as they affect the policy.

Next scheduled review date: 10/2024 <i>Last reviewed: 10/2023</i>	
Key updates in this version:	<ul style="list-style-type: none">• Minor changes to formatting and text to aid clarity• Updated branding and job descriptions• Appendix now included in main document

Appendix 1: Relationships, Sex and Health Education provision map

Year Group	PSHCE	Religious Studies	Biology	PE	Other
7	<ul style="list-style-type: none"> • First Aid • Friendship lessons x3 'Be nice, be kind, be thoughtful' and making friends - happiness • Bullying - how to talk about emotions and communicating with one another • Introduction to drugs and alcohol • Effective Library Research • Personal hygiene & bra talk, inc. dental health • Puberty and how the body changes * • Periods and Hormones * • Understanding the difference between sex, gender, gender expression and sexual orientation* • LGBTQIA+* 		<ul style="list-style-type: none"> • Puberty and Menstruation 	<ul style="list-style-type: none"> • Variety of activities in the Co-curricular programme open for all students to promote physical activity. Students can drop into and out of activities to find something they enjoy. • School Firefly platform providing students access to a range of activities to access from home to remain active • Wellbeing based amended activities during wellbeing week/around exam time to combat stress 	<ul style="list-style-type: none"> • Safer Internet Day • Wellbeing Week • Anti-bullying week

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8	<ul style="list-style-type: none"> • First Aid • Conflict Resolution • HPV Information* • Mental health x 2, including relaxation techniques and the importance of sleep • Challenging ideals * • Healthy relationships* • Body image and media* • E-safety and digital issues* • Positive communication * 		<ul style="list-style-type: none"> • Diseases: HIV mentioned • Prevention of infection: how bacteria and viruses are spread • Immunization & vaccination • Antibiotics 	<ul style="list-style-type: none"> • Variety of activities in the Co-curricular programme open for all students to promote physical activity. Students can drop into and out of activities to find something they enjoy. • School Firefly platform providing students access to a range of activities to access from home to remain active • Wellbeing based amended activities during wellbeing week/around exam time to combat stress 	<ul style="list-style-type: none"> • Safer Internet Day • Wellbeing Week • Anti-bullying week • Equality and Diversity group

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9	<ul style="list-style-type: none"> • First Aid • Finance – mental wellbeing, gambling and debt • What is sex • Introduction to STIs, what are they, how to avoid them • Consent and Healthy Relationships* • Consent and the law* • Sexting and digital issues* • Bystander interventions & allyship* • Harmful effects of drugs and alcohol on relationships and health • Yoga for meditation and relaxation, promoting wellbeing and • combating stress • Mental health lessons: <ul style="list-style-type: none"> - Emotional Wellbeing - Unhealthy coping mechanisms - Healthy coping mechanisms 	<p>Religious and non-religious responses to the issues of:</p> <ul style="list-style-type: none"> • Abortion • Fertility Treatments • Human rights: the right to marry who you wish and the right to a family • Prejudice, discrimination and the LGBTQ community. • Marriage: importance, types, characteristics • & legal status 	<ul style="list-style-type: none"> • Blood, organ and stem donation • Health: Diet, food and nutrition: <ul style="list-style-type: none"> - cardio-vascular health • protein, vitamin and mineral deficiency, obesity • Puberty • Secondary sexual characteristics • Hormones • Menstrual Cycle • Fertility and Contraception 	<ul style="list-style-type: none"> • Variety of activities in the Co-curricular programme open for all students to promote physical activity. Students can drop into and out of activities to find something they enjoy. • School Firefly platform providing students access to a range of activities to access from home to remain active • Wellbeing based amended activities during wellbeing week/around exam time to combat stress 	<ul style="list-style-type: none"> • Safer Internet Day • Wellbeing Week • Anti-bullying week • Duke of Edinburgh volunteering • Equality and Diversity group

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10	<ul style="list-style-type: none"> • First Aid • Drugs, inc. Harmful effects of 'legal highs' on relationships, how drugs impact the body and how and where to get help • Alcohol – helping a drunk friend, spiking, getting help - Angela • County Lines/C.S.E./Grooming • Reproductive rights * • Contraception * • Gendered roles and gendered sexual pressures * • Being an active bystander * • Victim blaming * • Knowing your rights * • Breast Care • Mental health lessons <ul style="list-style-type: none"> - well-being - happiness - coping with teen stress - building resilience 	<p>Studied as part of <i>Edexcel GCSE Religious Studies B</i></p> <p>The following topics are studied from a Hindu perspective:</p> <ul style="list-style-type: none"> • <u>Marriage and the Family</u> – including a range of attitudes to: <ul style="list-style-type: none"> ○ the nature and importance of sexual relationships, including homosexuality and sexual relationships outside marriage ○ contraception and family planning ○ divorce and remarriage ○ the roles of men and women in the family • <u>Matters of Life and death</u> – including a range of attitudes to abortion 	<ul style="list-style-type: none"> • Health: Cardio-vascular ill health – Circulation • Immunization & vaccination 	<ul style="list-style-type: none"> • Mental Health Initiative • Recreational sessions arranged in line with student voice to encourage lifelong activity and wellbeing • Variety of activities in the Co-curricular programme open for all students to promote physical activity. Students can drop into and out of activities to find something they enjoy. • School Firefly platform providing students access to a range of activities to access from home to remain active • Wellbeing based amended activities during wellbeing week/around exam time to combat stress 	<ul style="list-style-type: none"> • Safer Internet Day • Wellbeing Week • Anti-bullying week • Duke of Edinburgh volunteering • Equality and Diversity group

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11	<ul style="list-style-type: none"> • First Aid • Representation and diversity* • The influence of pornography* • Body image and appearance* • Gender roles and gendered sexual pressures* • Being an active bystander* • Knowing your rights and signposting to relevant services* • Self-esteem • Apps and Our Brains • Making Choices: Drink Driving x 2 		<ul style="list-style-type: none"> • Sperm and egg cell formation during meiosis • Artificial insemination 	<ul style="list-style-type: none"> • Pilates and yoga sessions, promoting wellbeing and combating stress • Recreational sessions arranged in line with student voice to encourage lifelong activity and wellbeing • Variety of activities in the Co-curricular programme open for all students to promote physical activity. Students can drop into and out of activities to find something they enjoy. • School Firefly platform providing students access to a range of activities to access from home to remain active • Wellbeing based amended activities during wellbeing week/around exam time to combat stress 	<ul style="list-style-type: none"> • National Citizenship Service • Wellbeing Week • Duke of Edinburgh volunteering • Equality and Diversity group

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12	<ul style="list-style-type: none"> Mental Health Programme (3 weeks for both year groups) through tutors/Nebula learning* Sex and Adult Relationships through ItHappens* covering: <ul style="list-style-type: none"> Consent Contraception Sexual Health Sexting 'Healthy vs Abusive Relationships' FGM, Honour Based Violence Sarah Everard - Street Harassment Pornography - key differences between porn and reality* Stalking and coercion* Anatomy, sex and sexual pleasure* Self-care strategies* 	<p>Studied as part of the <i>Edexcel A Level Religious Studies</i></p> <p><u>Religion and Ethics:</u> featuring the application of various ethical theories and an understanding of the diversity of religious and secular approaches to:</p> <ul style="list-style-type: none"> marriage and civil partnership sexual relationships in and outside of marriage, including pre-marital sex, adultery, promiscuity and same-sex relationships contraception and childlessness <p>abortion</p>	<ul style="list-style-type: none"> Specialisation of the sperm cell The role of oxytocin in childbirth. Role of monoclonal antibodies in pregnancy testing. 	<ul style="list-style-type: none"> Pilates and yoga sessions, promoting wellbeing and combating stress Recreational sessions arranged in line with student voice to encourage lifelong activity and wellbeing Variety of activities in the Co-curricular programme open for all students to promote physical activity. Students can drop into and out of activities to find something they enjoy. School Firefly platform providing students access to a range of activities to access from home to remain active Wellbeing based amended activities during wellbeing week/around exam time to combat stress 	<ul style="list-style-type: none"> Wellbeing Week Duke of Edinburgh volunteering Equality and Diversity group

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13	<ul style="list-style-type: none"> • Mental Health Programme (3 weeks for both year groups) through tutors/Nebula learning • Sex and Adult Relationships through It Happens covering: <ul style="list-style-type: none"> - Consent - Contraception - Sexual Health - 'Healthy vs Abusive Relationships' • Uni of Bedfordshire - Session on Freshers Safety - Sex Ed in hear together with drink/drugs • Sarah Everard - Street Harassment • Workplace harassment, discrimination and protected characteristics • University-ready: support services, freshers week and mental health at • University • Reproductive and sexual health: reminders and any questions? 	<p>Studied as part of the <i>Edexcel A Level Religious Studies</i></p> <p><u>Religion and Ethics:</u> featuring the application of various ethical theories and an understanding of the diversity of religious and secular approaches to:</p> <ul style="list-style-type: none"> • Abortion, fertility treatments and the right to have family • contraception and childlessness <p>abortion</p>	<ul style="list-style-type: none"> • Specialisation of the sperm cell • The role of oxytocin in childbirth. Role of monoclonal antibodies in pregnancy testing. 	<ul style="list-style-type: none"> • Pilates and yoga sessions, promoting wellbeing and combating stress • Recreational sessions arranged in line with student voice to encourage lifelong activity and wellbeing • Variety of activities in the Co-curricular programme open for all students to promote physical activity. Students can drop into and out of activities to find something they enjoy. • School Firefly platform providing students access to a range of activities to access from home to remain active • Wellbeing based amended activities during wellbeing week/around exam time to combat stress 	<ul style="list-style-type: none"> • Wellbeing Week • Duke of Edinburgh volunteering • Equality and Diversity group