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Relationships and Sex Education Policy

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Policy Statement

At King Edwin School, we believe that Relationships and Sex Education (RSE) is an integral part of pupils' personal development and wellbeing. RSE equips pupils with the knowledge, understanding, skills and values needed to build healthy, respectful relationships, stay safe, make informed decisions and prepare for adult life.

Our RSE curriculum is delivered in a way that is age-appropriate, inclusive, factual and sensitive to the needs of all pupils. It reflects our school values and promotes respect, dignity, equality and safeguarding.

Aims

The aims of RSE are to enable pupils to:

- Develop positive, respectful and healthy relationships.
- Understand different types of families and caring relationships.
- Recognise the characteristics of healthy and unhealthy relationships.
- Develop confidence, self-esteem and emotional resilience.
- Understand personal boundaries, privacy and consent.
- Recognise abuse, exploitation and coercive behaviour and know how to seek help.
- Stay safe online and understand digital relationships.
- Understand physical and emotional changes during puberty.
- Develop knowledge about human reproduction in an age-appropriate manner.
- Make informed and responsible choices about their health and wellbeing.
- Prepare for adulthood, future relationships and family life.

Statutory Requirements

This policy has been developed in accordance with:

- Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019.
- Department for Education Statutory Guidance: *Relationships Education, Relationships and Sex Education (RSE) and Health Education*.
- Education (Independent School Standards) Regulations 2014.
- Equality Act 2010.
- Children Act 1989 and 2004.
- Keeping Children Safe in Education (current edition).
- SEND Code of Practice (where applicable).

The school ensures that all statutory requirements relating to Relationships Education, RSE and Health Education are met.

Curriculum Content

The curriculum is progressive and age appropriate.

Relationships Education

Pupils learn about:

- Families and people who care for us
- Caring friendships

- Respectful relationships
- Online relationships
- Being safe
- Consent and personal boundaries (age appropriate)
- Bullying, including prejudice-based bullying
- Diversity and inclusion

Health Education

Pupils learn about:

- Mental wellbeing
- Emotional literacy
- Physical health
- Healthy lifestyles
- Nutrition
- Exercise
- Sleep
- Drugs, alcohol and tobacco awareness
- Basic first aid
- Personal hygiene

Sex Education

Where appropriate, pupils learn about:

- Puberty
- Human reproduction
- Conception and pregnancy
- Birth
- Sexual health
- Contraception (secondary)
- Sexually transmitted infections (secondary)
- Healthy intimate relationships
- Consent within intimate relationships (secondary)

Teaching and Learning

RSE is delivered through:

- Planned curriculum lessons with the Personal Development education
- Science curriculum
- Workshops
- External visitors (where appropriate)

Teaching is:

- Inclusive
- Evidence-based
- Age appropriate
- Non-judgemental
- Respectful

- Inclusive of protected characteristics under the Equality Act 2010
- Ground rules are established to encourage respectful discussion.

Inclusion

The school is committed to ensuring RSE is accessible to all pupils.

Teaching is adapted to meet the needs of:

- Pupils with a range of SEND needs
- More able learners

Resources are adapted where necessary.

Safe Learning Environment

Teachers create a learning environment where pupils feel safe to ask questions.

Pupils are encouraged to:

- Respect others' opinions.
- Listen without judgement.
- Use appropriate language.

Any disclosures will be managed in accordance with the school's Safeguarding and Child Protection Policy.

Working with Parents and Carers

The school will:

- Publish this policy on the school website.
- Share curriculum information.
- Offer opportunities for parents to view resources.
- Respond to questions and concerns.
- Encourage partnership working.

Right to Withdraw from Sex Education

Parents and carers cannot withdraw their child from:

- Statutory Relationships Education.
- Statutory Health Education.
- National Curriculum Science (where applicable), including the biological aspects of human growth and reproduction.

Where the school teaches non-statutory sex education, parents and carers may request that their child be withdrawn from these specific lessons.

Requests for withdrawal should be made in writing to the Headteacher or Personal Development Lead.

The Headteacher/Personal Development Lead will meet with the parent or carer to:

- Discuss the request.
- Explain the curriculum.
- Clarify which elements are statutory.
- Consider the educational benefits of participation.

For secondary-aged pupils, parents may request withdrawal from non-statutory sex education up to three terms before the young person turns 16. After this point, if the young person wishes to receive sex education, the school will arrange for this to take

place during one of those final three terms before their 16th birthday, in accordance with statutory guidance.

Pupils who are withdrawn will receive appropriate supervised educational activities during the relevant lessons.

Safeguarding

RSE contributes significantly to safeguarding by helping pupils to:

- Recognise abuse.
- Understand consent.
- Recognise grooming and exploitation.
- Stay safe online.
- Understand healthy relationships.
- Know how and where to seek support.

All safeguarding concerns arising during lessons will be managed in line with the school's Child Protection and Safeguarding Policy.

Assessment

Assessment is formative and focuses on pupils' understanding and progress rather than personal beliefs or experiences.

Assessment methods include:

- Discussion
- Reflection
- Questioning
- Quizzes
- Teacher observation
- Written activities

Monitoring and Evaluation

The Personal Development Lead, alongside the Lead for Quality of Education will monitor the quality of provision through:

- Lesson observations
- Planning scrutiny
- Learning walks
- Pupil voice
- Staff feedback
- Curriculum review

The policy and curriculum will be reviewed annually or sooner if legislation or statutory guidance changes.

Roles and Responsibilities

Proprietor/Governing Body

Approve the policy.

Monitor statutory compliance.

Ensure adequate resources are available.

Headteacher

Ensure effective implementation.
Support staff training.
Ensure statutory compliance.

Personal Development Lead

Lead curriculum development.
Monitor standards.
Support staff.
Evaluate curriculum impact.

Teachers

Deliver RSE professionally and sensitively.
Establish a safe learning environment.
Follow safeguarding procedures where concerns arise.

Equality

RSE is delivered in accordance with the Equality Act 2010.

The curriculum:

- Promotes equality of opportunity.
- Celebrates diversity.
- Challenges prejudice and discrimination.
- Respects different family structures, cultures, religions and beliefs.
- Reflects the school's duties under equality legislation while remaining age-appropriate and sensitive to pupils' needs.

Policy Review

This policy will be reviewed annually by the Personal Development Lead and approved by the Proprietor/Governing Body.

Signed

Headteacher: _____

Chair of Governors/Proprietor: _____

Date: _____