

# KIRKHAM GRAMMAR SCHOOL

## POLICY DOCUMENT

### RELATIONSHIPS AND SEX EDUCATION

This policy applies to Kirkham Grammar Senior School (KGS) only

Policy number: 28	Originating date: February 1998	Date last reviewed: November 2024	Next review: November 2027
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The DfE launched a consultation on a [draft update to the statutory relationships, sex and health education \(RSHE\) guidance](#) in May 2024. The consultation had not closed by the time the general election happened in July.

It is not known whether this consultation and update will be completed. If it is, this policy will be updated accordingly.

#### **RATIONALE**

The school believes that effective Relationships and Sex Education (RSE) is essential if pupils are to make responsible and well informed decisions about their lives as they grow. It contributes to the promotion of the spiritual, moral, social, cultural, emotional, mental and physical development of the pupils, preparing them for the opportunities, responsibilities and experiences of adult life.

The school believes RSE should not be delivered in isolation, but must be firmly rooted in a Personal, Social, Health Education programme, supplemented by Science and other subjects of our taught curriculum.

#### **DEFINITION OF RELATIONSHIP AND SEX EDUCATION**

Relationships and Sex Education (RSE) is lifelong learning about the emotional, social and cultural development of pupils, and involves learning about relationships, sexual health, sexuality, healthy lifestyles, diversity and personal identity.

It is about respect, love and care and the benefits of making and maintaining a stable marriage or relationship. The school recognises that to be human is to experience sexual feelings, seek connections with other people and develop relationships, which may be physical or non-physical.

The school's teaching of Relationships and Sex education (RSE) is applicable to all sexual orientations and will include the teaching of sexual health, sexuality, healthy lifestyles, diversity and personal identity.

RSE seeks to enable young people to feel positive about themselves, manage relationships, and access the infrastructure of support available. RSE is not about the promotion of sexual activity

## **ROLES AND RESPONSIBILITIES OF THE GOVERNORS, THE HEAD, AND OTHER STAFF**

The **Governing Body** will:

- Seek advice of the SLT on this policy, ensure it is kept up to date, and make it available to parents/carers.
- Ensure that relationships & sex education is provided in a way that encourages pupils to consider morals, the value of family life, and the importance of marriage.
- The **Head** will ensure that:
  - The governing body is advised about the nature and organisation of relationships & sex education and how it reflects the aims and values of the school.
  - Relationships & Sex education is provided in a way that encourages pupils to consider morals and the value of family life.
  - A scheme of work is agreed, implemented and reviewed annually.
  - Parents/carers are informed about the programme for RSE.
  - **Staff** are expected to:
    - Provide relationships & sex education in accordance with this policy and in a way which encourages pupils to consider morals and the value of family life.
    - Participate in training, as required, to provide sex education in line with the school curriculum policy.
    - Implement the agreed scheme of work.

## **AIMS AND OBJECTIVES**

The RSE policy aims to provide the pupils with an age appropriate RSE programme.

### Aims

- to prepare pupils for puberty, and give them an understanding of sexual development and the importance of health & hygiene;
- to promote understanding of sexual attitudes and behaviour;
- to provide knowledge about relationships and create a positive culture around issues of sexuality and relationships, the nature of sexuality and the processes of human reproduction;

- to prepare pupils to view their relationships in a responsible and healthy manner;
- to assist the development of informed, reasoned and responsible decisions and help pupils develop feelings of self-respect, confidence and empathy towards others;
- to present facts in an objective, balanced and sensitive manner, set within a clear framework of values and an awareness of the law on sexual behaviour;
- to help develop self-esteem and self confidence in young people as the foundation for responsible and caring relationships;
- to encourage an appreciation of the values of family life and marriage, and an awareness of the responsibilities involved in relationships and in parenthood; (families can include single parent families, LGBT parents, families headed by grandparents, adoptive parents and foster parents/carers, amongst other structures);
- to help young people be positive and confident about the physical, emotional and moral aspects of sexual maturity.

### Objectives

- to gain an awareness of where pupils are in their own knowledge and understanding, so that their concerns can be identified and managed;
- to increase pupils' understanding of themselves, their own bodies and their emotional development as they grow and change;
- to encourage self-respect and self-worth;
- to provide an opportunity for pupils to examine their own and others' attitudes to sexual activity and related issues, and to develop a sense of responsibility for themselves and others;
- to enable pupils to reflect on a variety of relationships from friendship to intimacy and to recognise the qualities that help relationships to grow and develop positively;
- to explore moral values, family values, religious values, gender roles and stereotyping;
- to promote an awareness of the pressure on young people to behave in certain ways and to help improve assertiveness and the confidence to cope with such pressure;
- to further develop personal skills and qualities, eg listening, questioning, communicating, taking standpoints, valuing and evaluating opinions of others, empathy;
- to provide factual information about puberty, menstruation, the physiology of sex, the process of reproduction, masturbation, contraception, abortion, homosexuality, sexual abuse, HIV, Aids and other sexually transmitted diseases to ensure that pupils are aware of the difference between fact, opinion and religious belief;

- to inform pupils about the legal framework relating to sexual activity;
- to ensure that pupils recognise the importance of the choices they make and the consequences of those decisions;
- to provide an open forum for pupils to share their concerns in a climate of support and sensitivity.
- to promote an awareness of the dangers of inappropriate relationships, including the dangers of "grooming" and child sexual exploitation.

## **WORKING WITH PARENTS**

KGS is committed to working in close partnership with parents/carers. The school recognises that parents/carers are key figures in helping children cope with the emotional and physical aspects of growing up and preparing them for the challenges and responsibilities sexual maturity brings. The school sees a RSE programme as complementary and supportive to the role of parents/carers. Parents/carers are informed of specific sex education content and encouraged to discuss matters with their sons/daughters. Copies of the Relationships and Sex Education Policy are available to parents/carers on request.

Parents have the right to withdraw their children from the [non-statutory/non-science] components of sex education within RSE up to and until 3 terms before the child turns 16. After this point, if the child wishes to receive sex education rather than being withdrawn, the school will arrange this.

A copy of withdrawal requests will be placed in the pupil's record. The Deputy Head will discuss the request with parents and take appropriate action.

If requested, alternative arrangements will be made for individual pupils, but it is hoped that this will not be necessary.

## **DELIVERY OF RSE**

Relationships and Sex Education is not a discrete subject but is part of the planned programmes within Key Stage 3/Key Stage 4 PSHE, Science, and RPE. In addition, contributions may be made through programmes arranged with relevant Health Care Professionals. Often, issues about RSE may arise in other lessons (eg English Literature, Drama, and Geography) where it is not the main focus of the on. Pupils also receive stand-alone sex education sessions delivered by a trained health professional

Classes are normally arranged so that male and female pupils are taught together. However, there may be occasions when pupils are taught in separate gender groups. RSE focuses on giving young people the information they need to help them develop healthy, nurturing relationships of all kinds including:

- Families
- Respectful relationships, including friendships
- Online and media

- Being safe
- Intimate and sexual relationships, including sexual health

## **CURRICULUM CONTENT**

### Year 7

Science and PSHE develop an understanding of the changes which occur during puberty. Friendships and relationships are looked at. Focus on teaching children about natural changes so that they can be helped to overcome any fears and/or misconceptions they may have. Emotional changes are explored in PSHE and the effects these can have on an individual's behaviour and actions.

RPE considers the concept of unconditional love. There are specific lessons on family life, the nature of the family and the value of each type. Pupils also look at rites of passage including birth rites and marriage ceremonies.

### Year 8

PSHE continues themes on healthy relationships, trust and love in families, peer pressure, tolerance of the diversity of personal social and sexual preference in relationships, sexual exploitation, online and offline safety including sexting.

RPE complements the above work introducing some philosophy by means of thought provoking questions, calls for respect of the ideas of others, the theme of 'community' continues.

### Year 9

PSHE tutorial work and enrichment opportunities focus on resilience and well-being, working on developing self-confidence and self-esteem and recognising the importance of good role models.

RPE looks at prejudice and discrimination including gender and sexual orientation.

Drama studies topical issues allowing pupils to explore social themes including family, sexual health, within the wider study of the play. Children respond to role play and hot seating.

Biology studies growth and reproduction of bacteria and the replication of viruses that can affect health. Additionally, defence mechanisms of the body are studied.

### Year 10

Specialists deliver content on contraception, sexually transmitted diseases, Aids/HIV, testicular and breast cancer awareness. Presentations/theatre productions are used when appropriate and available.

GCSE RPE studies a unit called Religion and Human Relationships, and a medical ethics unit considers abortion and fertility.

Science considers hormonal control including sex hormones and the control and promotion of fertility.

### Year 11

Science undertakes a revision of the human reproductive organs and fertilisation, hormones, methods of contraception.

PSHE health specialists revisit themes of sexual health under a 'personal safety' topic.

Presentations/theatre productions are used when appropriate and available, eg Sixth Form Chlamydia Screening programme. Theatre in education students perform to age appropriate year groups.

### Year 12 and 13

PSHE covers monitoring their own health and laws of consent.

## **DELIVERY**

Aspects of RSE are encompassed within the ethos of the school and may be delivered through:

- PSHE lessons
- Core subjects
- Assemblies
- Tutorials
- Focussed activity half days
- Theatre in Education visits
- The school's Medical Support Centre

The RSE programme is delivered by:

- PSHE teachers
- Subject teachers
- Visiting nurses and other specialists

RSE is taught to pupils of different ages and needs; consequently a variety of methods and resources are used.

## **OUTSIDE VISITORS AND SPEAKERS**

Health promotion specialists support the RSE work done in school and provide specialist input that school staff cannot provide. The contribution made by these specialists is always negotiated to meet the needs of the pupils and is framed by what has gone before and follow up for the future. A teacher is always available when visitors are working with pupils.

## CONFIDENTIALITY AND ADVICE

Pupils will be made aware that absolute confidentiality cannot be offered or guaranteed by staff because of child protection issues. At the same time pupils will be offered sensitive and appropriate support.

The following procedures will be adhered to by all adults:

- Child Protection Issues

Whenever a pupil makes a disclosure or there is suspicion of possible abuse, staff will follow child Safeguarding guidelines and inform the Designated Safeguarding Lead (see Safeguarding Policy no. 9.)

- Disclosure Of Pregnancy Or Advice On Contraception (Pupils Under 16)

It is hoped that the following procedure will ensure that pupils who are in difficulty know they can talk to an adult in school and that they will be supported. Professional information and guidance will always be sought from a health professional.

The school will always encourage pupils to talk with their parents/carers first:

- pupils should be asked whether 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: it will need to be checked;
- if pupils refuse to tell their parents/carers the adult should refer them to a health professional;
- the adult should report the incident to the Deputy Head (Pastoral) who will consult the health professional about informing the parents/carers.

Health professionals are subject to their own Code of Confidentiality but they will keep school informed about whom they have been seeing and the types of issues they have been dealing with.

## SCHOOL SUPPORT SERVICES

The school provides a range of support services that are available to pupils to support and advise them on a range of relationship and sex issues.

- Medical Support in school
- Surgery Manager
- Pupils are made aware of confidential support available from Doctors, Contraceptive and Sexual Health Service Clinics through RSE lessons, tutors and leaflets available in the entrance to the Medical Centre.

## **RELATIONSHIPS WITH OTHER POLICIES**

This policy is closely linked to PSHE, Equal Opportunities, SEN, Behaviour Management, and Anti-Bullying policies.

## **MONITORING AND EVALUATION**

Evaluation is sought from pupils and staff immediately following sessions on RSE, written comments from pupils and verbal feedback from staff.

*Kirkham Grammar School*  
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