



Lostock Hall Academy (LHA)

Relationships, Sex and Health Education Policy

Date effective from:	September 2022
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1. Aims

The aims of relationships and sex education (RSHE) at our school are to:

- Provide a framework in which sensitive discussions can take place
- Prepare students for puberty, and give them an understanding of sexual development and the importance of health and hygiene
- Help students develop feelings of self-respect, confidence and empathy
- Create a positive culture around issues of sexuality and relationships
- Teach students the correct vocabulary to describe themselves and their bodies

2. Statutory requirements

As a secondary academy school we must provide RSHE to all students as per section 34 of the Children and Social Work Act 2017. 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, make Relationships Education compulsory for all pupils receiving primary education and Relationships and Sex Education (RSE) compulsory for all pupils receiving secondary education. Health Education is also compulsory in all schools except independent schools.

In teaching RSHE, we are required by our funding agreements to have regard to guidance issued by the secretary of state as outlined in section 403 of the Education Act 1996. In Section 29 of the funding agreement confirms: The Academy Trust shall have regard to any guidance issued by the Secretary of State on sex and relationship education to ensure that children at the Academy are protected from inappropriate teaching materials and they learn the nature of marriage and its importance for family life and for bringing up children.

At Lostock Hall Academy, we teach RSHE as set out in this policy.

3. Policy development

This policy has been developed in consultation with staff, students and parents. The consultation and policy development process involved the following steps:

1. Review – a member of staff or working group pulled together all relevant information including relevant national and local guidance
2. Staff consultation – all school staff were given the opportunity to look at the policy and make recommendations
3. Parent/stakeholder consultation – parents and any interested parties were invited to feedback and comment about the policy
4. Student consultation – we investigated what exactly students want from their RSHE
5. Ratification – once amendments were made, the policy was shared with governors and ratified

4. Definition

RSHE is about the emotional, social and cultural development of students, and involves learning about relationships, sexual health, sexuality, healthy lifestyles, diversity and personal identity.

RSHE involves a combination of sharing information, and exploring issues and values.

RSHE is not about the promotion of sexual activity.

5. Curriculum

Our curriculum is set out as per Appendix 1 but we may need to adapt it as and when necessary.

We have developed the curriculum in consultation with parents, students and staff, taking into account the age, needs and feelings of students. If students ask questions outside the scope of this policy, teachers will respond in an appropriate manner so they are fully informed and don't seek answers online.

6. Delivery of RSHE

RSHE is taught within the personal, social, health and economic (PSHE) education curriculum in designated Personal Development lessons. Biological aspects of RSHE are taught within the science curriculum, and other aspects are included in religious education (Beliefs, Philosophy and Ethics BPE).

Students also receive stand-alone sex education sessions delivered by a trained health professional.

RSHE 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

For more information about our RSHE curriculum, see Appendices 1 and 2.

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 (families can include single parent families, LGBT parents, families headed by grandparents, adoptive parents, foster parents/carers amongst other structures) along with reflecting sensitively that some children may have a different structure of support around them (for example: looked after children or young carers).

At the start of the term in Yr 7 when RSHE will begin to be taught, parents are informed of this. The following message is sent home explaining what is taught and providing the opportunity for parents/carers to respond if required:

Dear Year 7 Parents/Carers,

Lostock Hall Academy delivers a comprehensive and thorough Personal Development programme to all students on a weekly basis covering many statutory topics such as British Values, Work Related Learning, Healthy Lifestyles and Enterprise skills. Another area that Year 7 will be covering this term is Relationship & Sex Education (RSHE). This important topic prepares our students for the world of relationships and will be including lessons on Puberty, Self-Esteem, Healthy Relationships, Online Safety, Age of Consent and risk taking behaviours associated with drinking alcohol. I hope you can see the value in these lessons and it is our duty as a school to deliver these in a controlled and appropriate manner. If for any reason you want to discuss the content of these lessons, please contact Mr Doyle through Synergy and he will be happy to answer any questions that you have.

7. Roles and responsibilities

7.1 The Governing Board

The governing board will approve the RSHE policy, and hold the Principal to account for its implementation.

7.2 The Principal

The Principal is responsible for ensuring that RSHE is taught consistently across the school, and for managing requests to withdraw students from non-statutory components of RSHE (see section 8).

7.3 Staff

Staff are responsible for:

- Delivering RSHE in a sensitive way
- Modelling positive attitudes to RSHE
- Monitoring progress
- Responding to the needs of individual students
- Responding appropriately to students whose parents wish them to be withdrawn from the non-statutory components of RSHE

Staff do not have the right to opt out of teaching RSHE. Staff who have concerns about teaching RSHE are encouraged to discuss this with the Principal.

All staff may be asked to teach RSHE as part of the Life Studies programme and as part of their role as a form tutor or senior leader.

7.4 Students

Students are expected to engage fully in RSHE and, when discussing issues related to RSHE, treat others with respect and sensitivity.

8. Parents' right to withdraw

Parents have the right to withdraw their children from the non-statutory components of sex education within RSHE 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.

Requests for withdrawal should be put in writing using the form found in Appendix 3 of this policy and addressed to the Principal.

A copy of withdrawal requests will be placed in the student's educational record. The Principal will discuss the request with parents and take appropriate action.

Alternative work will be given to pupils who are withdrawn from sex education.

9. Training

Staff are trained on the delivery of RSHE as part of their induction and it is included in our continuing professional development calendar.

The Personal Development lead will also invite visitors from outside the school, such as school nurses or sexual health professionals, to provide support and training to staff teaching RSHE.

10. Monitoring arrangements

The delivery of RSHE is monitored by John Doyle (subject leader for Personal Development) through:

Regular reviewing of planning & resources, learning walks, student and staff voice activities and observation of visiting health professionals.

Students' development in RSHE is monitored by class teachers as part of our internal assessment systems.

This policy will be reviewed by Nicola Tucker (Senior Assistant Vice Principal) every 2 years. At every review, the policy will be approved by the Academic Achievement Committee.

DRAFT

Appendix 1: Curriculum map

Relationships, Sex & Health Education curriculum map

YEAR GROUP	TERM	TOPIC/THEME DETAILS	RESOURCES
Year 7	1.1	Transition: <ul style="list-style-type: none"> • Staying Safe online 	https://nestlancashire.org/
Year 7	1.2	Health & Wellbeing: <ul style="list-style-type: none"> • Changing adolescent body & menstrual cycle • Personal hygiene 	
Year 7	2.1 & 2.2	RSHE: <ul style="list-style-type: none"> • Something's not Right (domestic violence) • Puberty • Self-esteem • Relationships • Online Safety • Age of Consent 	https://www.thinkuknow.co.uk/11_13/
Year 7	3.1	British Values: <ul style="list-style-type: none"> • Diversity • Discrimination 	

Year 8	1.1	<p>Health & Wellbeing:</p> <ul style="list-style-type: none"> • Online Chatting • Harmful behaviours online • Managing feelings & emotions 	<p>https://www.lancashire.gov.uk/media/373004/CFON_Resource_Overview.pdf</p> <p>https://www.thinkuknow.co.uk/11_13/</p>
Year 8	2.1 & 2.2	<p>RSHE:</p> <ul style="list-style-type: none"> • Something's not Right (domestic violence re-visit) • Personal Space (Jigsaw lesson) • Controlling Relationships (Jigsaw lesson) • Self-esteem • The Selfie 	<p>Jigsaw education.com</p>
Year 8	3.1	<p>Growing Up:</p> <ul style="list-style-type: none"> • How someone can be exploited through gift giving • Gangs & County Lines • Bullying 	<p>https://nestlancashire.org/</p>

Year 9	1.1	Health & Wellbeing: <ul style="list-style-type: none"> • My digital footprint • Body image & influences 	
Year 9	1.2	Health & Wellbeing: <ul style="list-style-type: none"> • Eating Disorders • Peer pressure and influence part 2 	
Year 9	2.1	RSHE: <ul style="list-style-type: none"> • LGBTQ+ • Sexual Harassment (Jigsaw lesson) • Healthy Relationships (Jigsaw lesson) • The One • E-safety (online) • STI's & contraception 	https://nestlancashire.org/
Year 9	3.1	British Values: <ul style="list-style-type: none"> • Human Rights and FGM • Radicalisation • Arranged Marriage & honour based violence 	

Year 10	1.1	<p>Healthy Lifestyles:</p> <ul style="list-style-type: none"> • Sexual Health 	Worksheets as part of Life Studies SOL
Year 10	2.1	<p>RSHE:</p> <ul style="list-style-type: none"> • Social Media (Jigsaw Sexual Harassment lesson) • Pornography & Abusive Relationships (Jigsaw Sexual Harassment lesson) • Abortion • Kailey's love story • The Gift 	<p>https://www.lancashire.gov.uk/media/373004/CFON_Resource_Overview.pdf</p> <p>https://www.thinkuknow.co.uk/14_plus/</p>
Year 10	3.1	<p>British Values:</p> <ul style="list-style-type: none"> • Identity & Diversity in Britain • Sexual Bullying • What makes a good parent? 	Worksheets as part of Life Studies SOL
Year 11	2.1	<p>Wellbeing:</p> <ul style="list-style-type: none"> • Sexual Health Assembly (NHS Tania Cockcroft) • Cancer & testing/screening 	Worksheets as part of Life Studies SOL

Appendix 2: By the end of secondary school students should know

TOPIC	STUDENTS SHOULD KNOW
Families	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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

TOPIC	STUDENTS SHOULD KNOW
Online and media	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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)

TOPIC	STUDENTS SHOULD KNOW
Intimate and sexual relationships, including sexual health	<ul style="list-style-type: none"> • 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 • That there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressuring 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 3: Parent form: withdrawal from sex education within RSHE

TO BE COMPLETED BY PARENTS			
Name of child		Class	
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	