



Spa School Bermondsey Relationships and Sex Education and Health Education Policy

Aims

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

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

Statutory requirements

As a secondary academy, we must provide RSE to all pupils under section 34 of the [Children and Social Work Act 2017](#).

In teaching RSE, we're 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](#).

We also have regard to legal duties set out in:

- Sections 406 and 407 of the Education Act 1996
- Part 6, chapter 1 of the [Equality Act 2010](#)
- The Public Sector Equality Duty (as set out in section 149 of the Equality Act 2010). This duty requires public bodies to have due regard to the need to eliminate discrimination, advance equality of opportunity and foster good relations between different people when carrying out their activities

At Spa School Bermondsey, we teach RSE as set out in this policy.

Policy Development

This policy has been developed in consultation with staff, parents and pupils.

Parent consultation- We established a parent focus group in 2020 to help guide the development of this policy. We hold annual meetings with parents as part of our RSE teaching and seek views from families at these meetings. We also discuss RSE at pupils' Annual Reviews and seek feedback from families at this time.

Staff consultation- all school staff are given the opportunity to look at the policy and make recommendations

Pupil consultation- we consider pupils' individual needs and continue to investigate what the pupils want from their RSE..

What is Relationships and Sex education?

The Relationships Education, Relationships and Sex Education (RSE) and Health Education (England) Regulations 2019 make it compulsory for all pupils receiving secondary education to receive Relationships and Sex Education. Health Education is also now compulsory. These are typically delivered through PSHE or Personal, Social, Health and Economic education.

The aim of Relationships and Sex education (RSE) is to give young people the information they need to help them develop healthy, nurturing relationships of all kinds, not just intimate relationships. It should enable them to know what a healthy relationship looks like and what makes a good friend, a good colleague and a successful committed relationship.

Sex education is learning about the emotional, social and physical aspects of growing up, relationships, sex, human sexuality and sexual health. Learning will include facts about reproductive health, a range of strategies for identifying and managing sexual pressure including understanding peer pressure, resisting pressure and not pressuring others as well learning about STIs and how HIV/AIDs are transmitted.

RSE is about the emotional, social and cultural development of pupils, and involves learning about relationships, sexual health, sexuality, healthy lifestyles, diversity and personal identity. RSE involves a combination of sharing information, and exploring issues and values. RSE is not about the promotion of sexual activity.

Involving parents and carers

The teaching of some aspects of RSE might be of concern to teachers and parents. Spa Bermondsey works in partnership with parents, consulting them on sensitive issues. Parents are assured that the RSE programme will complement and support their role as parents.

Parents will be supported with materials they can use at home as well as advice on strategies and language to use. Parents are supported to keep their children safe from risk and to develop skills to reduce the risks of being abused and exploited and to learn what sorts of behaviours are and are not acceptable.

For students with autism, the presentation of RSE needs particular care to ensure that students with impaired social understanding are able to access the information appropriately.

Parental consultation and parental right to withdraw students from RSE

Spa Bermondsey will always aim to work in partnership with parents, consulting them regularly on the content of RSE programmes. Parents of students with special educational needs can clearly offer particular insight into the learning and social needs of their children. Spa recognises

that parents need to know that the school's RSE programme will complement and support their role as parents and that they can be actively involved.

Parents will be informed prior to their child beginning any unit on Sex Education. Letters will be sent home and parents will be invited to information sessions or individual meetings to discuss any concerns. Resources that complement and support what has been learnt can be sent home to parents if requested.

Parents can withdraw their children from specific Sex Education elements of RSE and PSHE provided by the school except for those parts included in the statutory National Curriculum. In exceptional circumstances the headteacher may want to take a pupil's specific needs arising from their SEND into account when making this decision.

Parents have the right to withdraw their child up until three months before they turn 16. After that point, if the child wishes to receive sex education rather than be withdrawn, the school will make arrangements to provide the child with sex education during one of those terms. Spa will always consult and work with parents of pupils of all ages.

Sex Education at Spa

Students learn about the life cycle, biology and STIs as part of the national curriculum in Science.

RSE focuses on giving young people the information they need to help them develop healthy, nurturing relationships of all kinds including:

- o Families
- o Respectful relationships, including friendships
- o Online and media
- o Being safe
- o Intimate and sexual relationships, including sexual health

These areas of learning are taught within the context of family life, taking care to make sure 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 and 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).

We will also be mindful of the law and legal requirements, taking care not to condone or encourage illegal political activity, such as violent action against people, criminal damage to property, hate crime, terrorism or the illegal use of drugs

The following sex education topics are taught through PSHE:

- public and private
- appropriate and inappropriate touch
- saying no/consent and keeping safe
- relationships, love and care and the responsibilities of parenthood as well as sex
- building self-esteem
- taking responsibility for one's actions in relation to sexual activity and parenthood

- information about different types of contraception, safe sex and how to access advice and support
- understanding reasons to delay sexual activity and resist pressure
- understanding RSE in relation to peer pressure and other risk-taking behaviour, such as smoking, drugs and alcohol
- understanding how the law applies to sexual relationships.
- understanding how images and content presented online are not real or aspirational presentations of healthy relationships
- Respecting different points of view
- Trolling and online behaviours

Teaching is personalised to the needs of each student. It can include single gender teaching groups, input from specialist organisations, individual teaching and 1:1 sessions to target specific behaviours to decrease vulnerability. The curriculum content is differentiated to support the needs of the students and is taught to develop meaningful understanding.

Parents will be informed of content to be taught to their child's class before any Sex Education unit begins.

Materials

Materials used to teach RSE are in accordance with the PSHE framework and the law. Inappropriate images will not be used nor will any explicit materials not directly associated to explanation. Spa Bermondsey will ensure that students are protected from teaching and materials which are inappropriate, having regard to the age and cultural background of the students concerned. Materials to be used in programmes are available to parents on request. Governors and the headteacher will discuss with parents any concerns and will take on board concerns raised with regard to sensitive materials to be used in the classroom.

We will make sure that an agency and any materials used are appropriate and in line with our legal duties around political impartiality

Who is responsible for providing sex and relationship education?

At Spa Bermondsey the overall responsibility for ensuring that appropriate relationships and sex education is being provided rests with the Governing trust and the Head of School.

The Head of School will ensure that appropriate programmes of learning are planned in Science and PSHE and that these programmes are supplemented by the work of individual professionals. These professionals will run groups designed to support students and parents and improve their access to the information and the experiences offered in the sex and relationship programmes. Under the oversight of senior teachers, the subject leaders for Science and PSHE will be responsible for the drawing up and the implementation of the programmes of study for sex and relationship education.

How is RSE and Health Education taught at Spa School?

Each class has a weekly, 45 minute PSHE lesson. The PSHE lesson is typically taught by either the Assistant Headteacher for that key stage or by a pupil's form tutor. RSE and Health

Education form only one aspect of PSHE. PSHE encompasses a broad range of topics including Citizenship, money management, road safety, teamwork and team building, environmental awareness, developing resilience, the work of charities and exploring the communities we are part of. Assistant Headteachers also run smaller groups for pupils that run on a half termly basis and cover topics around respect, positive relationships, harassment, resilience and building confidence. These *Young Men* and *Young Women* groups are adaptive to the needs of the pupils and the cohort change on a half termly basis.

Monitoring & Evaluation

Monitoring and evaluation of the appropriateness of RSE programmes is the responsibility of the Head of School and the senior management team.

The Head of School will ensure that subject leaders for Science and PSHE monitor the progress of students in the subject and report specific issues at Annual Review or Educational Health Care Plan reviews or contact parents directly as appropriate.

Reviewing the Policy

This policy will be reviewed annually. Reviews will take into account the individual needs of pupils, advice from parents and external professionals as appropriate.