

SCHOOL POLICY

Relationships, Sex and Health Education (RSHE) Policy

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WOODFORD COUNTY HIGH SCHOOL

RELATIONSHIPS SEX AND HEALTH EDUCATION (RSHE) POLICY

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1. Aims and Objectives - RSHE

It is the intention of the school to teach age-appropriate, pupil sensitive and evidence based RSHE, that respects the law and all communities that call Redbridge home.

It is our expectation that RSHE provides a learning space to understand Personal, Social and Health skills, knowledge and understanding, to enable young people to navigate the world in which they live throughout childhood but also into adulthood; therefore, RSHE is an important element of the curriculum.

2. Statutory Content Secondary – Relationship, Sex and Health Education (RSHE)

As of September 2020, it is the legal requirement of Secondary Schools – both maintained and Academies to teach Relationships, Sex and Health Education, alongside the Science National Curriculum and within the context of safeguarding and maintaining a child centred approach in accordance with the ‘Keeping children safe in education document’ (DfE, Sept, 2020).

We acknowledge and recognise that RSHE education may constitute a child’s first source of learning on this important subject. It is our aim to build on the established foundation of our syllabus (Woodford County High School) and on consultative partnership with parents/carers to educate our young people about these important subjects.

The school makes a commitment to reviewing the resources used and will revisit these annually. The Government guidance is for this process to be reviewed every three years.

Parent/Carer right to withdraw their children from Sex Education in statutory RSHE

National Curriculum Science

The Key stage 3 and Key stage 4 NC states that young people’s learning should include a recap about menstruation and puberty, teaching about human reproduction and birth. The curriculum includes drugs education and the study of sexually transmitted infections (STIs), including HIV.

Full Science curriculum context can be viewed in appendix 1.

There continues to be no right to withdraw from the Science National Curriculum.

Health Education

The aim of Health Education is to provide information to young people that will empower them to make their own choices about their physical and mental wellbeing and health. We aim to ensure young people will recognise what is usual and what is not, in themselves and others and will be equipped to seek support at the earliest opportunity from appropriate sources.

See appendix 2 & 3 for full list of content.

There is no right to withdraw from Health Education.



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Relationships Education

The aim of Relationships Education is to provide information to young people that will empower them to understand themselves and the world in which they live. The focus is to build on the foundations that have been taught in Primary school concerning positive relationships with family members, other children and adults along with encouraging the development their own positive personal attributes as outlined in the guidance and will extend to talking about intimate relationships. Lessons will be evidence based, age-appropriate, based on the law and sensitive to the needs of young people (faith sensitive). Relationships Education also aims to teach how to seek support and guidance from appropriate sources.

See appendix 2 & 3 for a full list of content access to DfE guidance

There is no right to withdraw from Relationships Education

Lessons taught as part of Statutory RSHE

Sex Education outside of the National Curriculum Science.

All secondary schools must teach Sex Education that is outside of the National Curriculum Science, however parents/carers **can withdraw their children from any or some sex education**.


Sex education at **Woodford County High School** will be taught by trained staff in an age appropriate and sensitive way and will give due regard to the law. We believe the teaching of sex education alongside relationship education will help to ready students for their life in 21st century Britain. This will include topics such as the benefits of delaying sexual activity; the importance of consent; positive sexual relationships; contraception; pregnancy choices; domestic violence etc.

Safeguarding

Safeguarding is an important aspect of all the lessons taught as part of RSHE in our school. Our safeguarding policy will be applied to and supported by all aspects of RSHE and any disclosures or issues arising as part of RSHE, will be dealt with in line with this policy. Including safeguarding within the syllabus supports the teaching of consistent, age-appropriate fact-based vocabulary and understanding to facilitate any necessary reporting of concerns of abuse (physical, emotional, sexual) or neglect.

Statutory Sex Education

Before the commencement of blocks of RSHE teaching in PSHCE, the school will inform parents / carers enabling them to speak to their daughters prior to coverage in school. Parents/Carers will continue to have the right to withdraw their children from **Sex Education**, taught as part of the statutory curriculum e.g. "benefits of delaying sexual activity or positive sexual relationships". The right to withdrawal **does not** extend to either relationship or health education. An e-mail addressed to the school with the heading **RSHE withdrawal** and the child's name and form must be made

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expressing concerns and wishes. The school will contact the parent / guardian to ensure a conversation which will subsequently be documented by the school. The head teacher has the right to deny the parental request, but must have very strong reasons for doing so, e.g. safeguarding issues. Alternative arrangements will be made for young people not attending sex education lessons.

Human reproduction (sex) and issues concerning STIs (Appendix 1), are taught in Science as part of the statutory National Curriculum and there is no right to withdraw here.

Our intention is to make statutory sex education lessons as sensitive to the background of all our pupils as possible and our hope is that young people will all remain in the lesson so that they learn evidence-based facts from a teacher or nurse rather than second-hand in the playground or indeed, unfiltered, from the internet.

Young Person's right to opt in for Sex Education in Secondary School taught as part of the statutory RSHE

Young people have the choice to opt in for Sex Education from three terms before they turn 16 and the school should plan to provide the young person with sex education during one of those terms.


3. Definitions

Relationship Education

Relationship Education is the teaching of Families (which can include single parent families, LGBT Parents, families headed by grandparents, adoptive parents, foster parents/carers amongst other structures. *There are many different types of families. Some families have a mother or a father, two mothers, two fathers, a mother and a father, grandparents as parents or other combinations. In British law it says that people have a right to live in families of their own choosing. The most important thing is that we always make sure to respect the way that people choose to live their lives*), Respectful relationships including Friendships, Online media and Being safe. This will include core safeguarding elements including young people being able to report concerns or abuse using the vocabulary to do so, which incorporates the use of proper names for main external body parts and understanding the law relating to sexual consent, exploitation, coercion, harassment, rape, domestic abuse, forced marriage, honour based violence, FGM and how these can affect current and future relationships.

Sex Education

Sex Education in RSHE is the teaching of topics that are outlined as outside of the Science National Curriculum and include intimate and sexual relationships; including sexual health, the advantages and benefits and strategies of delaying sexual activity and the importance of consent, contraception choices, knowing there are different relationship types including LGBT, values and expectations associated to intimate 1:1 relationships, how to manage peer pressure related to intimacy, the

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*influence of alcohol and drugs on decision making and risky sexual behaviour, sexual health services and support . Sex Education along with Relationship and Health Education is statutory within Secondary schools and must be taught (**see withdrawal rights**).*

Health Education

Health Education is the teaching of mental wellbeing, internet safety and harms, physical health and fitness, healthy eating, drugs, alcohol and tobacco, health and prevention, basic first aid and the changing adolescent body.

4. Equality

The school will comply with the relevant requirements of the Equality Act 2010 and the Public Sector Equalities Duty (2014): schools must not unlawfully discriminate against pupils or allow young people to be bullied because of their age, sex, race, disability, religion or belief, gender reassignment, pregnancy or maternity, marriage or civil partnership, or sexual orientation (Protected Characteristics).


The delivery of the content of RSHE will be made accessible to all pupils, including those with SEND. At Woodford we celebrate differences and diversity. The bullying or discrimination of anyone for any reason is not acceptable. It is expected that our Relationships Education curriculum will lead to a stronger sense of community and mutual respect and will give pupils a sense of responsibility. This will help, to keep Woodford a safe, inclusive and caring place for all, upholding the core values and ethos of the school.

Faith sensitivity

Some religious people/faiths will see some family structures as a preferred way of living. British Law says that people have a right to live with whoever they choose. The most important thing is that we always make sure to respect the way that people choose to live their lives. Teachers can acknowledge in RSHE lessons that some children/young people may have beliefs about the content to be taught, whilst noting that the purpose of the lesson is to give information. Children and young people will also be reminded of the ground rules and their right to pass on discussing anything that they do not want to. For some children and young people, it might be forbidden to discuss sex and the human body, which may be seen as a private matter.

5. Organisation of Teaching, Assessment & Review

It is our intention that RSHE lessons will meet our high standards of teaching and learning. There will be a dedicated member of SLT with overall oversight of RSHE. In collaboration with the Heads of Year (HoY) – lesson schedules, lesson plans and resources will be produced. A review program will be in place at the end of different units of teaching and at the end of the academic year to ensure areas of improvement can be addressed. CPD opportunities where appropriate will also be made available

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as well as best practice shared in tutor and whole staff meetings. RSHE lessons will be included in whole school learning walks to ensure teaching is of the highest standard possible.

Teachers will be responsible for assessing students through formative assessment. This approach encourages students to be engaged with the work and promotes a personalised learning approach.

Most RSHE teaching will take place at either the end of the Spring term or during the Summer. A conscious effort has been made to ensure the students are at their most mature level within the academic year. The exception will be with Year 7 where they are taught the topics of friendship in the autumn term. Puberty will be taught in-line with when they are being taught reproduction in the Year 7 Science curriculum.

The vast majority of RSHE lessons will be taught by form tutors within their own form rooms. There may be some external agencies utilised such as the school nurse. External agencies will be vetted, and quality assured before being allowed to teach. Some talks which need to be delivered to a wider audience will take place in the school hall. Parents will be informed prior to students being taught where an external provider is leading the lesson.

Young people will be able to ask questions, responses should be evidence based, age appropriate, based on the law and sensitive to the needs of young people. Home and School Partnership and communication and an understanding of the school's approach to safeguarding disclosures is important.


What training will staff be given?

The school will provide training opportunities to staff in the Autumn / Spring term to ensure that there is a consistency of approach and that high quality and age-appropriate / faith-sensitive teaching takes place.

6. Resources

The RSHE lead will work with year group teams to choose educational resources and materials that are age-appropriate and which are in line with our legal duty in relation to impartiality. The school has a collaboration with Jigsaw PSHE and the PSHE Association. The school will however amend resources to ensure they are age appropriate and faith-sensitive. The school will also use verified external agencies to support student understanding.

In the event of external agencies and resources being used the school will ensure the materials comply with the RSHE policy, the Teaching Standards, the Equality Act 2010, the Human Rights Act 1998, the Education Act 1996 and align to the teaching requirements set out in the statutory guidance.

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7. Roles and Responsibilities

RSHE Lead

The RSHE lead will be a member of the SLT (AHT with oversight of RSHE, **Dr. Cassim ASHRAFF**).

If you have any questions regarding this policy or RSHE please contact:

RSHE@woodford.redbridge.sch.uk

8. Relevant Legislation, School Policies and useful outside agencies (to be developed as appropriate)

See Appendix 3

9. Monitoring and Review

When monitoring this policy, through its committee work, the governing body will:

☑ Require the Headteacher to report to the governors on the way the policy is being implemented.

This policy will be reviewed by the governing body every 2 years, or earlier if considered necessary. Furthermore, in accordance with DFE requirements this policy will be readily available to staff, parents and students via the school website.

10. Approval / Amendment

This policy is approved by the Governing Body of Woodford County High School. Any amendments to this policy require approval by the Governing Body of Woodford County High School.

Questions

If you have any questions about this policy, please contact Assistant Headteacher with oversight of RSHE at Woodford County High School, High Road, Woodford Green, Essex, IG8 9LA or e-mail RSHE@woodford.redbridge.sch.uk.



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Appendix 1

Science National Curriculum

KS3

Reproduction

- reproduction in humans (as an example of a mammal), including the structure and function of the male and female reproductive systems, menstrual cycle (without details of hormones), gametes, fertilisation, gestation and birth, to include the effect of maternal lifestyle on the foetus through the placenta
- reproduction in plants, including flower structure, wind and insect pollination, fertilisation, seed and fruit formation and dispersal, including quantitative investigation of some dispersal mechanisms

KS4

Health, disease and the development of medicines

- the relationship between health and disease
- communicable diseases including sexually transmitted infections in humans (including HIV/AIDs)

Coordination and control

- principles of nervous coordination and control in humans
- the relationship between the structure and function of the human nervous system
- the relationship between structure and function in a reflex arc
- principles of hormonal coordination and control in humans
- hormones in human reproduction, hormonal and non-hormonal methods of contraception



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Appendix 2

Jigsaw RSHE - <https://www.jigsawpshe.com/jigsaw-secondary-pshe-ages-11-16-12-16/>

PSHE Association - <https://www.pshe-association.org.uk/>

Appendix 3

DfE Guidance for teaching Relationships, Sex and Health Education 2020.

<https://www.gov.uk/guidance/teaching-about-relationships-sex-and-health>

Forms or details relevant to withdrawal from Non – Statutory Sex Education (Example)

Name of Child	
Form	
Sex Education lessons to be removed from	
Please explain your reason to withdraw your child from this lesson	
Parental signature	
Date	