



Cleeve
Park
School

Relationships Education, Relationships and Sex and Health Education

Policy

July 2019

Policy review date: September 2020
To be reviewed by: AHT & DSL

This policy was developed in response to Sex and Relationship Education Guidance DfES 2000, Draft DfE Relationships Education, Relationships and Sex and Health Education, July 2018, the DfE consultation response to Relationships Education, Relationships and Sex and Health Education, February 2018. The policy has also been informed by the National Teenage Pregnancy Strategy, PSHE Association guidelines and The National Healthy Schools Programme.

1. The Consultation Process has involved:

- Review of SRE curriculum content by Assistant Head Teacher with responsibility for Relationships Education, Relationships and Sex and Health Education.
- Consultation with school governors

2. Definition of Relationships Education, Relationships and Sex and Health Education.

The School bases its definition of Relationships Education, Relationships and Sex and Health Education on guidance from the government DfE draft Relationships Education, Relationships and Sex and Health Education: Relationships Education, Relationships and Sex and Health Education is education that will enable students to make informed decisions about their wellbeing, health and relationships. Sex education should ensure that students are able to make sound decisions when facing risks, challenges and complex contexts. Sex Education should enable students to know how and when to ask for help.

The two areas to be covered are:

Relationship and sex education
Physical and mental wellbeing

3. Aims

Students should be able to:

- Develop skills and understanding about the value of loving, diverse and stable relationships. Students should be able to make safe choices and understand the difference between safe and unsafe behaviour.
- Understand what is acceptable and non-acceptable behaviour in a range of relationships.
- Understand what is meant by relationships and what constitutes healthy relationships; this includes friendship groups
- Know their rights, responsibilities and opportunities online; including acceptable behaviour on line
- Know the laws relating to sexual consent, exploitation, abuse, grooming and coercion
- Know how to recognise positive aspects of healthy one to one relationships.

4. Subject content

Relationships Education, Relationships and Sex and Health Education in secondary school should build on that learned in the primary school content.

- Relationship and sex education will cover: Families, Respectful relationships, Online and the media, Being safe and Intimate and Sexual relationships, including Sexual Health.
- Physical and mental wellbeing will cover: Mental wellbeing, Internet safety and harms, Physical health and fitness, Healthy eating, Drugs, alcohol and tobacco, Health and prevention, Basic first aid and Changing adolescent body.

Details of content can be seen in Appendix 1

5. Delivery of Relationships Education, Relationships and Sex and Health Education.

Much of Relationships Education, Relationships and Sex and Health Education will be delivered in Personal, Social, Health Education (PSHE), Science and Religious Studies. However, several of the themes will also be explored in subjects such as English, Drama and Computer Science. Relationships Education, Relationships and Sex and Health Education will be primarily delivered by the student's form tutor as they will have knowledge of the student's individual circumstances. Cleeve Park School will also use external health professionals where appropriate.

6. Inclusion

Sexual Identity and Sexual Orientation:

We aim to deal sensitively and honestly with issues of sexual orientation, answer appropriate question and offer support. Young people, whatever their developing sexuality need to feel that sex and relationship education is relevant to them.

7. SEND

Cleeve Park School will ensure that Relationships Education, Relationships and sex and Health will be accessible to all students. This includes those with SEN needs, physical disabilities, social, emotional and mental health needs. That there will be high- quality planning and differentiation. The Relationships Education, Relationships and Sex and Health Education will prepare them for adult life. Content and teaching may be tailored to specific needs; it will recognise that students with special educational needs can be particularly vulnerable to exploitation and other issues.

8. Sensitive or controversial topics

Issues of sexual orientation and abortion will be delivered through Religious Studies where a range of religious and non-religious viewpoints will be discussed in a sensitive non-judgemental way. Any Relationships Education, Relationships and sex and Health lesson may consider questions or issues that some students will find sensitive. Before embarking on these lessons, ground rules will be established, which prohibit inappropriate personal information being requested or disclosed by those taking part in the lesson. When students ask questions, we aim to answer them honestly, within the ground rules established at the start of the sessions. When it is felt that answering a specific question would involve information at a level inappropriate to the development of the rest of the students, the question may be dealt with individually at another time. Any concern regarding discussions about sexual activity or abuse will be referred to The Safeguarding team.

9. Right to withdraw

Parents have the right to withdraw their child from some or all of sex education when it is delivered as part of Sex and Relationship education but not from Science lessons. Any parent wishing to withdraw their child from all or part of RSE should discuss this with their child's Head of Year at the earliest possible convenience.

10. Safeguarding, reports of abuse and confidentiality

Staff cannot offer unconditional confidentiality. Please refer to the school Safeguarding Policy regarding our reporting procedures.

In a case where a teacher learns from a student under 16-years-old that they are having or contemplating sexual intercourse:

- The young person will be persuaded, wherever possible, to talk to parent/carer and if necessary to seek medical advice.
- Child Protection issues will be considered, and referred if necessary to the teacher responsible for Child Protection under the school's procedures.
- The young person will be properly counselled about contraception, including precise information about where young people can access contraception and advice services.

Health professionals in school are bound by their codes of conduct in a one-to-one situation with an individual student, but in a classroom situation they must follow the school's Safeguarding policy and reporting any concerns they have to the appropriate person.

8. Monitoring and Evaluation of Relationships Education, Relationships and Sex and Health Education

Where Relationships Education, Relationships and Sex and Health Education is delivered in PSHE, the PSHE Co-ordinators have responsibility to oversee and organise the monitoring and evaluation of PSHE in the context of the overall school plans for monitoring the quality of teaching and learning. The PSHE programme will be treated as a subject department in this exercise, i.e. all departments undertake yearly self-evaluation and half- termly drop-ins to assess the quality of teaching and learning in these sessions.

The Governors Business Committee is responsible for overseeing, reviewing and organising the revision of Relationships Education, Relationships and Sex and Health Education policy.

Ofsted is required to evaluate and report on spiritual, moral, social and cultural development of students. This includes evaluating and commenting on the school's sex and relationship education policy, and on support and staff development, training and delivery.

Delivery of Relationship Education, Relationships and Sex Education and Health Education			
Cleeve Park School will ensure that each topic is delivered age appropriately. This may mean that topics are revisited but the content of the topic will be different.			
Relationship and Sex education			
Family	Pupils should know	Where covered	Key stage
	There are a range of committed stable relationships which support the human happiness and the welfare of children	Religious Studies	KS3 and 4
	What civil partnerships, cohabitation and marriage are, including the legal status of these. The difference between a religious marriage ceremony and marriage recognised in law	Religious Studies	KS4 and 5
	Why marriage is considered important. The difference between arranged marriage and forced marriage	Religious Studies	KS3 and 4
	Responsibilities of parenthood	Religious Studies and PSHE	KS3 -5
	How to judge safe and unsafe relationships within the family, friendship groups and peer groups. To know when and where to seek advice, support and help	PSHE, assemblies, External workshops	KS3 -5
Respectful relationships, including friendships. Being safe			
	Understand the difference between sex and gender. That LGBT rights are recognised in law. How this means that our definitions of identity and relationships have widened.	PSHE Religious Studies	KS3 and 4 KS4
	What makes a healthy and positive relationship on and off-line. Understanding terms such as: consent, boundaries, privacy	PSHE Computer Science	KS3-5
	To learn how to manage conflict in relationships, how to reconcile and restore. How to listen to and accept views that are different	PSHE	KS3-5
	Recognise and understand the damage that can be caused by stereotyping: race, sex, gender	PSHE Religious Studies	KS3 and 4
	What is meant by respect and respectful relationships. To understand this for their current lives and for adulthood	PSHE, Careers, External Workshops Assemblies	KS3-5
	To understand and have a shared definition of bullying. Understand the damage it causes and the consequence of being unkind. How to report incidents and understand that to be a bystander is not acceptable. To understand that the end of friendships and bullying are not the same thing. To understand that bullying can be caused by a lack of tolerance to difference.	PSHE, Careers, External Workshops Assemblies	KS3-4
	To understand that sexual harassment and violence are unacceptable. The law regarding this	PSHE, Workshops	KS3-5
	Legal rights and responsibilities regarding Equality	Religious Studies	KS3 - 4

Online and Media			
	Their rights and responsibilities online. The dangers and risks. Including sharing information/pictures. Sharing indecent images of children is against the law.	Computer Science PSHE Workshops	KS3 -5
	Know that information put on social media is difficult to remove and can be seen by others including future employers	Computer Science Careers PSHE	KS3-5
	Know that sexually explicit material can give a false what impression of consenting, respectful sexual relationships are like	Religious Studies	KS4
	How information is generated, collected and shared on line	Computer Science	KS3-5
	How to ensure that your data is secure	Computer Science	KS3-5
Intimate and sexual relationships including sexual health			
	Recognise what is a healthy intimate relationship	PSHE	KS3 -5
	Know that intimate relationships affect all aspects of our physical, mental and emotional health	PSHE	KS4-5
	Facts about reproduction and reproductive health. Fertility and lifestyle choices that could affect infertility	Science	KS3-4
	How to identify, manage, avoid, sexual pressure. Know that chastity is an acceptable lifestyle choice	PSHE Religious Studies	KS3-4
	Facts about pregnancy, miscarriage and still-birth	Science	KS4
	Facts around contraception and choice	Science Religious Studies	YEAR 9 KS4
	Facts around choices for an unplanned pregnancy: keeping it, adoption, abortion	GCSE Religious Studies	KS4
	Facts around sexually transmitted diseases	Science PSHE	KS3 and 4
	How alcohol and drugs put people at risk of poor sexual choices	PSHE Work shops	KS3and 4
	Where and how to get advice	Pastoral teams PSHE	All key stages

Physical health and mental wellbeing			
Mental wellbeing	Students should understand that talking about emotions is important and be given the tools to do this	PSHE Drama WorkShops	All key stages
	To understand what is meant by wellbeing and recognise wellbeing issues	PSHE Drama WorkShops	All key stages
	Learn information about common types of mental illness	PSHE Drama WorkShops	All key stages
	Understand what behaviours negatively and positively affect mental, physical and emotional wellbeing.	PSHE Drama WorkShops	All key stages
Internet safety and harms	Understand what is unhealthy and healthy behaviour online.	PSHE Drama Workshops	All key stages
	Understand negative, illegal and	PSHE	All key stages

	manipulative information on line.	Drama Workshops	
	Know the importance of reporting online abuse and how to do this.	PSHE Workshops Pastoral team	All key stages
Physical health and fitness			All key stages
	Understand how important physical fitness is for physical, emotional and mental well being	PE Sports Science PSHE Work shops	KS3
	What constitutes a healthy lifestyle and how unhealthy lifestyle can impact on medical health e.g. diabetes and some cancers	Food technology PSHE PE Work shops	KS3
	Facts about wider issues for example organ donation	Religious Studies	KS4
Healthy eating			
	Know how to maintain a healthy diet	Food technology PSHE WorkShops	KS3
	Understand what constitutes a healthy diet and the implications of a poor diet	Food technology PSHE WorkShops	KS3
	Risk factors around eating disorders. Body images	WorkShops PSHE	All key stages
Drugs, alcohol and tobacco			
	The facts about legal and illegal substances	PSHE Science KS3 and 4	KS3 and 4
	LinkS to serious mental health conditions associated with alcohol and drug misuse	PSHE Science KS3 and 4	All key stages
	The law relating to supply and possession of illegal substances	PSHE Science	KS3 and 4
	What is meant by safe limits with alcohol	PSHE Science Science	KS3 and 4
	Know the physical and psychological, financial and environmental consequences of addiction	PSHE Science	KS3 and 4
	Know the dangers associated with prescribed drugs	PSHE Science	KS3 and 4
	Know the facts associated with smoking tobacco. Benefits of quitting and support to stop	PSHE Science	KS3 and 4
Health and prevention			
	Personal hygiene, germs, spread and treatment of infection	PSHE Science	KS3
	Dental hygiene	PSHE	KS3
	Know how to self-examine and the importance of doing this	External health care	KS4 -5
	Importance of sleep and effects of poor sleep patterns.	External health care	All key stages
Basic first aid			
	Basic treatment for common injuries	St. Johns Ambulance	KS4-5
	Lifesaving skills including CPR	St. Johns Ambulance	KS4-5
	The purpose of defibrillators and when one might be needed	St. Johns Ambulance	KS4-5
Changing adolescent			

body			
	Key facts about puberty and main changes between male and female bodies	Science	KS3
	The implication of these changes for emotional and physical health	PSHE	KS3