



Hedingham School & Sixth Form

Relationships and Sex Education Policy

This Policy will be presented to the Full Governing Body on the 1 December 2021

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| Approved by the Curriculum and Personnel Committee on: | 13 October 2021 |
| It was ratified by the Full Governing Body on: | 1 December 2021 |
| Next review due by: | Ongoing |

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Definition, Values and Aims

'Relationship and Sex Education (RSE) is lifelong learning about physical, sexual, moral and emotional development. It is about the understanding of the importance of stable and loving relationships, respect, love and care for family life. It involves acquiring information, developing skills and forming positive beliefs, values and attitudes. It is also about the teaching of sex, sexuality and sexual health.'

(DfE 2020)

Relationships and sex education at Hedingham School is one element of our student personal development programme, the purpose of which is to equip students with the knowledge they need enable them to live safe, fulfilled and healthy lives.

The Relationships and Sex Education Policy (RSE) is based upon our behaviour ethos of Ready, Respect, Safe. It reflects The Department for Education document, Changes to the Teaching of Sex and Relationship Education and PSHE (December 2017) and a change in terminology of Sex and Relationship Education to Relationships and Sex Education.

The aim of the Relationships and Sex Education Policy is to support students through their physical, emotional and moral development.

Links to Other Policies

This Relationship and Sex Education Policy is linked to the following policies:

- Behaviour & Recognition Policy
- Child Protection & Safeguarding Policy
- Personal Development Policy
- Keeping Children Safe in Education Statutory Guidance 2021

Relationship and Sex Programme

Hedingham School delivers RSE through its Personal Development programme. This is delivered through Personal Development sessions which take place in three half hour sessions each morning in tutor groups. In addition to this, RSE is taught through 'Drop Down Days' where aspects of RSE and Personal, Social, Health and Economic Education are delivered to students through 'in house specialists' or outside speakers.

Furthermore, RSE forms part of the Science National Curriculum and is delivered by staff in the Science Department. These lessons focus more on the physical aspects of development and reproduction, although the importance of relationships is not forgotten. RSE is also delivered through the wider curriculum in subjects such as PE and Child Development. The Relationships and Sex Education programme will be age appropriate.

The RSE programme includes the following components:

Ready

- Biological aspects of reproduction, family planning, pregnancy. Factual knowledge around sex, sexual health and sexuality, set firmly within the context of relationships
- Physical and emotional changes during adolescence

Respect

- Developing positive values and a moral framework that will guide their decisions, judgements and behaviour
- Understand the value and importance of family life as a social institution
- Respect other people, in particular, learning to respect the different cultural/ ethnic/ religious, gendered viewpoints of others in our school community and the wider world

Safe

- Sexual Identity – have the confidence and self esteem to value themselves and others
- Sexual Attitudes – Understand and respect both their own and others' decision to judge what kind of relationship you/they want

- HIV/AIDS and sexually transmitted diseases
- Sexual Harassment – avoid being exploited or exploiting others or being pressured into unwanted or unprotected sex
- Understand and be able to identify factors involved with unhealthy relationships and where to seek support
- Legislation relating to sexual behaviour including consent and online behaviour – understand the consequences of their actions and behave responsibly within sexual and personal relationships
- Support Services – be aware of sources of help and acquire the skills and confidence to access confidential health advice, support and treatment if necessary
- Safety online
- How relationships may affect health and wellbeing, including mental health

Inclusion

Ethnic and Cultural Groups

We intend our policy to be sensitive to the needs of different ethnic groups. For some young people it is not culturally appropriate for them to be taught particular items in mixed groups. We will respond to parental requests and concerns.

Students with Special Needs

We will ensure that all young people receive relationship and sex education, and we will offer provision appropriate to the particular needs of all our students, taking specialist advice where necessary.

Sexual Identity and Sexual Orientation

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

Right of Withdrawal of Students from Relationship and Sex Education

Some parents prefer to take the responsibility for aspects of this element of education. They have the right to withdraw their children from all or part of the relationships and sex education except for those parts included in the statutory National Curriculum (ie in Science lessons) or in subjects where apparently unrelated topics lead to a discussion on aspects of sexual behaviour. The parental right to withdraw their child from the non-statutory component of sex education within RSE extends up to and until three 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 students's educational record. The Assistant Headteacher for Student Welfare will discuss the request with parents and take appropriate action.

The request to withdraw must be made in writing on the Appendix A form at the end of this policy. Parents are encouraged to discuss their decisions with staff at the earliest opportunity. Parents are welcome to review any RSE resources the school uses. Parents are informed of this process on entry to school.

Confidentiality, Controversial and Sensitive Issues

Teachers cannot offer unconditional confidentiality. Should issues of a sensitive nature arise, the school, whilst providing maximum support for the students, will aim to involve parents and/or any relevant support agency.

The schools will provide opportunities for students to speak to the school nurse, who while respecting the confidence of the students, will encourage them to work with their parents in addressing any issues of a personal or sensitive nature.

The schools' response to confidentiality is in the first instance to maintain the safety of the student.

(see also Hedingham School Child Protection Policy)

Appendix I:

**Parent/Guardian form:
Withdrawal from Sex Education within Relationships and Sex Education**

| To Be Completed By Parent/Guardian | | | |
|--|--|-------|--|
| Name of Child | | Class | |
| Name of Parent/Guardian | | Date | |
| Reason for withdrawing from sex education within relationships and sex education | | | |
| | | | |
| Any other information you would like the school to consider? | | | |
| | | | |
| Parent/Guardian Signature: | | | |
| | | | |
| Agreed actions from discussion with parent/guardian | | | |
| | | | |
| School Signature: | | | |
| | | | |