

Herne Bay High School's Relationship & Sex Education Policy

Policy reviewed by	S. Richford Head of PSHE and Citizenship	Date of last review	06/2020	Date of next review	07/2021	Date of policy ratification by Governors	Oct 2020
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RSE Defined

Relationships & Sex Education is statutory and is taught through PSHE, Science and RE. Relationships & Sex Education is lifelong learning about physical, moral, and emotional development. RSE is spiralling and will be based on relationships education including friendships and family relationships and managing these alongside education around one's personal health and puberty. The curriculum will then develop to an understanding of healthy and respectful romantic and physical relationships. It is also about the teaching of sex and sexual health including about the reproductive systems and menstruation as well as the social aspects of consent. RSE will provide an opportunity to discuss identity, encourage critical thinking and decision-making as well as allowing our young people to challenge myths, misconceptions, and prejudices in a timely manner. It will not be about encouraging sexual experimentation. The curriculum is designed to be age appropriate and delivered as a spiral curriculum throughout the academic journey. Teaching about mental wellbeing is fundamental within this education to enable young people to live safe, fulfilled, and healthy lives and ensuring they are protected from relationship-led or sexual harm.

Aims of the RSE curriculum

- To explore the concept of relationships, love, and care & an understanding that there are different types of relationships.
- To explore the associated social areas of moral/religious/family values, gender roles and stereotypes.
- To acquire knowledge and understanding about male and female puberty, menstruation, and the physiology of sexual reproduction.
- To provide young people with information about different types of contraception, safe sex and how they can access local sources of further advice and treatment.
- To provide a controlled opportunity for students to examine their own and others' attitudes to sexual activity and related issues.
- To give young people a clear understanding of the arguments for delaying sexual activity and resisting pressure.
- To promote an awareness of the pressures placed upon young people to behave in certain ways and how these relate to the legal position regarding sexual behaviour. To help improve assertiveness and the confidence to cope with such pressures.
- To link sex and relationship education with issues of peer pressure and other risk-taking behaviour, such as drugs, smoking and alcohol
- To further develop personal communication skills and empathy towards others.
- To help build student's self-esteem and to develop a sense of responsibility.
- To teach about the taking on of responsibility and the consequences of one's actions in relation to sexual activity and parenthood.
- To ensure young people understand how the law applies to sexual relationships.

Details of content/ scheme of work and when each topic is taught.

PSHE

S Richford is Head of Department for PSHE & Citizenship. J Brennan is Head of PSHE at Sixth Form.

PSHE takes the form of three Core Themes (PSHE Association). Staff who teach PSHE complete SRE training delivered by Sarah Richford ahead of teaching any Relationships & Sex Education.

- Health and Wellbeing
- Relationships
- Living in the Wider World

Year 7	<p>Resilience: Students are encouraged to reflect on how to manage their own thoughts, beliefs, and actions when it comes to their relationships with others (friends, parents, teachers etc), peer pressure and the world around them.</p> <p>Health Puberty & Safety: Students are introduced to male and female puberty and the physical and emotional changes that occur due to puberty.</p> <p>Media Navigator: Students are encouraged to consider their uses of gaming, the media and social media and how others see them both in the real and online worlds. Online grooming, relationships and e-Safety will also be discussed.</p> <p>Friendships & Relationships: Students are encouraged to consider the basics of human interaction with those around them such as parents, teachers and friendships including conflict in relationships and bullying.</p>
Year 8	<p>Discrimination & Inclusion: Students are encouraged to consider discrimination in society including that of the LGBTQ+ community amongst others.</p> <p>Emotional Wellbeing: Students are encouraged to consider their own wellbeing, sources of stress, ways to cope with change and the impact that the media and social media can have on body image.</p> <p>Identity & the Physical Self: Students are encouraged to consider their own values and the things they value in the relationships they hold with others. Healthy and unhealthy aspects of a relationship are also explored.</p>
Year 9	<p>Respectful Relationships: Students are encouraged to reflect on relationships they see in the media or online and consider.</p> <p>Intimate Relationships: Students are introduced to sexual consent, sexual harassment, sexual health, and contraception.</p>
Year 10	<p>Families & Respectful Relationships: Students consider different families, parental responsibilities, and relationship changes.</p> <p>Intimate Relationships: Students revisit sexual health, future fertility, and healthy relationships</p>
Year 11	<p>Mental Health: Students reflect on their own mental health, stressors and the triggers which can cause them to struggle with stress including relationships, school and other forms of pressure.</p>
Year 12	<p>Dealing with Abuse: Students reflect on abusive relationships, domestic abuse, and what sexual abuse is. This is reinforced with an external provider talk by the Sexual Assault Referral Centre including discussion about rape and incest.</p> <p>SRE: Students revisit sex and the law, sexual harassment, and sexual health. The physical, emotional, and legal aspects of sex and relationships are considered. Students consider their sexual health and contraception as well as family planning, birth, and abortion.</p>
Year 13	N/A

Details of content/ scheme of work and when each topic is taught.

Religious Education/ Religious Studies

F Allen is Head of Department for RE/RS

Students study a Thematic Unit focusing on Sex and Relationships in the Summer term of Year 9 and RSE is also part of the A Level RS Ethics module that student's study.

Year 9	<p>The main topics within the unit are as follows:</p> <ul style="list-style-type: none"> - Human Sexuality (the different ways a person might express themselves as sexual beings) - Age of Consent - Homosexuality (including all the legal advances in UK history) - Sex before and outside of marriage - Contraception and Family Planning - Marriage and the different forms of legal unions - Relationships and Roles within the family.
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	NB: For each topic we look at contemporary British attitudes and then Christian and Muslim perspectives.
Year 12	As part of the A Level RS Ethics module students study sexual ethics in Year 12 – These covers topics such as: <ul style="list-style-type: none"> - Homosexuality - Adultery - Sex before and after marriage - Promiscuity. - Fertility issues and treatments - Contraception NB: For each topic students examine secular and religious responses to these issues.

Details of content/ scheme of work and when each topic is taught.

Science

L Powell is Head of Department for Science

Year 7 students carry out a Biology topic of Reproduction in Term 5

Year 7	<ul style="list-style-type: none"> - Reproduction in humans - Gametes and Fertilisation - Menstrual Cycle - Gestation & Birth - Effects of Smoking and Alcohol on the foetus - IVF
GCSE Science	Gametes (all Y10 and 11 students) Menstrual Cycle (all Y10, only Separate Science students in Y11) IVF (all Y10, only Separate Science students in Y11)

Who delivers Relationships & Sex Education?

The majority of students Relationships & Sex Education is delivered throughout PSHE and is complemented by science and RE/ RS lessons. Students have one lesson per week of PSHE in Y7, 8, 12 & 13 and one lesson fortnightly in Y9, 10 & 11. Students follow a spiralling curriculum throughout their PSHE education at Herne Bay High School. Where possible subject specialist teachers will teach these areas.

The policy, how it is produced, reviewed, and updated.

This policy has been developed in line with the Department for Education's Relationships Education, Relationships and Sex Education (RSE) and Health Education Statutory guidance for governing bodies, proprietors, head teachers, principals, senior leadership teams, teachers. It has been created collaboratively with other heads of department and senior leaders within the school. Students and parents are also informed and consulted on the education provided.

Working with parents

A parental consultation took place between 7th October – 15th October 2021. Parents of all students' years 7 – 13 were provided with the curriculum and were given the opportunity to feedback including to comment upon their own confidence in discussing various sensitive issues, as well as to make comments on the current curriculum provided. The feedback from parents was largely positive and supportive and suggestions were made and taken into consideration by S Richford as Head of Department for PSHEE & Citizenship.

Parents will be informed by letter before the year 9 and 10 curriculum commences to allow them to prepare to discuss topics covered in school at home. Parents are always encouraged to discuss any issues or ongoing concerns they may have about their child with school staff. Parents are also guided toward the SRE policy within this written communication and are welcome to contact the school with any suggestions, concerns, or questions that they may have regarding the SRE curriculum.

Working with students

Students will also have the opportunity to comment on whether they feel the curriculum is timely and relevant through student feedback via classroom discussion and online questionnaires to ensure that the curriculum is relevant to their needs.

Monitoring and evaluation of RSE

RSE is monitored through whole school quality assurance procedures. Teachers are expected to attend training sessions around the statutory guidance to enable them to be as informed as possible about the content, delivery, and expectations of RSE. Teachers are also given the opportunity to observe more experienced teaching staff teaching sensitive content if they are new to teaching PSHE or if they feel they need the support. RSE is evaluated through feedback from staff both those delivering the content and through pastoral 'college' teams. It is also evaluated through staff and student questionnaires on the content and experience of lesson delivery.

The right to withdraw

Parents have a right to request to withdraw their child from sex education delivered as part of RSE in secondary schools which, unless there are exceptional circumstances, should be granted up to three terms before their child turns 16. At this point, if the child themselves wishes to receive sex education rather than be withdrawn, the school should make arrangements for this to happen in one of the three terms before the child turns 16 - the legal age of sexual consent.

Delivery of the content to students

Students will have access to the content of SRE in timetabled PSHE, RE and Science lessons. Where possible SEND staff will be available to support these lessons and assist with one-to-one support where necessary.