

Sex and Relationships Policy

Southend High School for Girls Academy Trust



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Governor Policy 17S	Author:	Authorised by: Board of Governors
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Reviewing authority:

Date for review	Reviewed Annually by	Reviewed by Board	A	B	C	Date of new edition
February 2015	JC	05/03/2015			*	
May 2018	AJL		*			
January 2019	AJL		*			
June 2020	RKI / AJL	23/06/2020	*			

A = accepted with no amendments

B = accepted with amendments

C = new edition created

Policy Summary – Key Points

- SHSG believes that effective sex and relationship education is essential if young people are to make responsible and well-informed decisions about their lives. It should not be delivered in isolation. It should be firmly rooted within the framework for PSHE and the National Curriculum. It should teach young people to understand human sexuality and to respect themselves and others.
- SHSG believes that Relationship and Sex Education must be fully inclusive of all genders, ethnicities, sexual orientations and all types of families.
- Sex and relationship education should contribute to promoting the spiritual, moral, cultural, mental and physical development of students at SHSG and of society and preparing students for the opportunities, responsibilities and experiences of adult life.
- SHSG believes it is essential to work in partnership with parents, consulting them regularly on the content of sex and relationship education programmes.
- The school recognises the need for teachers to be trained to deliver high quality relationships and sex education.
- The school has set a framework for establishing what is appropriate and inappropriate in a whole-class setting and how to deal with individual questions.
- Safeguarding procedures will be followed at all times.
- The school recognises the importance of working with external agencies and healthcare professionals.

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Southend High School for Girls Relationships and Sex Education Policy

Aims

At Southend High School for Girls we believe that high-quality Relationships and Sex Education provides students with the knowledge, skills and confidence to make safe, healthy and informed relationship choices as young people and in the future as adults. We believe in empowering our students to understand their bodies, to reflect on their relationship values and to be able to openly discuss relationships and sex. We believe that this approach will reduce the risk of unhealthy and abusive relationships. At Southend High School for Girls we are committed to the important role that RSE plays in students' holistic education and we aim to build on the RSE programmes covered in Primary Schools.

Objectives

At Southend High School for Girls our Relationships and Sex Education Programme seeks to:

- Be age appropriate and differentiated to the needs of students including SEND, and any other disabilities that require a bespoke curriculum
- Present information in an objective, balanced and sensitive manner
- Encourage the development of social skills and strategies, which will reduce the risk of exploitation, misunderstanding and abuse.
- Be fully inclusive of all genders, ethnicities, sexual orientations and all types of families (LGBT inclusive)
- Develop a clear understanding of the importance of **consent**; how to give, withdraw, ask for and recognise consent
- Reinforce the importance of **loving relationships**, rooted in **mutual respect**
- Explore the skills needed for **effective parenting** and how to assess one's readiness to be a parent
- To represent all types of families and to explore the different methods for starting a family
- To ensure that BAME, LGBT and people with disabilities are positively represented in our curriculum
- Ensure students can identify the qualities of **healthy and unhealthy relationships**
- Allow students to examine the physical and emotional implications of sexual behaviour
- Make students aware how and where to **seek help** if they are in an unhealthy or abusive relationship
- Prepare students for the journey from **adolescence to adulthood**
- Provide students with a safe environment to learn about **sexual orientation and gender identity**, reinforcing the importance of mutual respect and tackling LGBT misconceptions, homophobia, transphobia, bi-phobia and gender stereotypes
- Ensure that students have a clear understanding of **sexual and reproductive biology**, including knowledge of HIV and other sexually transmitted diseases

- Ensure students understand the different risks associated with various types of sexual activity and understand how to engage in **safe sexual activity** by exploring a range of **contraception**
- Place paramount importance on online safety and the risks of using social media and the internet for sexual purposes.

Legal Requirements

Under the Education Act (1993) and the Education Reform Act (1998) all schools are required to maintain a statement of Policy regarding RSE and make it available to parents on request. This policy complies with DfE Guidance on Sex & Relationships Education (0116/2000) and the supplementary guidance Sex & Relationships Education for the 21st Century 2014.

From September 2020 the guidance document '**Relationships Education, Relationships and Sex Education (RSE) and Health Education: statutory guidance for governing bodies, proprietors, head teachers, principals, senior leadership teams, teachers**' will become statutory. This document clearly sets out the curriculum content that secondary schools must deliver on RSE and Health Education. This document contains information on what schools should do and sets out the legal duties with which schools must comply when teaching Relationships Education, Relationships and Sex Education (RSE) and Health Education. Unless otherwise specified, 'school' means all schools, whether maintained, non-maintained or independent schools, including academies and free schools, non-maintained special schools, maintained special schools and alternative provision, including pupil referral units.

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/781150/Draft_guidance_Relationships_Education_Relationships_and_Sex_Education_RSE_and_Health_Education2.pdf

Course Content

Our RSE curriculum is outlined in our PSHE policy. Detailed content of the Relationships & Sex curriculum will be made available to parents on request. Our curriculum content will cover the required themes as set out in **Relationships Education, Relationships and Sex Education (RSE) and Health Education: statutory guidance for governing bodies, proprietors, head teachers, principals, senior leadership teams, teachers**- See appendix 2 for our programme of study in each year group.

Sensitive or Controversial Topics

- During Relationships & Sex Education lessons (and at other times) controversial topics may arise. The judgement of individual teachers will decide as to whether the subjects are suitable for class discussion. Teachers will try to answer student questions honestly, sensitively and in such a way that takes the context into account. In all circumstances, the professional judgement of the teacher must come in to play.
- If a question is felt to be too explicit, the teacher will acknowledge it and deal with it outside the whole class setting.
- Teachers should establish a set of ground rules so that young people are aware of parameters.

- Students should never be asked to disclose their sexual orientation or personal information about themselves or others.
- Teachers and students will show respect for all genders, sexualities and different types of families
- Any concerns that arise about sexual abuse or any other safeguarding issues must be followed up under the school's safeguarding procedures.
- Where discussions about sexual behaviour arise from apparently unrelated topics, teachers will give attention to relevant issues, again using professional judgement.

Organisation and Delivery

- Relationships & Sex Education is taught in Y7-11 through PSHE 'Life Skills' lessons and through assemblies and curriculum days.
- All students within the school have equal access to Relationships & Sex education. Topics are revisited in order to allow provision for previous absence and different levels of understanding, maturity and learning abilities
- Teachers and all those contributing to Relationships & Sex education will work within an agreed framework as set out in this policy
- We will work with external specialist organisations, consultants and healthcare professionals to ensure our curriculum reflects current best practice.
- In the Sixth Form a programme of workshops and visiting speakers is organised. Topics include online safety, sexually transmitted infections, risk-taking behaviours, consent, healthy and abusive relationships, LGBTQ issues.
- Training is organised for staff delivering Life Skills Lessons.

Working with Parents

- Parental support is integral to the success of our RSE curriculum. While we have an educational and legal obligation to provide young people with Relationships & Sex Education we respect the primary role of the parents in educating their children about these matters
- Our RSE programme is outlined in our Parent Handbook and parents/guardians are very welcome to explore our RSE curriculum further by requesting to view the teaching materials
- Under the Education Act 1993, parents have the right to withdraw their children from either part, or all, of the Sex Education provided by the school. However, this does not include aspects of Sex Education covered by the Science National Curriculum. Parents with concerns or considering withdrawing their child for RSE should in the first instance contact their child's Head of Year, who will invite the parent to a meeting to discuss their concerns and reassure the parents of the health and educational benefits of RSE. In most cases this resolves any concerns, but should parents still wish to withdraw their child from RSE then a request should be made in writing to the Headteacher. The DfEE will offer schools a standard pack of information for parents who withdraw their children from sex and relationship education.

Confidentiality

1. Effective RSE should enable and encourage young people to talk to a trusted adult if they are in a sexual relationship or contemplating being so. It is desirable but not always possible that that person should be their parent or carer. The law allows health professionals to see and in some circumstances to treat young people confidentially. Part of this process includes counselling and discussion about talking to parents.

2. When a member of staff learns from an under 16 year old that they are having, or are contemplating having sexual intercourse, they must refer the matter to the schools Designated Safeguarding Lead, or if a sixteen year old pupil is contemplating having sexual intercourse with a pupil below the age of 16, who will lead on the most appropriate course of action in line with the school's Safeguarding Policy.

The Role of Health Professions in the Delivery of Relationships and Sex Education

The school will work with health professionals in the development and implementation of the schools Relationships & Sex programme. Any visitors used to help in the delivery of the Relationships & Sex Education programme will be clear about the boundaries of their input and will be aware of the Relationships & Sex Education curriculum, relevant school policies and their work will be planned and agreed in advance.

SHSG recognises that links with outside agencies have a vital role to play in delivering up-to- date information to students. We have visits from outside speakers and endeavour to maintain good working links with:

- CEOP (Child Exploitation and Online Protection Centre)
- Police Liaison Officer
- School Nurse Services
- Stonewall

We maintain links with and receive training and support from the following organisations: Southend RSE Secondary Project, NHS Primary Care Trust; Southend Community Care Services; NHS Health Authority Trust and their support staff; Southend Local Authority. School Nurse Services and the Southend Sexual Health/Teenage Pregnancy Unit.

Monitoring and Evaluation

The implementation of this policy will be monitored and evaluated through the normal processes of Departmental Review that apply to all areas of the curriculum. This policy will be reviewed by the Governors biannually.

Linked Policies

- Safeguarding/Child protection
- Anti-Bullying
- Health and Safety
- Online Safety
- SEND