



King Egbert School

RSHE Policy

To be reviewed: September 2022

Agreed by Governors: September 2021

This is the up-to-date policy for RSHE and is available for students, staff, parents, Governors and inspection.

From September 2020 the teaching of RSHE (Relationships Sex and Health Education) is a statutory requirement. At King Egbert School we design lessons that are focussed on relationships and choices so when we teach RSE, the lessons are not purely Sex Education.

The aim of our RSE curriculum is to give young people the information they need to help them develop healthy, nurturing relationships of all kinds, not just intimate relationships. It enables them to know what a healthy relationship looks like and what makes a good friend, a good colleague and a successful marriage or other type of committed relationship. It also covers contraception, developing intimate relationships and resisting pressure to have sex (and not applying pressure). It teaches what is acceptable and unacceptable behaviour in relationships.

Here at King Egbert School, pupils understand the positive effects that good relationships have on their mental wellbeing, identify when relationships are not right and understand how such situations can be managed.

Our RSHE curriculum does not encourage early sexual experimentation. It teaches young people to understand human sexuality and to respect themselves and others. It enables our students to mature, build their confidence and self-esteem and understand the reasons for delaying sexual activity. Our RSE provision also supports people, throughout life, to develop safe, fulfilling and healthy sexual relationships, at the appropriate time.

Our RSHE provision teaches the facts and the law about sex, sexuality, sexual health and gender identity in an age-appropriate and inclusive way. All pupils receive lessons that are relevant to them and their developing sexuality. Sexual orientation and gender identity is explored at a timely point and in a clear, sensitive and respectful manner. When teaching these topics, we recognise that young people may be discovering or understanding their sexual orientation or gender identity. There is an equal opportunity to explore the features of stable and healthy same-sex relationships. This is integrated appropriately into our RSE programme, rather than addressed separately or in only one lesson.

Knowledge about safer sex and sexual health remains important to ensure that young people are equipped to make safe, informed and healthy choices as they progress through adult life. This should be delivered in a non-judgemental, factual way and allow scope for young people to ask questions in a safe environment. Many teachers use approaches such as distancing techniques, setting ground rules with the class to help manage sensitive discussion and using question boxes to allow pupils to raise issues anonymously.

King Egbert School defines sex education as teaching about the act of intercourse, conception, reproduction and child birth. There are no lessons in L@KES which teach solely these elements

(although we do reference them in lessons about contraception, for example.) Learning about reproduction and human development is taught within the science curriculum. Parents do not have the right to withdraw a child from science lessons.

At King Egbert School all pupils receive RSE lessons that build self-esteem and promotes positive relationships.

In L@KES we

- teach about relationships, love and care and the responsibilities of parenthood as well as sex;
- focus on boys as much as girls and we avoid presenting only a heterosexual view of relationships;
- build self-esteem;
- teach the taking on of responsibility and the consequences of one's actions in relation to sexual activity and parenthood;
- provide young people with information about different types of contraception, safe sex and how they can access local sources of further advice and treatment;
- give young people a clear understanding of the arguments for delaying sexual activity and resisting pressure;
- link sex and relationship education with issues of peer pressure and other risk taking behaviour, such as drugs, smoking and alcohol; and
- ensure young people understand how the law applies to sexual relationships

3. How is it evaluated and monitored

The School policy and routines around Quality Assurance are also followed in L@KES (including lesson drop ins, training and pupil voice activities.)

The L@KES programme is reviewed by the subject lead at the end of the academic year considering the views of pupils and L@kes teaching staff and any adjustments are made accordingly.

4. Parents right to withdrawal from RSE.

From September 2020 the teaching of RSE and Health Education (relationships and Sex Education) is a statutory requirement. At King Egbert School we design lessons to be focussed on relationships and choices so when we teach RSE the lessons are not purely Sex Education.

The statutory guidance for RSE and Health Education came into effect in all secondary schools in 2020, including academies, free schools and independent schools. In secondary education from September 2020:

- Parents will not be able to withdraw their child from any aspect of Relationships Education or Health Education.
- Parents will be able to withdraw their child (following discussion with the school) from any or all aspects of Sex Education, other than those which are part of the science curriculum, up to and until three terms before the age of 16.

- After that point, the guidance states that ‘if the child wishes to receive sex education rather than be withdrawn, the school should make arrangements to provide the child with sex education during one of those terms.’

- Where pupils are withdrawn from sex education, schools should document the process and will have to ‘ensure that the pupil receives appropriate, purposeful education during the period of withdrawal.’

At King Egbert School we welcome open conversation with parents to address any questions or concerns and the Head of L@KES will be happy to discuss the lesson aims before their child is taught a particular topic.

In accordance with the statutory guidance sex is something which happens in the context of a relationship. Therefore, our lessons are focussed on healthy/positive relationships and /or risk management.

An overview of our RSE curriculum can be seen below:

Year 7	Year 8	Year 9	Year 10	Year 11
<ul style="list-style-type: none"> • Growing up • Changes emotionally and physically (puberty). Inc awareness of changes in girls physically and emotionally. • Personal hygiene • Getting along with parents/carers • Feelings and emotions • Types of relationships between boys/girls, older/younger/ same sex couples. Sexuality. 	<ul style="list-style-type: none"> • What is a relationship (inc marriage, characteristics of other long term relationships, different types or committed stable relationships)? • What is a positive relationship? Features of a positive relationship (inc sexual and non-sexual) • What contributes to a negative relationship? • Roles and responsibility of parents inc successful parenting • How to deal with a breakdown in a relationship. • Appropriate/inappropriate relationships • Sharing indecent images of children and the law 	<ul style="list-style-type: none"> • Child Sexual exploitation (CEOP) • Trafficking (human and child) • Role of sex in the media inc pornography. The impact of viewing harmful content. • Use of social media and images. • Review of positive relationships. (follow up from year 8) criminal, violent, coercive control. • Types of contraception and how to access. Safe sex and choices. • Pregnancy (inc abortion – legal position, faith and miscarriage) and the pathways available for an unwanted pregnancy 	<ul style="list-style-type: none"> • Violent/unhealthy relationships (domestic abuse). What help is there? • FGM • Take an increased responsibility for monitoring own health/body. Checks. Testicular cancer • STIs/STDs (inc sexual health clinics) • Review of contraception for men and women • How do you know when the time is right? 	<ul style="list-style-type: none"> • Meaning of ‘consent’. How/ways to seek consent and to respect others’ right to give, not give or withdraw consent to engage in different degrees of sexual activity. • How the use of alcohol and drugs can lead to risky behaviour. • To recognise the impact of drugs inc. alcohol in a relationship and sexual behaviour. • Expectations concerning relationships and sexual activity

In addition to this the Subject lead for L@KES contacts the safeguarding and the Year Managers each term with a reminder of the content which will be covered in the coming weeks so that there is ample opportunity to make alternative provision for any pupils who might find any of the subject matter upsetting or unhelpful to their mental health.

In all of the cases mentioned above it is essential that this is agreed with the subject lead in advance in order to find suitable alternative provision for the child.

We pride ourselves on modelling how to build positive, respectful professional relationships and therefore are able to tailor our support to individuals’ needs and facilitate the sometimes difficult but essential conversation to help the young people of the King Egbert School community make informed choices and be safe. All L@kes staff follow our safeguarding procedure in reporting and recording safeguarding concerns.

The subject leader, plans and prepares all the L@kes lessons inc RSE. Lessons include signposts for internal school support and external agencies that support young people, along with other recognised support such as family and friends. The subject leader is available to support non-

specialist staff. Training and guidance are given to non-specialists and the subject leader makes herself available to support staff.

Ms J Cooke

L@kes Subject Leader