



ELTHORNE PARK

— HIGH SCHOOL —

Relationships and Sex Education (RSE) Policy

Adoption – October 2021

Review frequency – Yearly

Next review – October 2025

Status – Statutory

Committee – Curriculum

1. Introduction

Today's children and young people grow up in an increasingly complex world. This presents many opportunities, but also challenges and risks. In today's environment they must learn to be safe and healthy, and how to manage their academic, personal and social lives in a positive way both on and off-line.

Under the Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019, made under sections 34 and 35 of the Children and Social Work Act 2017, it is compulsory for all secondary schools to provide Relationships and Sex Education (RSE) and Health Education.

At Elthorne Park High School's values aim to support students in becoming Proud, Prepared and Principled young people who have the tools to Persevere and the confidence to Participate in their community. We define RSE as learning about physical, moral and emotional development. Relationships and Sex Education is not about the promotion of sexual activity; it is about understanding the importance of stable and caring relationships on and off-line which are rooted in equality and respect. We also provide statutory Health Education which helps students improve their physical health, mental health and know how to avoid risks, prevent disease or address illness.

This policy is available on the school's website and has been developed following a stakeholder consultation process. The school chooses how to deliver the subject and uses the Department for Education's (DfE) statutory guidance and objectives as a framework.

The policy will be promoted and implemented throughout the school. RSE is carried out principally within the Personal, Social and Health and Citizenship Education (PSHCE) curriculum but forms an important part of the school's SMSC and wider opportunities offer.

When planning the teaching of RSE and Health Education, the school has taken into account the religious background of all students and reflects what the law allows and does not allow. Lesson content is presented in an objective and balanced way, with students being encouraged to consolidate their own attitudes and values. They will be made aware of the differences between fact and opinion. Cultural and religious beliefs are explored respectfully through PSHCE and this will be supported by the Religious Studies curriculum.

The school is mindful to make reasonable adjustments to alleviate disadvantage or vulnerability of any of our students under the SEND Code of Practice when planning RSE and Health education lessons. Teachers do not discriminate against any students and are fully aware of the protected characteristics outlined in the Equality Act 2010 (ie age, sex, race, disability, religion or belief, gender reassignment, pregnancy or maternity or sexual orientation).

2. Roles and Responsibilities

Governors

The governing board will approve the RSE policy and hold the headteacher to account for its implementation.

The RSE Lead

The RSE Lead will ensure that:

- This statutory policy is available on the school's website.
- RSE and Health Education is taught at Elthorne Park High School fulfils its legal obligations and timetabled commitments.
- RSE and Health Education is adequately resourced, well led and effectively managed. They will regularly review resources to set out the subject content, ensuring that it is always inclusive, age-appropriate and allows teachers to keep up to date with current pedagogical and societal issues.
- They arrange induction training on the delivery of RSE and Health Education for early career and other newly appointed teachers.
- RSE and Health Education is delivered in a way that is accessible for all students with SEND so that all students can make progress in achieving expected educational outcomes in the subject. They are aware of and make reasonable adjustments to alleviate disadvantage or vulnerability under the SEND Code of Practice.
- When planning for RSE and Health Education, they are aware of the Equality Act 2010 and do not discriminate against any students because of any protected characteristic (age, sex, race, disability, religion or belief, gender reassignment, pregnancy or maternity, marriage or civil partnership, or sexual orientation) .
- They are aware of how any safeguarding issue in the context of RSE and Health Education will be dealt with at the school.
- Work with parents to share objectives and the sequence of the curriculum before lessons are taught. They will make resources available to parents including any that are provided by external facilitators.

Staff

Staff are responsible for:

- Delivering RSE and Health Education in a sensitive way
- Modelling positive attitudes to RSE and Health Education
- Assessing and monitoring progress
- Responding to the needs of individual students
- Responding appropriately to students whose parents wish them to be withdrawn from the non-statutory/non-science components of sex education
- responding to parent requests about RSE and liaising with parents over the content and delivery of the subject

Staff do not have the right to opt out of teaching RSE. Staff who would like extra support in teaching RSE are encouraged to discuss this with the headteacher / RSE lead.

Parents

Parents are the first educators of their children and have the most important influence as their children grow, mature and form relationships. Opportunities for parents to understand and ask questions about the school's approach help increase confidence in the curriculum.

At Elthorne Park High School we work with parents when reviewing, planning and developing RSE in school. Parents are made aware of what will be taught and when during year ahead meetings and are invited to view resources annually in person. They can request to see individual resources at any time during the school year - if a parent has a specific request to view a resource, they may email the RSE teacher or senior RSE lead. All RSE parent events will be advertised via the standard communication channels including the school's website, newsletter and social media platforms.

Parents of students at Elthorne Park High School cannot withdraw their children from Relationships or Health education. However, they may request to withdraw their children from all or part of any sex education. Sex education is defined as reference to healthy sexual relationships, and facts about sex and intimate relationships. Parents do not have the right to withdraw their children from the biological aspects of human growth and reproduction necessary under the national curriculum in science. A parent's request for the right to withdraw must first be made in writing to the head teacher and will always be carefully considered as part of a consultation with the senior RSE lead. If, following an open discussion, a parent still wishes to withdraw their child from specific lessons, the school will respect their wishes and alternative arrangements will be made for the student. After turning 15 years of age, if a student wishes to receive sex education (and has previously been withdrawn) then the school will make arrangements to provide it within the subsequent three terms. Parents have no right to appeal against that decision.

Students

Unless a formal right to withdraw request has been processed, students are expected to engage fully in RSE and, when discussing issues related to RSE, treat others with respect and sensitivity in line with The Elthorne Way and the school values.

4. Delivery and Content.

RSE and Health Education at Elthorne Park High School builds on the foundations of Relationships education our students will have received at their primary schools and on the age-appropriate sex education that they may have already received. The religious background of all students will be taken into account when planning teaching, so that those sensitive topics that need to be taught are appropriately handled. Teaching will explain relevant legal provisions as topics are covered so that students clearly understand what the law allows and does not allow, and the wider legal implications of decisions they may make.

Relationships Education will provide students with the information they need to help them develop healthy and nurturing relationships of all kinds, including what makes a good friend, a good colleague and a successful marriage, partnership or other type of committed relationship. Students will have the opportunity to discuss the influences on young people, the options open to them and how to take charge of decisions about their own behaviour, including their behaviour on-line. It encourages the development of personal and interpersonal skills, the awareness and respect of oneself and others and encourages reflection and responsibility. There is an explicit focus on boundaries and consent in all RSE units. Students will be taught what acceptable behaviour is and what constitutes harmful behaviour in all its forms. At EPHS, we want students to feel confident in

identifying when relationships are not right and understand how to deal with such situations. We support students in knowing the positive effects that good relationships have on mental wellbeing.

Sex Education at EPHS covers the facts around intimate relationships in an inclusive and age appropriate way. The curriculum is sequenced to cover the development of such relationships while supporting students in understanding sexual health, pregnancy, coercion and how to address difficult situations they might experience on the journey to adulthood.

Health Education will enable pupils to make good decisions about their own health and wellbeing; to understand the links between physical and mental health; to recognise physical problems and mental health concerns in themselves or others and how to seek support when needed. There is a focus on how to prevent health problems and the impact harmful substances can have on wellness and judgement. Throughout the key stages, pupils are equipped with information and practical experiences that will help them deal with emergency situations.

The content of the RSE and Health Education curriculum has been developed to meet the objectives identified in the [statutory guidance](#) provided by the Department for Education. The sequence of study is available to parents on the [school's website](#).

External agencies

Elthorne Park High School occasionally uses external visitors to deliver certain topics within RSE because they can enhance delivery of the subject and bring specialist knowledge. Parents will be notified in advance when an external agency will be used and will be given information about who they are, their expertise and the materials that will be used. The school checks in advance that:

- The teaching delivered by visitors fits with the planned programme for teaching RSE.
- Details of what will be covered by the visitor, the materials that the visitor will use in the session, a session plan, and how the session will be delivered to ensure inclusivity and age appropriateness for our students.
- They are fully aware of the relevant provisions of The Equality Act 2010.
- The RSE lead will also discuss with the visitor aspects of confidentiality and reporting any safeguarding issues.

4. Monitoring arrangements

The delivery of RSE is monitored by A Crix (Assistant Headteacher – Personal Development) and K Reeves (Deputy Headteacher) and is in line with the school's quality assurance processes.

This policy will be reviewed on an annual basis to reflect changes to statutory requirements or best practice.