

# Relationship & Sex Education Policy



**Approved by Governors Curriculum Committee: Autumn 2023**

**Review date: Autumn 2025**

**Responsible for review: Kevin Patel**

## 1. Aims

The aims of relationships and sex education (RSE) at our school are to:

- Provide a framework in which sensitive discussions can take place
- Prepare pupils for puberty, and give them an understanding of sexual development and the importance of health and hygiene
- Help pupils develop feelings of self-respect, confidence and empathy
- Create a positive culture around issues of sexuality and relationships
- Teach pupils the correct vocabulary to describe themselves and their bodies

## 2. Statutory requirements

As a secondary academy school we must provide RSE to all pupils as per section 34 of the Children and Social work act 2017.

In teaching RSE, we are required by our funding agreements to have regard to guidance issued by the secretary of state as outlined in section 403 of the Education Act 1996.

At Harrow High School we teach RSE as set out in this policy.

## 3. Policy development

This policy has been developed in consultation with staff, pupils and parents. The consultation and policy development process involved the following steps:

1. Staff consultation – all staff who deliver RSE, and the pastoral team were given the opportunity to look at the policy and make recommendations
2. Parent/stakeholder consultation – parents and any interested parties were invited to attend a meeting about the policy
3. Pupil consultation – we investigated what exactly pupils want from their RSE
4. Ratification – once amendments were made, the policy was shared with governors and ratified

## 4. Definition

RSE is about the emotional, social and cultural development of pupils, and involves learning about relationships, sexual health, sexuality, healthy lifestyles, diversity and personal identity.

RSE involves a combination of sharing information, and exploring issues and values.

RSE is not about the promotion of sexual activity.

## **5. Curriculum**

Our curriculum is set out as per Appendix 1 but we may need to adapt it as and when necessary. We have developed the curriculum in consultation with parents, pupils and staff, taking into account the age, needs and feelings of pupils. If pupils ask questions outside the scope of this policy, teachers will respond in an appropriate manner so they are fully informed and don't seek answers online.

## **6. Delivery of RSE**

RSE is taught within the Personal Development (PD) curriculum in dedicated PD lessons, assemblies, and tutor time. Biological aspects of RSE are taught within the Science curriculum, and other aspects are included in Religious Education (RE) curriculum.

Pupils also receive stand-alone sex education sessions delivered by a trained health professional.

RSE focuses on giving young people the information they need to help them develop healthy, nurturing relationships of all kinds including:

- Families
- Respectful relationships, including friendships
- Online and media
- Being safe
- Intimate and sexual relationships, including sexual health

For more information about our RSE curriculum, see Appendix 1.

These areas of learning are taught within the context of family life taking care to ensure that there is no stigmatisation of children based on their home circumstances (families can include single parent families, LGBT parents, families headed by grandparents, adoptive parents, foster parents/carers amongst other structures) along with reflecting sensitively that some children may have a different structure of support around them (for example: looked after children or young carers).

## **7. Roles and responsibilities**

### **7.1 The governing board**

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

### **7.2 The headteacher**

The headteacher is responsible for ensuring that RSE is taught consistently across the school, and for managing requests to withdraw pupils from non-statutory components of RSE (see section 8).

### **7.3 Staff**

Staff are responsible for:

- Delivering RSE in a sensitive way
- Modelling positive attitudes to RSE
- Monitoring progress
- Responding to the needs of individual pupils
- Responding appropriately to pupils whose parents wish them to be withdrawn from the non-statutory components of RSE

Staff do not have the right to opt out of teaching RSE. Staff who have concerns about teaching RSE are encouraged to discuss this with the headteacher.

Kevin Patel (Deputy Headteacher) is the STL Lead for Coordinating RSE at Harrow High School. Hena Tasnim (Head of Personal Development for Year 7-11, and Sixth Form respectively) Michelle Bowen (Head of Student Development) and Jim Johnson (CTL for Science) are responsible for the delivery of the RSE curriculum.

### **8. Parents' right to withdraw**

Parents have the right to withdraw their children from the non-statutory components of sex education within RSE up to and until 3 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.

Requests for withdrawal should be put in writing using the form found in Appendix 3 of this policy and addressed to the headteacher. A copy of withdrawal requests will be placed in the pupil's educational record. The headteacher will discuss the request with parents and take appropriate action. Alternative work will be given to pupils who are withdrawn from sex education.

### **9. Training**

Staff are trained on the delivery of RSE as part of their induction and it is included in our continuing professional development calendar. The headteacher will also invite visitors from outside the school, such as school nurses or sexual health professionals, to provide support and training to staff teaching RSE.

### **10. Monitoring arrangements**

The delivery of RSE is monitored by SLT through learning walks, book scrutiny, lesson observations, and learner feedback. Pupils' development in RSE is monitored by class teachers as part of our internal assessment systems. This policy will be reviewed by Governors every 2 years. At every review, the policy will be approved by Curriculum committee>

## Appendix 1: Relationships and Sex Education Curriculum Map

YEAR GROUP	KEY CONCEPTS PUPILS WILL LEARN
Year 7	<p><b>PD</b></p> <ul style="list-style-type: none"> <li>● The characteristics of positive and healthy friendships (in all contexts, including online) including: trust, respect, honesty, kindness, generosity, boundaries, privacy, consent and the management of conflict, reconciliation and ending relationships. This includes different (non-sexual) types of relationship</li> <li>● Practical steps they can take in a range of different contexts to improve or support respectful relationships</li> <li>● How stereotypes, in particular stereotypes based on sex, gender, race, religion, sexual orientation or disability, can cause damage (e.g. how they might normalise non-consensual behaviour or encourage prejudice)</li> <li>● That in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including people in positions of authority and due tolerance of other people's beliefs</li> <li>● About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help</li> <li>● That some types of behaviour within relationships are criminal, including violent behaviour and coercive control</li> <li>● What constitutes sexual harassment and sexual violence and why these are always unacceptable</li> <li>● The legal rights and responsibilities regarding equality (particularly with reference to the protected characteristics as defined in the Equality Act 2010) and that everyone is unique and equal</li> </ul>
Year 8	<p><b>PD</b></p> <ul style="list-style-type: none"> <li>● That there are different types of committed, stable relationships</li> <li>● How these relationships might contribute to human happiness and their importance for bringing up children</li> <li>● What marriage is, including their legal status e.g. that marriage carries legal rights and protections not available to couples who are cohabiting or who have married, for example, in an unregistered religious ceremony</li> <li>● Why marriage is an important relationship choice for many couples and why it must be freely entered into</li> <li>● The characteristics and legal status of other types of long-term relationships</li> </ul>

	<ul style="list-style-type: none"> <li>● The roles and responsibilities of parents with respect to raising of children, including the characteristics of successful parenting</li> <li>● How to: determine whether other children, adults or sources of information are trustworthy: judge when a family, friend, intimate or other relationship is unsafe (and to recognise this in others' relationships); and, how to seek help or advice, including reporting concerns about others, if needed</li> </ul> <p><b>Science</b></p> <ul style="list-style-type: none"> <li>● Reproduction in humans including the structure and function of the male and female reproductive systems</li> <li>● Menstrual cycle</li> </ul>
Year 9	<p><b>PD</b></p> <ul style="list-style-type: none"> <li>● Their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online</li> <li>● About online risks, including that any material someone provides to another has the potential to be shared online and the difficulty of removing potentially compromising material placed online</li> <li>● Not to provide material to others that they would not want shared further and not to share personal material which is sent to them</li> <li>● What to do and where to get support to report material or manage issues online</li> <li>● <b>The impact of viewing harmful content</b></li> <li>● <b>That specifically sexually explicit material e.g. pornography presents a distorted picture of sexual behaviours, can damage the way people see themselves in relation to others and negatively affect how they behave towards sexual partners</b></li> <li>● That sharing and viewing indecent images of children (including those created by children) is a criminal offence which carries severe penalties including jail</li> <li>● How information and data is generated, collected, shared and used online</li> <li>● The concepts of, and laws relating to, sexual consent, sexual exploitation, abuse, grooming, coercion, harassment, rape, domestic abuse, forced marriage, honour-based violence and FGM, and how these can affect current and future relationships</li> <li>● How people can actively communicate and recognise consent from others, including sexual consent, and how and when consent can be withdrawn (in all contexts, including online)</li> </ul>
Year 10	<p><b>PD</b></p>

	<ul style="list-style-type: none"> <li>● <b>How to recognise the characteristics and positive aspects of healthy one-to-one intimate relationships, which include mutual respect, consent, loyalty, trust, shared interests and outlook, sex and friendship</b></li> <li>● <b>That all aspects of health can be affected by choices they make in sex and relationships, positively or negatively, e.g. physical, emotional, mental, sexual and reproductive health and wellbeing</b></li> <li>● The facts about reproductive health, including fertility and the potential impact of lifestyle on fertility for men and women</li> <li>● <b>That there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressuring others</b></li> <li>● <b>That they have a choice to delay sex or to enjoy intimacy without sex</b></li> <li>● <b>The facts about the full range of contraceptive choices, efficacy and options available</b></li> <li>● The facts around pregnancy including miscarriage</li> <li>● That there are choices in relation to pregnancy (with medically and legally accurate, impartial information on all options, including keeping the baby, adoption, abortion and where to get further help)</li> <li>● <b>How the different sexually transmitted infections (STIs), including HIV/AIDs, are transmitted, how risk can be reduced through safer sex (including through condom use) and the importance of and facts about testing</b></li> <li>● <b>About the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment</b></li> <li>● <b>How the use of alcohol and drugs can lead to risky sexual behaviour</b></li> <li>● <b>How to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment</b></li> </ul> <p><b>Science</b></p> <ul style="list-style-type: none"> <li>● Reproduction in humans including the structure and function of the male and female reproductive systems</li> <li>● Menstrual cycle</li> <li>● Gametes and Fertilisation</li> <li>● Gestation and birth</li> <li>● The effect of maternal lifestyle on the foetus through the placenta</li> <li>● Communicable diseases including sexually transmitted infections in humans (including HIV/AIDs)</li> <li>● Reducing and preventing the spread of sexually transmitted infection</li> </ul>
Year 11	<p><b>Science</b></p> <ul style="list-style-type: none"> <li>● Hormones in human reproduction</li> <li>● Hormonal and non-hormonal methods of contraception</li> </ul>

	<ul style="list-style-type: none"> <li>• Sex determination in humans</li> </ul>
Year 12	<p><b>PD</b></p> <ul style="list-style-type: none"> <li>• Manage mature friendships, including making friends in new places</li> <li>• Manage personal safety in new relationships, including online activity or when meeting someone for the first time whom they met online</li> <li>• Develop and maintain healthy, pleasurable relationships and explore different levels of emotional intimacy</li> <li>• Evaluate different degrees of emotional intimacy in relationships, the role of pleasure, how they understand the difference between 'love' and 'lust'</li> <li>• Use constructive dialogue to support relationships and negotiate difficulties</li> <li>• Manage the ending of relationships safely and respectfully, including online</li> <li>• Recognise the opportunities to build meaningful relationships in the workplace and the boundaries around professional relationships to develop a nuanced understanding of how to select appropriate contraception in different contexts and relationships</li> <li>• Reduce the risk of contracting or passing on a sexually transmitted infection (STI)</li> <li>• Take responsibility for their sexual health and know where, and how, to access local and national advice, diagnosis and treatment</li> <li>• Understand the implications of unintended pregnancy and young parenthood; to recognise the advantages of delaying conception, whilst acknowledging the changes in fertility with age</li> <li>• Negotiate, and if necessary be able to assert, the use of contraception with a sexual partner Effectively use different contraceptives, including how and where to access them</li> <li>• Evaluate the most appropriate methods of contraception in different circumstances (including emergency contraception)</li> <li>• Access the pathways available in the event of an unintended pregnancy and understand the importance of getting advice and support quickly</li> <li>• Understand the moral and legal responsibilities that someone seeking consent has, and the importance of respecting and protecting people's right to give, not give, or withdraw their consent (in all contexts, including online)</li> <li>• Understand the emotional, physical, social and legal consequences of failing to respect others' right not to give or to withdraw consent</li> <li>• Recognise, and seek help in the case of, sexual abuse, exploitation, assault or rape, and the process for reporting to appropriate authorities</li> </ul>
Year 13	<p><b>PD</b></p>



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|  | <ul style="list-style-type: none"><li>● Recognise and manage negative influence, manipulation and persuasion in a variety of contexts, including online.</li><li>● Recognise and manage different forms of abuse, sources of support and exit strategies for unhealthy relationships</li><li>● Recognise forced marriage and 'honour' based violence; to get help for themselves or others they believe to be at immediate or future risk</li><li>● Understand their rights in relation to harassment (including online) and stalking, how to respond and how to access support</li><li>● Strategies to recognise, de-escalate and exit aggressive social situations</li><li>● Evaluate the dangers and consequences of being involved in gangs, serious organised crime or carrying a weapon</li><li>● Ways to celebrate cultural diversity, promote inclusion and safely challenge prejudice and discrimination</li></ul> |
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\*Phrases in bold refer to areas of statutory RSE, which parents can request their child to be removed from.

