



# READING SCHOOL

## RELATIONSHIPS AND SEX EDUCATION POLICY

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### 1. Introduction

At Reading school, we recognise that Relationships and sex education (RSE) is learning about physical, moral and emotional development, not just about intimate relationships. It is about the importance of stable and loving relationships including marriage for family life, and about respect, love and care. RSE provides pupils with factual knowledge and an understanding of the influences on young people, encouraging them to be aware of the

options open to them and to take charge of decisions about their own behaviour, including on-line behaviour. It encourages the development of personal and interpersonal skills, the awareness and respect of self and others and encourages reflection and responsibility .We believe that the RSE curriculum enables pupils to positively enact the 4 pillars of a Reading School education: Excellence, Integrity, Leadership and Community, and therefore see it as central to our core ambition of Building Good Men.

The objective of RSE at Reading school is to develop further the Relationships education our pupils have received in primary school and give them the information they need to help them develop healthy, 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.

The aim is also to cover intimate relationships (including the use of contraception) and developing such relationships whilst resisting coercion to have sex. It will teach what is acceptable and what is unacceptable behaviour in relationships. At Reading school, we aim to explain how to identify when relationships are not right and understand how to deal with such situations and encourage pupils to enjoy the positive effects that good relationships have on their mental wellbeing.

The programme has been developed in conjunction with and support from the PSHE Association, Sex Education Forum and DFE,it is built around three themes. The themes are Health and Wellbeing, Relationships and Living in the Wider World.

## 2. Statutory requirements

### Background

Today's children and young people grow up in an increasingly complex world both on and off-line. 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. Accordingly, except in exceptional circumstances, age appropriate Relationships and sex education (RSE) is statutory in all secondary schools.

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, section 34, Education Act 2002 sections 79 and 80, The Education Act 1996 sections 403, 404 and 405 and the Equality Act 2010:

From the academic year 2020/2021 it is compulsory for all secondary schools to provide **Relationships and sex education (RSE)**.

It is compulsory for all schools including academies and free schools, but not independent schools, to provide **Health Education**. Health education is not covered within this policy because it is covered elsewhere in the school's curriculum in PSHE.

### **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. Review – a member of staff or working group pulled together all relevant information including relevant national and local guidance
2. Staff consultation – staff were given the opportunity to look at the policy and make recommendations
3. Parent/stakeholder consultation – parents were invited to feedback about the policy
4. Pupil consultation – we investigated what exactly pupils want from their RSE
5. 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.

The main aims of RSE are as follows:

- To provide accurate information about, and increase understanding of sex-related issues
- To dispel myths
- To explore a range of attitudes and values towards sex-related issues and help young people to reach their own informed opinions
- To develop a sense of mutual care and respect for others
- To increase young people's self esteem
- To develop skills relevant to sexual behaviour and decisions such as communication, risk assessment, managing relationships and seeking help.

**RSE is not about the promotion of sexual activity.**

### **5. Delivery of RSE**

RSE is taught primarily within the personal, social, health and economic (PSHE) education curriculum. Biological aspects of RSE are taught within the science curriculum, online safety aspects are covered in computer science and other aspects are included in religious education (RE). The sessions

are well planned and delivered through a variety of techniques including small class sessions and whole year group assemblies. Ground rules are established at the beginning.

Across all Key Stages, pupils will be supported with developing the following skills:

- Communication, including how to manage changing relationships and emotions
- Recognising and assessing potential risks
- Assertiveness
- Seeking help and support when required
- Informed decision-making
- Self-respect and empathy for others
- Recognising and maximising a healthy lifestyle
- Managing conflict
- Discussion and group work

These skills are taught within the context of family life.

RSE at Reading school builds on the foundations of Relationships education our pupils 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 pupils will be considered when planning teaching, so that those sensitive topics that need to be taught are appropriately handled.

Teaching will explain relevant legal provisions when relevant topics are covered so that pupils clearly understand what the law allows and does not allow, and the wider legal implications of decisions they may make.

### Families

Pupils learn about:

- Different types of committed, stable relationships and how these relationships contribute to happiness; their importance in bringing up children.
- What marriage is, its legal status, what rights and protections it offers and how the legal rights and protections differ between marriage and other types of long-term partnerships; why marriage should be entered into willingly.

## Respectful relationships and friendships

Pupils learn about:

- Characteristics of healthy relationships and friendship (including on-line, sexual and non-sexual relationships):
- Trust, honesty, respect, kindness, generosity.
- Respect of privacy, boundaries and consent or the lack of it.
- Management of conflict, reconciliation and the ending of relationships of all types.
- Characteristics of unhealthy relationships and friendships:
- How to distinguish whether other children or adults are trustworthy or even safe to be with.
- To recognise unhealthy types of behaviour within relationships of their own or in others eg criminal behaviour, violent behaviour, coercive behaviour, sexual harassment or sexual violence.
- How to seek advice and report concerns where necessary.
- Being respectful of others however different they may be from themselves and not being led by stereotypes, which may be negative, unfair or destructive.
- The legal rights and responsibilities regarding equality, particularly with regard to protected characteristics under the Equality Act 2010.

## Online and social media safety and harm

Pupils are taught:

- That their rights, responsibilities and opportunities online and on social media do not differ from those experienced elsewhere and the same expectations of good behaviour apply and are expected.
- That sharing material on-line can be fraught with risk as sharers can disseminate material widely and much further than anticipated; that it may be extremely difficult to remove such on-line material and can cause much distress as a consequence.
- The impact of viewing harmful content on-line:
- Particularly that sexually-explicit material can be very damaging to self-respect.
- That viewing and sharing indecent images of children, including those viewed and shared by children, is a serious criminal offence carrying severe penalties.

## Being safe

Pupils are taught:

- The subjects and laws that relate to the age of sexual consent, consent beyond the age of consent, sexual exploitation, abuse, grooming, coercion, harassment, rape, domestic abuse.
- About how people can be affected by such relationships.

- How to communicate and recognise consent from others, including in a sexual context. They also learn how and when such consent can be withdrawn.

#### Forced marriages, honour-based violence and female genital mutilation

Pupils are taught:

- The subjects and laws that relate to forced marriage, honour based violence and female genital mutilation.
- About how people can be physically and emotionally affected by such practices and how to access support.

#### Intimate and sexual relationships, sexual health

Pupils are taught:

- The nature of healthy one- to-one positive intimate relationships (mutual respect, loyalty, consent, trust, shared interests and outlook, sex and friendship).
- That choices made in relationships and friendships can affect health (physical, emotional, mental well-being, sexual and reproductive) in both a positive and a negative manner.
- That there is a range of strategies to identify and manage sexual pressure, including peer pressure; how to resist pressure and how not to pressure others.
- That they have a choice to delay sex or enjoy intimacy without sex.
- The facts about reproductive health, including fertility and the potential impact of lifestyle choices on fertility in men and women.
- How the effects of alcohol and drugs can lead to risky sexual behaviour.
- The range of methods of contraception and their efficacies.
- The facts about pregnancy and miscarriage.
- The facts about abortion, adoption or keeping a baby with guidance in obtaining further help.
- The facts about sexually transmitted infections (STI) and HIV/AIDS; their prevalence; how they are transmitted; methods of treatment and prevention via safer sex; their potential impact on health.

#### **The following biological aspects RSE are included in the science curriculum**

##### **Key Stage 3**

- That living things have structures that enable life processes to take place
- The ways in which some cell types including sperm and ovum are adapted to their functions

- The human reproductive system, menstrual cycle, and fertilisation
- How the foetus develops in the uterus
- The physical and emotional changes that take place during adolescence
- That bacteria and viruses can affect health

#### **Key Stage 4**

- The way in which hormonal control occurs, including the effect of insulin and sexual hormones
- The medical uses of hormones including the control and promotion of fertility
- That sexual reproduction is a source of genetic variation
- How gender is determined in humans

We occasionally use external visitors to deliver certain topics within RSE because they can enhance delivery of the subject and bring specialist knowledge and different ways of engaging with young people. 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 sessions, a session plan, and how the session will be delivered to ensure age appropriateness for our pupils and inclusivity.
- They are fully aware of the relevant provisions of The Equality Act 2010.
- The lead teacher will also discuss with the visitor aspects of confidentiality and reporting any safeguarding issues.

## 6. Roles and responsibilities

### 6.1 The governing board

The governing board will approve the RSE policy, hold the headteacher to account for its implementation and ensure that the policy is available on the school's website.

### 6.2 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 7).

### 6.3 Staff

The PSHE coordinator will:

- Ensure a smooth transition between primary and secondary school by checking with pupils their knowledge gained in Relationships education at primary school.
- Be aware of the Equality Act 2010, and be mindful not to discriminate against any pupils because of any “protected characteristics” when planning for RSE.
- Be aware of and make reasonable adjustments to alleviate disadvantage or vulnerability under the SEND Code of Practice when planning for RSE.
- Set out the subject content, ensuring that it is always age-appropriate.
- Advise on how RSE is taught eg lesson planning for differentiation, and who is responsible for teaching it.
- Ensure that RSE will link with, but not duplicate other aspects of the PSHE curriculum eg drug education and student substance, or areas or the wider curriculum eg science, ICT and RE and will be set in the context of the school's general ethos (social, moral, spiritual and cultural) and promote the well-being of the pupils in general.
- Discuss with any visiting agencies, prior to the session taking place, the details of all aspects, including resources, of what will be covered in any session that they are being invited to provide as well as confidentiality and reporting any safeguarding issues.
- Be aware of how any safeguarding issue in the context of RSE will be dealt with at the school.

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

## **6.4 Pupils**

Pupils are expected to engage fully in RSE and, when discussing issues related to RSE, treat others with respect and sensitivity.

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

Parents of pupils at Reading School may request to withdraw their children from all or part of any sex education delivered as part of statutory RSE, but only after discussion with the headteacher, who will respect the parents' wishes if they continue to hold that view after discussion. Requests for withdrawal should be put in writing and addressed to the headteacher. However, parents do not have the right to withdraw their children from the biological aspects of human growth and reproduction necessary under national curriculum science. After turning 15 years of age, if the pupil wishes to receive sex education then the school will make arrangements to provide it within the next three terms and the parents have no right to appeal against that decision.

Alternative work will be given to pupils who are withdrawn from RSE.

## **8. Monitoring arrangements**

The delivery of RSE is monitored by the PSHE coordinator and Dave McGall Assistant Headteacher through learning walks and Student Surveys.

Pupils' development in RSE is informally monitored by class teachers as part of formative feedback.

This policy will be reviewed annually by the Governing Body.

Approved by:  
Revised  
Date of next review

**EXPC Committee 1<sup>st</sup> February 2021**  
**In accordance with legislation and/or annually**  
**January 2022**