



READING SCHOOL

RELATIONSHIPS AND SEX EDUCATION EDUCATION POLICY

Introduction

The objective of relationships and sex education (RSE) is to help support young people through their physical, emotional and moral development. Pupils need to be given accurate information and helped to develop skills to enable them to understand diversity and to respect themselves and others and to appreciate the importance of consent between partners in a developing sexual relationship. RSE seeks to enable young people to mature, to build their confidence and self esteem and to provide them with relevant information to enable to make informed choices about their sexual activity and sexual health. The above will be achieved by covering three main elements:

- Attitudes and values
- Personal and social skills
- Knowledge and understanding

Definition of Sex and Relationships Education

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

How will RSE be provided and by whom

Key Stage 3

The following aspects of RSE are included in the science curriculum:

- 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

The above information is covered by the Biology Department.

Personal, Social and Health Education (PSHE) is part of the curriculum in Years 7-11, with each year group having a discrete lesson once a fortnight. These lessons are often discussion based and deal with issues of relationships:

- Feelings towards self and others
- Change in the body
- Managing emotions

Key Stage 4

The following aspects of RSE are included in the science curriculum:

- 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

The above is delivered by members of the Biology Department.

All year groups (7-11) receive sex and relationships education which is delivered in PSHE.

Areas covered in these sessions are as follows (relevant to year):

- Expectations what is sex? This includes a unit on pornography in Year 11
- Sex and the law (which includes discussion on abortion)
- Contraception (including condom demonstration)
- Sexually transmitted diseases (including HIV and AIDS)
- Testicular cancer (not RSE but important to discuss)
- Attitudes towards others including homosexuality/LGBT issues
- Taking responsibility for own sexual health
- Where to get help information about local agencies

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. An important element of supporting delivery of the curriculum at this level is the use of outside agency support. Part of our work on RSE includes Stonewall materials and a presentation on integrity and use of homophobic language, coming out, and personal identity. We are supported by Thames Valley Police regarding sex and the law, and the nurses from the Florey Unit deliver presentations in both years 10 and 11 in relation to sexual health. We are also supported by Emma Goulding (Day Matron) and Bev Wheeler (Community School Nurse) who provide a drop in service where boys can discuss

any aspect of their health (including their sexual health). The development of the curriculum also means that every year group is covering the same PSHE 'strand' at the same time in the year. 'Relationships' is one of these and is taught in two of the six terms (the programme for 2017-18 is attached as an appendix).

Monitoring and Evaluating

Evaluating what has been learnt is achieved through a number of strategies:

- Observation of young people as they work
- Exit Tickets and evaluations are sometimes used to test knowledge gained
- Individual and group discussion
- Problem solving activities such as young people responding to real life situations and using case studies
- End of year survey monkey to assist with future planning

Withdrawal of Children from RSE

Parents have the right to withdraw their children from all or part of the sex and relationships education provided at the school except for those elements included in the statutory curriculum. A pack of information from the DfE can be obtained from the school on request for parents withdrawing pupils. Parents should write directly to Miss J. M. Capon (PSHCE Co-ordinator) to obtain one. The programme is on the website so parents are aware of the topics covered.

Monitoring

This policy will be reviewed annually by the Governing Body.

Approved by:
Revised
Date of next review

EXPC Committee of the Governing Body, January 2018
In accordance with legislation and/or annually
January 2019

Year Group	Term 1 Relationships	Term 2 Health + Well-Being	Term 3 Living In The Wider World	Term 4 Relationships	Term 5 Health + Well-Being	Term 6 Living In The Wider World
Year 7 Thurs. Pd 1 Week B 8.50-09.40	Ground Rules lesson 1	Mental Health 1	PC Lesley E-safety - 11/1/18	Consequences lesson 1 followed by Human Rights lessons	Healthy Eating (TB)	PC Lesley Cyber Bullying - 14/6/18
	Friendship	Mental Health 2	British Values		Harrison's Healthy Eating (refactory)	Drugs & Alcohol Input Then Presentations
Year 8 Tues. Pd 1 Week A 08:50-09:40	PC Lesley PREVENT - 12/10/17	Empathy	Homophobic Bullying 1	Relationships 1-4	Puberty 1	British Values - Role Of Law PC Lesley 5/6/18
	Bullying	Alphabet lesson	Homophobic Bullying 2		Puberty 2	
Year 9 Tues. Pd 4 Week B 12:00-12:50	Icebreaker Lesson (See JEE file for info)	Eating Disorders	Run/Hide/Tell Prevent 16/01/18	Personal Safety (PC Lesley) - 20/09/18	Depression	British Values What It Means To Be British? PC Lesley 19/06/18
	Bullying/Friendships	First Aid	Option Choices		Relationships 1-4	
Year 10 Fri. Pd 2 Week B 09:45-10:35	Learning Styles	Eating Well	Emergency Services	Relationships 5-8	Personal Safety (2 lessons)	CITIZENSHIP PROJECT OR BRITISH VALUES LESSONS
	Team building/alphabet lesson	Hygiene	Mobile Phones Snapchat Lesson		Depression	
Year 11 Fri. Pd 2 Week A 09:45-10:35	Icebreaker Lesson	Alcohol Lesson 1	PC Lesley Cyber Bullying (Sexing) 09/1/18	CSE Introduction	Self-Harm	Sex & The Law Project
	Coping with changes	Kevin Gorman alcohol awareness 14/11/17 BS	Gambling Lesson		Online Safety/SOURCE TBC	
Year 10 Fri. Pd 2 Week B 09:45-10:35	Positive thinking	Binge Drinking	The Media/Celebrities	CSE 'My Dangerous Lover Boy'	Resilience/Coping With Exams (write and deliver near exams)	CAREERS
	Ice Breaker Lesson	General drugs awareness	Dealing With Grief		Ian Jefferys (Legal Highs/Drugs) TBC	
Year 11 Fri. Pd 2 Week A 09:45-10:35	Positive Relationships	Mental Health (BS)	PC Lesley Joint Enterprise - 12/1/18	FGM	Alcohol Lesson/Solvents/Beer Goggles	SEX & THE LAW PROJECT
	Being Gay/Homophobia	Body Image/Eating Disorders	Identity lesson		Healthy Lifestyle (TB)	
Year 11 Fri. Pd 2 Week A 09:45-10:35	Challenging Homophobia	Bev (Contraception & STIs) 01/12/17	Prevent	Being Assertive	Health + Well-Being Project	EXAM LEAVE
	Integrity/Doing The Right Thing	Testicular Cancer Lesson	PC Lesley Sexual Offences & The Law - 05/1/18		Dealing with grief	
Year 11 Fri. Pd 2 Week A 09:45-10:35	Pornography Fantasy V Reality	Coping With Stress	S. Drummond UCAS BS	Positive mental Health Bev 23/09/18	Managing Stress	SEX & RELATIONSHIPS Something Important To YOU Work Towards Presentation
	PC Lesley Consent Lesson - 06/10/17	Mental Health	Career Pathways		Trans/IGBTQ Issues (Speaker) TBC	
Year 11 Fri. Pd 2 Week A 09:45-10:35	Breck Bednar Film	Bev (Sexual Health) 24/11/17	Career Pathways	CAREER PATHWAYS	Work Towards Presentation	SEX & THE LAW PROJECT