



# KESH

KING EDWARD VI  
SHELDON HEATH ACADEMY

## Relationships and sex education policy

Other relevant guidance and legislation

- See Section 2

Other relevant documents:

- PSRE policy

**Friendship**  
Integrity Benevolence  
Honesty **Equality**  
Respect Community  
**Tolerance** Aspiration  
**Our values**  
Humility Personal responsibility  
**Justice** Dignity Ambition  
Co-operation **Humanity**  
Excellence Embracing diversity  
**Belief** Empathy Kindness  
Understanding **Charity**  
**Compassion**

This policy was adopted by the Curriculum & Student Welfare Committee in June 2022.

This policy will be reviewed and sent to parents annually.

Next review June 2023.

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## 1. Rationale

King Edward VI Sheldon Heath Academy is committed to developing responsible, aspirational, independent, happy and well-rounded young people with the self-belief to reach their goals. We want to ensure our young people fulfil and exceed their potential, be proud of who they are, be committed to lifelong learning and leave well-equipped to navigate their way through the challenges of the 21st Century; positively contributing to society both economically and socially.

To embrace the challenges of creating a happy and successful adult life, pupils need knowledge that will enable them to make informed decisions about their wellbeing, health and relationships and to build their self-efficacy. Pupils can put this knowledge into practice as they develop the capacity to make sound decisions when facing risks, challenges and complex contexts. Everyone faces difficult situations in their lives. These subjects can support young people to develop resilience, to know how and when to ask for help, and to know where to access support.

## 2. Aims

The aim of Relationship and Sex Education (RSE) is to provide our students, with the information they need to help them develop healthy, nurturing relationships of all kinds. It is about the understanding of the importance of stable and loving relationships, respect, love and care. 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 aims to teach what acceptable and unacceptable behaviour in relationships is.

RSE is lifelong learning about physical, sexual, moral and emotional development. It involves acquiring knowledge and information, developing skills and forming positive beliefs, values and attitudes.

## 3. 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 KESH we teach RSE as set out in this policy.

## 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 as and when necessary.

If pupils ask questions outside the scope of our curriculum, teachers will respond in an appropriate manner so pupils are fully informed and don't seek answers online

For more information about our curriculum, see our curriculum map in Appendix 1.

## 6. Delivery of RSE

RSE is taught within form time, complimented through assemblies and work around our core values. Biological aspects of RSE are taught within the science curriculum, and other aspects are included in religious education (RPE).

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 Appendices 1 and 2.

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 Principal to account for its implementation.

The governing board has delegated the approval of this policy to the Curriculum and Student Welfare Committee.

### 7.2 The Principal

The Principal is responsible for ensuring that RSE is taught consistently across the school, and for managing requests to withdraw pupils from [non-statutory/non-science] 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/non-science] 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 Principal.

## **7.4 Pupils**

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

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

Parents have the right to withdraw their children from the [non-statutory/non-science] 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 and addressed to the Principal.

A copy of withdrawal requests will be placed in the pupil's educational record. The Principal 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 and it is included in our continuing professional development calendar.

The Principal 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 Sarah Powell, Assistant Vice Principal, through:

Planned scrutinises

Learning walks

Pupil Voice

Pupils' development in RSE is monitored by class teachers as part of our internal assessment systems.

This policy will be reviewed by Sarah Powell, Assistant Vice principal. At every review, the policy will be approved by the Governors Curriculum and Student Welfare Committee

## Appendix 1: Curriculum map: Relationships and sex education curriculum map

22-23	Autumn A	Autumn B	Spring A	Spring B	Summer A	Summer B
Year 7	<p>Tree of Resilience</p> <p>1) What is PSRE – establish Ground Rules</p> <p>2) Personal Identity</p> <p>3) Respect and opportunity, rights in the community</p>	<p>1) Friendships</p> <p>2) Identifying and challenging bullying</p> <p>3) Communicating on-line</p>	<p>1) Regulating emotions</p> <p>2) Diet and exercise</p> <p>3) Hygiene and dental health</p> <p>4) (Sleep)</p>	<p>1) Puberty</p> <p>2) Mental health – Why am I feeling like this (adolescence)</p> <p>3) Social media, body self image</p>	<p>1) Relationship boundaries</p> <p>2) Consent – Unwanted contact</p> <p>3) Forced marriage FGM</p>	<p>1) Drugs alcohol and tobacco</p> <p>2) Personal safety</p> <p>3) Basic first aid</p>
Year 8	<p>1) What is PSRE – establish Ground Rules</p> <p>2) Cyber bullying</p> <p>3) Sextexting</p>	<p>1) Stereotypes</p> <p>2) Challenging stereotypes</p> <p>3) Challenging homophobic language</p>	<p>1) Intro to contraception</p> <p>2) Drugs and alcohol</p> <p>3) Resisting peer influence</p>	<p>1) Mental health</p> <p>2) Social Media</p> <p>3) Self harm, eating disorders</p>	<p>1) Healthy relationships</p> <p>2) Boundaries and consent</p> <p>3) LGBT+ inclusivity</p>	<p>1) Maintaining positive mental health</p> <p>2) Importance of Physical activity</p> <p>3) Healthy eating</p>
Year 9	<p>1) What is PSRE – establish Ground Rules</p> <p>2) Impact of social media</p> <p>3) Self regulating behaviours</p>	<p>1) Friendship challenges</p> <p>2) County Lines</p> <p>3) Drugs and the law</p>	<p>1) Mental health, growth mind-set</p> <p>2) Healthy coping strategies - Mental stress and anxiety</p> <p>3) Change loss bereavement, impact of suicide</p>	<p>1) Money and me – how do I budget?</p> <p>2) Gambling</p> <p>3) Finance - Credit and debit cards</p>	<p>1) Healthy / unhealthy relationships</p> <p>2) Consent and coercion</p> <p>3) Relationships and sex in the media</p>	<p>1) STI</p> <p>2) Contraception</p> <p>3) Sexual health services</p>

Year 10	<ul style="list-style-type: none"> <li>1) What is PSRE – establish Ground Rules</li> <li>2) Sextexting</li> <li>3) Kayleigh's love story on-line grooming</li> </ul>	<ul style="list-style-type: none"> <li>1) Relationship Expectations / Abuse</li> <li>2) Consent</li> <li>3) Sharing of Images</li> </ul>	<ul style="list-style-type: none"> <li>1) Personal safety – safety outside of school</li> <li>2) On-line behaviours</li> <li>3) Impact of pornography</li> </ul>	<ul style="list-style-type: none"> <li>1) Positive mental health</li> <li>2) Anxiety and depression</li> <li>3) Eating disorders</li> </ul>	<ul style="list-style-type: none"> <li>1) Nature of committed relationships / forced marriage</li> <li>2) Diversity and discrimination</li> <li>3) Understanding prejudice</li> </ul>	<ul style="list-style-type: none"> <li>1) Relationship values</li> <li>2) Maintaining sexual health</li> <li>Sexual health services</li> <li>3) Managing relationship challenges and endings</li> </ul>
Year 11	<ul style="list-style-type: none"> <li>1) What is PSRE – establish Ground Rules</li> <li>2) On-line relationships</li> <li>3) Digital footprint</li> </ul>	<ul style="list-style-type: none"> <li>1) Identifying healthy and unhealthy relationships</li> <li>2) Managing conflict in relationships</li> <li>3) Addressing relationship abuse</li> </ul>	<ul style="list-style-type: none"> <li>1) Life style choices – Alcohol, smoking (organ donation)</li> <li>2) Self examination</li> <li>3) Dangers of cosmetic surgery</li> </ul>	<ul style="list-style-type: none"> <li>1) Fertility,</li> <li>2) Abortion</li> <li>3) Types of families, same sex</li> </ul>	<ul style="list-style-type: none"> <li>1) Money Management</li> <li>2) Fraud and cyber crime</li> <li>3) Gambling and the media</li> </ul>	

Year 12	<ul style="list-style-type: none"> <li>1) What is PSRE – establish Ground Rules</li> <li>2) Mental Health - Managing stress and Anxiety</li> <li>3) Positive wellbeing</li> </ul>	<ul style="list-style-type: none"> <li>1. Body image</li> <li>2. Fake news – internet</li> <li>3. Cosmetic procedures</li> </ul>	<ul style="list-style-type: none"> <li>1. Relationship values</li> <li>2. Prejudice and discrimination</li> <li>3. Faith and Cultural views</li> </ul>	<ul style="list-style-type: none"> <li>1. Consent</li> <li>2. STI &amp; Contraception</li> <li>3. Sexuality</li> </ul>	<ul style="list-style-type: none"> <li>1. Healthy relationships</li> <li>2. Peer pressure</li> <li>3. Managing conflict</li> </ul>	<ul style="list-style-type: none"> <li>1. Impact of drugs and alcohol</li> <li>2. Road safety</li> <li>3. Personal Safety</li> </ul>
Year 13	<ul style="list-style-type: none"> <li>1. What is PSRE – establish Ground Rules</li> <li>2. Mental health and wellbeing</li> <li>3. Lifestyle choices</li> </ul>	<ul style="list-style-type: none"> <li>1. Healthy relationships</li> <li>2. On-line safety</li> <li>3. Respect and boundaries</li> </ul>	<ul style="list-style-type: none"> <li>1. Relationship values</li> <li>2. Consent and coercion</li> </ul>	<ul style="list-style-type: none"> <li>1. Self-examination</li> <li>2. Health services</li> <li>3. Healthy diet</li> </ul>	<ul style="list-style-type: none"> <li>1. Digital footprint</li> <li>2. On-line safety</li> <li>3. Personal Safety</li> </ul>	
KEY Coding	Relationships Relationships and Sex Education	Health and wellbeing Mental & physical well being	Wider world Wider risks, media literacy Economic understanding			



## Appendix 2: By the end of secondary school pupils should know

TOPIC	PUPILS SHOULD KNOW
Families	<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> <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>
Respectful relationships, including friendships	<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>

TOPIC	PUPILS SHOULD KNOW
Online and media	<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>• The impact of viewing harmful content</li> <li>• 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</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> </ul>
Being safe	<ul style="list-style-type: none"> <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>

TOPIC	PUPILS SHOULD KNOW
Intimate and sexual relationships, including sexual health	<ul style="list-style-type: none"> <li>• 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</li> <li>• 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</li> <li>• The facts about reproductive health, including fertility and the potential impact of lifestyle on fertility for men and women</li> <li>• That there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others</li> <li>• That they have a choice to delay sex or to enjoy intimacy without sex</li> <li>• The facts about the full range of contraceptive choices, efficacy and options available</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>• 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</li> <li>• About the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment</li> <li>• How the use of alcohol and drugs can lead to risky sexual behaviour</li> <li>• How to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment</li> </ul>

### Appendix 3: Parent form: withdrawal from sex education within RSE

TO BE COMPLETED BY PARENTS			
Name of child		Class	
Name of parent		Date	
Reason for withdrawing from sex education within relationships and sex education			
Any other information you would like the school to consider			
Parent signature			

TO BE COMPLETED BY THE SCHOOL	
Agreed actions from discussion with parents	<p>Include notes from discussions with parents and agreed actions taken.</p> <p>Eg: Joe Bloggs will be taking part in all relationships lessons and during the sex education lessons, he will be working independently on a project in the Year 5 classroom</p>