



2.3 Relationships and Sex Education

The King's School
Cadhay Lane
Ottery-St-Mary
Devon
EX11 1RA

Policy on Relationships and Sex Education (RSE)

Purpose of the RSE policy

The purpose of this policy is to act as a central reference point to inform staff, parents, health professionals and visiting speakers of the school's approach to RSE within PSHE and act as a management tool to help future decision making.

The importance of RSE

Young people need high-quality relationships and sex education, so they can make wise and informed choices and understand their rights and choices as individuals with diverse moral, cultural and religious views. Young people and parents want an education that reflects the realities of growing up in modern society and equips them to enjoy safe and respectful relationships.

It is lifelong learning about physical, moral and emotional development. It aims to give students essential skills for building positive, enjoyable, respectful and non-exploitative relationships and to stay safe on and offline. It enables exploration of attitudes and values and helps build self-esteem and confidence to view themselves and their sexuality and gender positively.

Roles and responsibilities in the school

The member of staff responsible for the co-ordination, development, monitoring and evaluation of RSE is the Head of PSHE who collaborates with the PSHE team, Pastoral Team, SEND department and consults staff, students and parents about the construction of lessons and content within the prescribed guidelines. Consultation with Primary schools is also undertaken. Development is supported via a range of means, including nationally recognised providers such as the PSHE Association and Sexplain alongside support from the School Nurse, Coleridge Medical Centre and our faith community and local providers such as Intercom Trust to ensure all the needs of our diverse population are met. RSE issues will be discussed in a safe environment where trust, co-operation and support between the students and staff minimises embarrassment and is fully inclusive. All teaching staff receive annual child protection training and are aware of how to treat a disclosure by a student.

Legal Framework

Current statutory guidance states that from September 2020 all schools must deliver relationships and sex education in secondary schools. Schools should ensure that parents know what will be taught and when, and clearly communicate the fact that parents have the right to request that their child be withdrawn from some or all of sex education delivered as part of statutory RSE. Further details about the curriculum can be found on the website.

Monitoring and Evaluation

The RSE policy should be read in conjunction with the Science, RPE and PSHE curriculum outline, together with appropriate school policies. The aim of the RSE programme is an integral part of our whole school PSHE education provision and lie within the spirit of the school's philosophy and aims.

In the RSE programme we also fulfil the legal obligation to provide information about Sexually Transmitted Infections (STIs) and HIV/AIDS, FGM, abortion, assisted contraception, exploitation, LGBT+ equality matters, family life and forced marriages. Facts are presented in an objective and balanced impartial manner with students being encouraged to consider their attitudes within the school's aims and values framework. They will be made

aware of the difference between fact, opinion, religious and cultural beliefs and the importance of tolerance living in modern society. Given the concerns about child sex abuse and exploitation and the risks associated with growing up in the digital world, the curriculum is designed to meet the needs of all of its learners, equipping them with the knowledge and confidence to make the right choices and stay safe.

Throughout all the key stages students are encouraged to develop the range of personal and social skills needed for relationships with family and friends which are age appropriate. Parents have the right to request that their child be withdrawn from some or all of the sex education delivered as part of the statutory RSE up to and until three terms before the child turns 16. If a parent wishes to do this, they should make an appointment with the Headteacher

The curriculum

Key Stage 3

- Students are taught about character traits and personal attributes such as self-respect and self-confidence to enable them to make safe choices
- Year 7 – Self-awareness, managing feelings and changes
- Year 8 – Being the same, being different. Diverse families
- Year 9 – Healthy relationships, stages and consent, body image and valuing diversity

Key Stage 4

- Year 10 – Contraceptives and STI's, domestic violence and abuse, social media and accessing sexual health services
- Year 11 – Self-respect, FGM, stable relationships, parenting and choices

Key Stage 5

- Year 12 – Body image, social media and consent revisited

In addition, students are helped to recognise pressure from others, to be able to discuss relationships and recognise and express emotions, develop skills in challenging prejudice and valuing diversity. They are made aware of the help and advice available from sexual health and community services as well as other adults such as parents and carers.

Our schemes of work are devised in a collaborative process between education and health, working with and for young people with peer educators. They promote their physical and emotional wellbeing supported by current resources which are approved by medical professionals and the PSHE Association. The long-term goal is to promote positive aspects of relationships, both emotional and physical and self-respect.

More specifically the objectives of the RSE curriculum are to:

- Increase tolerance, respect and mutual understanding
- Enhance knowledge of risks and counteracting myths
- Improve effective contraceptive use by teenagers who are already sexually active
- Provide effective skills to those who wish to resist unwelcome pressure
- Ensure that students know how to keep themselves safe
- Understand and value themselves as unique individuals

Our policy is developed in consultation with students, parents, teachers and health personnel and link Trustee and is reviewed annually.