

Relationship and Sex Education Policy

Pakefield High School



Approved by:	Local Governing Body	Date: September 2024
Last reviewed on:	September 2024	
Next review due by:	September 2025	

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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
- › The RSE curriculum at our school aims to support students to become a well-rounded individual who contributes to society, leading a safe and healthy life, in a career path of their choice. The curriculum is also informed by our core strands: Connect, Achieve and Nurture.

2. Statutory requirements

As a secondary academy, we must provide RSE to all pupils under section 34 of the [Children and Social Work Act 2017](#).

In teaching RSE, we're 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](#).

We also have regard to legal duties set out in:

- Sections 406 and 407 of the Education Act 1996
- Part 6, chapter 1 of the [Equality Act 2010](#)
- The Public Sector Equality Duty (as set out in section 149 of the Equality Act 2010). This duty requires public bodies to have due regard to the need to eliminate discrimination, advance equality of opportunity and foster good relations between different people when carrying out their activities

At Pakefield 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. Review – Subject Lead for RSE has pulled together all relevant information including relevant national and local guidance.
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 through pupil voice.
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, making healthy choices, diversity and personal identity. The RSE curriculum explores what relationships should look like, beginning with friendships and progressively moving this into romantic relationships. Our curriculum offers lessons which will make pupils aware of these topics, providing them with the information they need to make informed decisions in life, whilst also providing support and signposting for pupils.

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

RSE is not about the promotion of sexual activity.

5. Curriculum

Our RSE 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, and taking into account the age, developmental stage, needs and feelings of our pupils. If pupils ask questions outside the scope of this policy, teachers will respond in an appropriate manner so that pupils are fully informed and don't seek answers online.

6. Delivery of RSE

RSE is taught within the personal, social, health and economic (PSHE) education curriculum, which is termed 'LIFE' at Pakefield High School. Biological aspects of RSE are taught within the science curriculum, and other aspects are included in religious education (RE). This content is delivered within a classroom environment with set 'ground rules', supporting the delivery of these sensitive topics. This ensures that all pupils feel safe to ask questions or discuss these topics, whilst also considering that the needs of all pupils, including those with special educational needs are sufficiently met.

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

We deliver this by completing a 'Relationships' unit each year focusing on content stated in the statutory guidance. This is age appropriate and spirals each year to build upon the learning from the previous year.

- Year 7 – puberty, healthy and unhealthy friendships, beginning to look at romantic relationships, unwanted contact or touching, defining consent, bullying including signs and responding to it,
- Year 8 – communicating consent within a relationship, consensual behaviour, forming new relationships, understanding sexting and the risks of this, stereotypes based on sex and gender, and introduction to contraception options.
- Year 9 – different types of family structures, conflict within relationships and managing this, right to withdraw consent, capacity to consent, choices to delay sex or enjoy intimacy without sex, understanding STIs, consequences of unprotected sex, sending/receiving explicit images, and understanding pornography and the law.
- Year 10 – legal rights and responsibilities linked with equality, respect and belonging in relationships; relationship values; asexuality, abstinence and celibacy; risks of forming and conducting relationships online; pornography and the impact on sexual attitudes and behaviour; revenge porn and the law; manipulation, coercion, capacity to consent and exploitation; stages of pregnancy; pregnancy options; alcohol and drug use in decision making and risky behaviour.
- Year 11 – assertive communication; communicating wants and needs in a relationship; sexual harassment and stalking; relationship abuse linking to unhealthy relationships; types of abuse; fertility; roles and responsibilities during parenthood; contraception and signposting to sexual health support; marriage including types, laws and arranged marriages.

For more information about our RSE curriculum, see Appendices 1 and 2 and refer to our website for the full curriculum intent guidance.

These areas of learning are taught within the context of family life, taking care to make sure 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 and 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).

We will also be mindful of the law and legal requirements, taking care not to condone or encourage illegal political activity, such as violent action against people, criminal damage to property, hate crime, terrorism or the illegal use of drugs.

6.1 Inclusivity

We will teach about these topics in a manner that:

- Considers how a diverse range of pupils will relate to them
- Is sensitive to all pupils' experiences
- During lessons, makes pupils feel:
 - Safe and supported
 - Able to engage with the key messages

We will also:

- Making sure that pupils learn about these topics in an environment that's appropriate for them, for example in:
 - A whole-class setting
 - Small groups or targeted sessions
 - 1-to-1 discussions
 - Digital formats
- Giving careful consideration to the level of differentiation needed.

6.2 Use of resources

We **will** consider whether any resources we plan to use:

- Are aligned with the teaching requirements set out in the statutory RSE guidance
- Would support pupils in applying their knowledge in different contexts and settings
- Are age-appropriate, given the age, developmental stage and background of our pupils
- Are evidence-based and contain robust facts and statistics
- Fit into our curriculum plan
- Are from credible sources
- Are compatible with effective teaching approaches
- Are sensitive to pupils' experiences and won't provoke distress

7. Use of external organisations and materials

We will make sure that an agency and any materials used are appropriate and in line with our legal duties around political impartiality.

The school remains responsible for what is said to pupils. This includes making sure that any speakers, tools and resources used don't undermine the fundamental British values of democracy, the rule of law, individual liberty, and mutual respect and tolerance of those with different faiths and beliefs.

We **will**:

- Make appropriate checks and engage with external agencies to make sure that their approach to teaching about RSE is balanced, and it and the resources they intend to use:
 - Are age-appropriate
 - Are in line with pupils' developmental stage
 - Comply with:
 - This policy
 - The [Teachers' Standards](#)
 - The [Equality Act 2010](#)
 - The [Human Rights Act 1998](#)
 - The [Education Act 1996](#)
- Only work with external agencies where we have full confidence in the agency, its approach and the resources it uses
- Make sure that any speakers and resources meet the intended outcome of the relevant part of the curriculum

- Review any case study materials and look for feedback from other people the agency has worked with
- Be clear on:
 - What they're going to say
 - Their position on the issues to be discussed
- Ask to see in advance any materials that the agency may use
- Know the named individuals who will be there, and follow our usual safeguarding procedures for these people
- Conduct a basic online search and address anything that may be of concern to us, or to parents and carers
- Check the agency's protocol for taking pictures or using any personal data they might get from a session
- Remind teachers that they can say "no" or, in extreme cases, stop a session
- Make sure that the teacher is in the room during any sessions with external speakers

We **won't**, under any circumstances:

- Work with external agencies that take or promote extreme political positions
- Use materials produced by such agencies, even if the material itself is not extreme

8. Roles and responsibilities

8.1 The governing board

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

8.2 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 9).

8.3 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 or the Head of PSHE/RSE (LIFE) – Lauren Willingham.

8.4 Pupils

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

9. Parents' right to withdraw

Parents have the right to withdraw their children from the 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. Statutory guidance stipulates that children can only be withdrawn from sex education and not relationships, or health education.

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 school work will be given to pupils who are withdrawn from sex education.

10. 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.

11. Monitoring arrangements

The delivery of RSE is monitored by the Head of PSHE/RSE (LIFE) alongside the rest of the leadership team through:

- Learning walks during form time and LIFE lessons
- Book scrutiny checks
- Pupil voice/staff voice
- Department meetings
- Collaboration with heads of department, monitoring statutory content across the school-wide curriculum.

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

This policy will be reviewed by Rachel Moore and Elliot Gibbons annually. At every review, the policy will be approved by the governing body.

Appendix 1: Curriculum map

Relationships and sex education curriculum map

The information below highlights where in our curriculum the statutory RSE curriculum is delivered and at what point of the year. The rest of the curriculum is built around essential life skills and information students need which can be seen in our Curriculum Intent Document located on the school website. Whilst these topics are not considered statutory, they are important to help pupils inform safe and healthy life choices, whilst becoming good well-rounded members of society.

YEAR GROUP	TERM	TOPIC/THEME DETAILS	RESOURCES
Year 7	Autumn Term	<ul style="list-style-type: none">• Lifestyle choices• Physical and Emotional Changes During Puberty• Healthy and Unhealthy Relationships• Self-worth and the Media• Unwanted Contact and FGM• Introduction to Consent	
Year 7	Summer Term	<ul style="list-style-type: none">• Living in a Diverse Society• Prejudice, Stereotypes and Discrimination• Challenging Prejudice, Stereotypes and Discrimination in Society• Bullying, including cyberbullying• Responding to Bullying	
Year 8	Autumn Term	<ul style="list-style-type: none">• Effectively Communicating Consent in Relationships• Avoiding Assumptions and Consensual Behaviour• Forming Relationships, including new partnerships and healthy qualities• Sexting – defining and understanding the risks of it• Contraception Options• Gender Identity and Sexual Orientation• Challenging gender-based discrimination, transphobia, homophobia and biphobia.	

YEAR GROUP	TERM	TOPIC/THEME DETAILS	RESOURCES
Year 8	Summer Term	<ul style="list-style-type: none"> • Safely communicating online • Understanding online grooming, including exploitation, extremism and radicalisation. • Online safety and age restrictions • Keeping your online profile safe and secure • Managing online risks 	
Year 9	Autumn Term	<ul style="list-style-type: none"> • Different types of family relationships and structures including single parents, same sex parents, blended families, adoption and fostering. • Building positive relationships in the home • Managing conflict with families and friends • Myths and misconceptions about consent • Right to withdraw consent and the capacity to consent • Understanding the choice of delaying sex • Unprotected sex, the consequences of this and STIs • Understanding what pornography is • Sending and receiving explicit images online and the laws behind this • Media portrayal of relationships 	
Year 9	Summer Term	<ul style="list-style-type: none"> • Healthy and unhealthy friendships • Group think behaviours • Assessing and managing influences, both online and offline • Laws around alcohol and drug use • County Lines – laws, exploitation. • Knife crime and the law • Managing risk in relation to gangs 	

YEAR GROUP	TERM	TOPIC/THEME DETAILS	RESOURCES
Year 10	Autumn Term	<ul style="list-style-type: none"> • Equality Act – diversity, values, misrepresentation, influences, beliefs and opinions. • The role of pleasure in a relationship • Myths, assumptions, misconceptions and social norms about sex, gender and relationships. • Pornography – what the law says and it's impact on sexual attitudes and expectations • Forming and managing relationships online and the risks associated with this • Revenge porn – what the law says and dealing with this situation • Consent – coercion, capacity to consent and manipulation. • Impact of drugs and alcohol on decision making, ability to give consent and risky sexual behaviour • Pregnancy – the stages of pregnancy, births, miscarriages, fertility, unplanned pregnancy options including abortion, adoption and fostering. 	
Year 11	Autumn Term	<ul style="list-style-type: none"> • Assertive communication – wants and needs and handling unwanted attention • Sexual harassment – laws, stalking and how to deal with sexual harassment • Abusive, controlling and unhealthy relationships – types of relationship abuse, overcoming challenges of an unhealthy relationship • Qualities and demands of parenthood and understanding readiness for this • Types of contraception – where to find this, NHS schemes, sexual health clinics and pros and cons of certain types of contraception • Marriage – legal status, types of marriage, forced marriage, changing relationships 	

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

TOPIC	PUPILS SHOULD KNOW
Families	<ul style="list-style-type: none"> • That there are different types of committed, stable relationships • How these relationships might contribute to human happiness and their importance for bringing up children • 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 • Why marriage is an important relationship choice for many couples and why it must be freely entered into • The characteristics and legal status of other types of long-term relationships • The roles and responsibilities of parents with respect to raising of children, including the characteristics of successful parenting • 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
Respectful relationships, including friendships	<ul style="list-style-type: none"> • 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 • Practical steps they can take in a range of different contexts to improve or support respectful relationships • 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) • 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 • About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help • That some types of behaviour within relationships are criminal, including violent behaviour and coercive control • What constitutes sexual harassment and sexual violence and why these are always unacceptable • 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

TOPIC	PUPILS SHOULD KNOW
Online and media	<ul style="list-style-type: none"> • Their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online • 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 • Not to provide material to others that they would not want shared further and not to share personal material which is sent to them • What to do and where to get support to report material or manage issues online • The impact of viewing harmful content • 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 • That sharing and viewing indecent images of children (including those created by children) is a criminal offence which carries severe penalties including jail • How information and data is generated, collected, shared and used online
Being safe	<ul style="list-style-type: none"> • 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 • 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)

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

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	