

Horizon Community College Relationship, Sex & Health Education Policy



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RELATIONSHIP, SEX AND HEALTH EDUCATION (RSHE) POLICY

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Section 1 Introduction

What is relationships, sex and health education?

The Department for Education (DfE) defines sex and relationships education (SRE) as: ‘Learning about the emotional, social and physical aspects of growing up, relationships, sex, human sexuality and sexual health. Some aspects are taught in science, and others are taught as part of personal, social, health and economic education (PSHE).’

This document is informed by existing DfE guidance on:

- Relationships Education, Relationships and Sex Education (RSE) and Health Education (Updated 2020)
- Fundamental British Values as part of SMSC in schools (meeting the requirements of section 5 of the Education Act 2011, in the provision of SMSC).
- The PSHE Association Programme of Study for key stages 1-5 (DfE recommended).
- National curriculum in England: Citizenship programmes of study for key stages 3 and 4. (Non-statutory)
- Equality Act 2010: Advice for schools (Revised June 2014)

Our aims:

Horizon Community College’s comprehensive programme of RSHE provides accurate information about the body, reproduction, sex, and sexual health. It also gives children and young people essential skills for building positive, enjoyable, respectful and non-exploitative relationships and staying safe both on and off line.

The college wants parents and students to feel assured that sex education will be delivered at a level appropriate to both the age and development of students, and to feel able to voice opinions and concerns relating to the sex and relationships education provision.

Signed

(Executive Principal/Principal)

Date:

Signed:

(Chairperson of the Governing Body)

Date:

Section 2 Delivery of RSHE

Citizenship

RSHE is delivered through Citizenship lessons in Years 7-9. Classes are taught in mixed gender and mixed ability groups in Years 7 and 8, in Year 9 classes are taught in ability mixed gender groups. The RSHE content studied can be found below:

Year group	Unit Title	Lessons and content
Year 7	My Body and Me	Puberty Personal Hygiene Eating disorders
	Mental Health and Wellbeing	Un-healthy coping strategies (self-harm) Friendship and Bulling Conflict management within relationships
	British Values	Respect and tolerance
Year 8	Respect and Relationships	Different types of relationships Internet safety and grooming The media and body Image Overcoming stereotypes- Racism, Islamophobia, LGBTQ+ and Transgender rights
	Health and Prevention	Dental hygiene Vaccinations and Immunisations
Year 9	RSHE	Consent law Teenage pregnancy Different family types and marriage Fertility and fertility treatments Healthy and unhealthy relationships- Forced marriage Sexting and multi-media abuse (pornography) Honour based violence and Female Genital Mutilation (FGM) Dangerous relationships (Online radicalisation) Domestic violence including the six types of abuse in relationships (physical, isolation, emotional, threats, sexual and financial) Child sexual Exploitation (CSE) Cancer awareness (TSE/BSE)
	Spectrum (Guest Speaker delivered content)	Contraception Sexually Transmitted Infections (STIs) Condom Demonstration

Wider curriculum

RSHE is also delivered through elements of the wider curriculum (Y7-11). Biological aspects of RSHE are taught within the Science curriculum; moral issues relating to marriage, faithfulness, sexuality, fertility treatments, domestic abuse and divorce are considered in RE lessons; online protection issues are explored through Computing lessons; and in Y10-11 students refresh their knowledge about consent law, contraception and sexual health, again through RE lessons.

Assemblies and Tutor Time:

The college's Y7-Y11 programme of assemblies also enhances the RSHE provision. Issues relating to pressure, consent, the effects of alcohol and illegal drugs are just some of those explored through assemblies. Follow up work then takes place in Tutor Time, to give students the opportunity to discuss issues raised in smaller groups.

Guest speakers/teachers:

We also invite guest speakers to talk on issues related to sex and relationships. It is our experience that certain subjects are better received when delivered by an expert or experienced health professionals (such as NHS commissioned Spectrum Health) who can challenge students' knowledge and perceptions. A teacher is always present during these lessons.

Section 3 Roles and Responsibilities

Governors

To review the RSHE policy annually to ensure that it meets the needs of all members of the college's community.

College Leadership Team

To ensure that all staff are familiar with the college's policy and guidance relating to sex education and up to date with any changes.

To communicate freely with staff, parents and the governing body to ensure that everyone understands the policy and curriculum for sex education, and that any concerns or opinions regarding provision are listened to, taken into account and acted on as is appropriate.

RSHE Coordinator

To ensure that sex education is age-relevant and appropriate across all year groups.

To ensure that the knowledge and information regarding RSHE, to which all students are entitled, is provided in a comprehensive way.

To provide support to staff members who feel uncomfortable or ill-equipped to deal with the delivery of sex education to students.

To provide information and guidance to parents and carers, as requested.

College staff

To ensure that they are up to date with the college's policy and the curriculum requirements regarding sex education. Any areas that they feel are not covered or inadequately provided for should be reported back to RSHE Coordinator.

To attend and engage with relevant safeguarding training.

To encourage students to communicate concerns regarding their social, personal and emotional development in confidence, listen to their needs and support them seriously. If a student comes to a member of staff with an issue that that member of staff feels they are not able to deal with alone, they should follow college policy and take this concern to the Safeguarding Leads.

To ensure that their personal beliefs and attitudes do not prevent them from providing balanced RSHE activities to students.

To tailor their lessons to suit all students in their class, across the whole range of abilities, including those students with special educational needs.

Students

To be considerate of other people's feelings and beliefs. Students who regularly fail to follow these standards of behaviour will be dealt with under the college behaviour policy.

To be encouraged and to feel comfortable enough to talk to a member of staff regarding any concerns they have relating to sex education. Staff must consult the Safeguarding Leads if there is a child protection concern or they feel ill-equipped to deal with the issue at hand.

To provide feedback on the college's RSHE provision. Opinions on provision and comments will be reviewed and taken into consideration when the curriculum is prepared for the following year's students. In this way, the college hopes to provide students with the education they need on topics they want to learn about.

Parents and carers

To share responsibility for sex education and support their children's personal, social and emotional development.

To be encouraged to create an open home environment where students can engage, discuss and continue to learn about matters that have been raised through RSHE activities.

To be vigilant and responsive to concerns relating to inappropriate material available or viewed on-

line.

To be encouraged to seek additional support in this from the college where they feel it is needed.

Section 4 Involvement of Parents and Students

We actively seek student feedback through student voice activities. Parents and carers are invited to dedicated parent information evenings each year, where the RSHE programme is outlined and they are offered additional advice and support about discussing these matters with their children.

Section 5 Monitoring, Evaluation and Review

The college will review this policy annually. We will evaluate its effectiveness: taking into account feedback from students, staff, parents and carers; reflecting on what we have seen through learning walks and classroom observations; and considering information we receive from Ofsted national reports and PSHE association guidance.

Section 6 Equality

RSHE lessons provide a good background for talking openly and freely about the diversity of personal, social and sexual preferences. Prejudiced views will be challenged, and equality promoted. Any bullying that relates to sexual behaviour or perceived sexual orientation will be dealt with swiftly and seriously. This is the case for bullying of any kind and the procedures regarding this are outlined in the anti-bullying policy and the behaviour policy.

Section 7 Right to Withdrawal

The college aims to keep parents/carers informed about all aspects of the RSHE curriculum and urges them to read this policy. They can request these directly from RSHE Coordinator or can access RSHE policies on the college website. The college will do everything it can to ensure that parents/carers are comfortable with the education provided for their children; it is, however, their statutory right to withdraw children in their care from all aspects of sex education. This excludes withdrawal from the

elements on human growth and reproduction which fall under the Science National Curriculum. In secondary education from September 2020 Parents will not be able to withdraw their child from any aspect of Relationships Education or Health Education.

Any parents/carers wishing to withdraw children in their care from sex education should contact the RSHE Coordinator, who will discuss their concerns with them. Sex education is a vital part of the college's curriculum and of keeping children safe, and we urge parents/carers to carefully consider their decision before withdrawing children in their care from this aspect of their education. However, it is acknowledged that the final decision about the issue is for the parents/carers to take.