



REDMAIDS'  
HIGH SCHOOL

FOR GIRLS | BRISTOL

SENIOR SCHOOL & SIXTH FORM

## CODE OF PRACTICE

### PERSONAL, SOCIAL AND HEALTH EDUCATION (PSHE) INCLUDING SEX EDUCATION AND RELATIONSHIPS

**Applicable to:** All teaching staff and students

This document should be read in conjunction with the policies on Spiritual, Moral, Social and Cultural Education, Career Education and Guidance and the PSHE handbook.

#### **Aims:**

Redmaids' High School aims to "fulfil the academic ability of girls" and to "encourage them in their social, personal, moral and spiritual development" whilst endeavouring to "foster a sense of community through a friendly and caring environment, a strong pastoral system and a diverse range of extra-curricular activities". It is within this context that it aims:

- To ensure that, in line with the ethos of the school, the PSHE curriculum is delivered in a way in which students are entitled to respect and dignity and that they feel comfortable, unthreatened and able to participate freely.
- To provide a PSHE course that promotes self-reliance, knowledge, skills and understanding and that should enable students to:
  - Maximise their academic achievement at school through the development of communication skills, the skills of learning in classrooms, co-operative work, skills in managing study and reflection and review.
  - Maximise the use of their academic achievements after school through the development of personal and social skills, including skills of self-presentation, and also interpersonal skills for work and non-work contexts.
  - Maximise their contribution to and satisfactions from adult life through their understanding of the importance of maintaining bodily health, emotional health and well-being and a healthy lifestyle. Develop awareness of the importance of positive relationships including intimate and sexual ones, and of social relationships within the family, the community, and at work.
- To encourage students to examine and reflect upon their own attitudes and values as well as those of the people around them so that they develop a respect for and understanding of others.
- To work in conjunction with the programme of Careers Education and Guidance in Year 9 with reference to GCSE Options.

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## **Implementation**

- All students in Years 7 to 11 have one lesson per fortnight of PSHE which are delivered by the Head of PSHE.
- In Year 11, PSHE is taught on a carousel with Careers by the Head of PSHE.

Topics covered in PSHE in Years 7 to 11 include:

- Puberty incl. Menstruation and sustainable period products
- Friendships incl. Transitioning to secondary school
- Bullying
- Self-esteem and emotional health – incl. Body image
- Being safe – incl. Terrorist attacks, self defence, public sexual harassment
- Young people and the law, their rights and responsibilities
- Social responsibility
- Alcohol
- Drugs including legal and illegal drugs and psychoactive substance abuse
- Discrimination including racism, sexism, homophobia, ageism and transphobia
- Sex and relationship education including LGBT+, sexual health and consent
- Abortion
- Disordered eating
- Sexually transmitted infections, including HIV/AIDS
- Teenage pregnancy and parenthood
- Domestic Abuse - incl. coercive control, emotional, physical and financial abuse
- Female Genital Mutilation and Honour Based Violence
- The menopause
- Finance – incl. student loans, understanding credit and debit, mortgages

## **Equal Opportunities**

- In line with the school's policy statement on equal opportunities, PSHE and the way it is delivered to the students should include awareness of and respect for the social, cultural and religious diversity of the school community. The school will have due regard for the Equality Act 2010.
- At the time of their daughter joining the school parents will be given information about the school's policy on PSHE education including sex and relationships. Any parent who wishes to discuss their daughter's involvement in these aspects of the curriculum should contact the Head in the first instance.

## **Confidentiality and advice**

- Students and staff will agree the ground rules for discussions in PSHE lessons and it is understood that such discussions are confidential to the group. This is to promote the atmosphere of trust and openness that is of clear benefit to the students.
- However, students will be made aware as appropriate that some information cannot be held confidential, although in that instance the student will be offered

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sensitive and appropriate support. Where there is a disclosure or suspicion of abuse, the school's child protection procedures will apply.

- General advice to students is an appropriate part of PSHE but where an individual seeks advice or help as a result of the content of the PSHE programme it is likely that it will be inappropriate for staff to offer this in front of other students. It may be necessary in this situation to make use of the agreed pastoral structure including the School Counsellor and the school's medical provision.

## **EDUCATION ABOUT SEX AND RELATIONSHIPS**

### **Aims:**

Redmaids' High School aims to "fulfil the academic ability of girls" and to "encourage them in their social, personal, moral and spiritual development" whilst endeavouring to "foster a sense of community through a friendly and caring environment, a strong pastoral system and a diverse range of extra-curricular activities". It is within this context that such education / educational programme / provision aims to help students to:

- Be aware of their sexuality and understand human sexuality
- Develop positive values and a moral framework that will guide their decisions, judgements and behaviour
- Understand the arguments for delaying sexual activity
- Understand the reasons for having protected sex
- Understand the consequences of their actions and behave responsibly within relationships
- Have confidence and self-esteem and have respect for individual conscience and the skills to judge what kind of relationship they want
- Communicate effectively and assertively
- Have sufficient information and skills to protect themselves and, where they have one, their partner, from unintended and unwanted conceptions, and sexually transmitted infections including HIV
- Avoid being exploited or exploiting others
- Avoid being pressurised into having unwanted or unprotected sex
- Get confidential sexual health advice, support and, if necessary, treatment
- Know how the law applies to sexual relationships

### **Objectives:**

- To generate an atmosphere where questions of a sexual nature can be asked and answered openly and without embarrassment in an atmosphere of trust and confidentiality
- To prepare students for puberty and to support them through this process and help them to maintain a healthy lifestyle
- To provide students with the knowledge, understanding and communication skills that enable them to make informed judgements and decisions
- To allow students to consider their developing sense of sexual identity and feel confident and comfortable with it
- To allow understanding of the arguments around moral issues such as abortion, contraception and the age of consent

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- To allow an appreciation of the consequences of close relationships including having children and how this will create family ties which impact on their lives and those of others
- To allow understanding of how personal, family and social values influence behaviour
- To provide this within a framework that embraces:
  - respect for oneself and other people
  - responsibility for one's own actions
  - honesty and loyalty in relationships
  - the importance of the family unit and its responsibility for all members
  - sensitivity towards the needs and views of others
  - recognition of the physical, emotional and moral implications, and risks, of certain types of behaviour

### **Equal Opportunities**

• In line with the school's policy statement on equal opportunities, sex and relationships education (RSE) and the way it is delivered to the students should include awareness of and respect for the social, cultural and religious diversity of the school community. The school will have due regard for the Equality Act 2010.

- RSE is an educational entitlement for all students and an integral part of each student's emergence into adulthood. Sex education and education for family life form part of the cross curricular themes of the National Curriculum.
- At the time of their daughter joining the school, parents will be given information about the school's policy on education about sex and relationships as part of the PSHE curriculum. During Year 9 further information will be sent about the sex and relationships curriculum prior to the RSE workshops or lessons in which the students participate. Any parent who wishes to discuss their daughter's involvement in these aspects of the curriculum should contact the Head in the first instance.
- It is now a statutory requirement for all schools to deliver sex and relationship education. Despite this, after discussion with the Head, parents can withdraw their child from the sex element of RSE education. The Head will explore any concerns with the parent and the detrimental effect this may have on a child. A record will be kept of the concerns.
- They are not able to withdraw their daughter from relationship, health or sex as part of the science curriculum.
- Three terms before they turn 16, a student can opt back into sex education lessons against their parents' wishes.

### **Confidentiality and advice**

- Students and staff will agree the ground rules for discussions in PSHE lessons and it is understood that such discussions are confidential to the group. This is to promote the atmosphere of trust and openness that is of clear benefit to the students
- However, students will be made aware as appropriate that some information cannot be held confidential, although in that instance the student will be

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offered sensitive and appropriate support. The following procedures will apply:

- i) Disclosure or suspicion of possible abuse – the school’s child protection procedures will be followed
- ii) Disclosure of pregnancy or advice on contraception – It is hoped that the following procedure will ensure that students who are in difficulty know that they can talk to an adult in the school and that they will be supported. Information and guidance will always be sought from a health professional. The school will always encourage students to talk to their parents first:
  - students should be asked whether they can tell their parents(s) and whether they want help in doing so. If this takes place subsequent responsibility, then lies with the parent(s). It will need to be checked the next day.
  - If the student feels unable to tell her parent(s) the staff member concerned should refer her to the School Nurses.

### **Implementation**

- Education about sex and relationships is delivered through two main areas of the curriculum. The Head of PSHE and the Head of Biology are responsible for the overall planning, implementation and review of the programme in their curriculum area.

### **The PSHE Curriculum**

- Delivery is through planned aspects of the PSHE curriculum in Years 7 to 11. It will include issues such as:
  - hygiene and menstruation
  - puberty and the corresponding physical and emotional changes
  - friendship/romantic relationships (including LGBTQ+)
  - qualities in a partner
  - problems in relationships
  - implications of a sexual relationship
  - legal implications of sexual activity
  - legal ages and responsibility
  - contraceptive information

At Key Stage 4:

- self-esteem and body image (also at KS3)
- sexual responsibility
- legal ages
- social and moral implications of contraception
- emergency contraception and safer sex
- sex within a caring and committed relationship
- What is celibacy
- parenthood
- family diversity
- teenage pregnancy
- abortion
- sexually transmitted infections including HIV/AIDS
- exploring sexuality

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## **The Science Curriculum**

### ***Year 7***

- Reproduction definition
- The structures of the male and female reproductive systems
- Changes to the body during puberty, adolescence and menopause
- The menstrual cycle (in brief), including the term 'ovulation'
- Structure and adaptations of sperm and egg
- The events of fertilisations, implantation and pregnancy; this includes some detail of the function of placenta and umbilical cord
- The events of birth and the production of milk.

### **Year 10**

- The structures of the male and female reproductive systems and the functions of the parts
- The role of oestrogen and progesterone in the menstrual cycle
- The role of oestrogen and testosterone in the development of secondary sexual characteristics.

## References

Relationships Education, Relationships and Sex Education (RSE) and Health Education guidance -

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/908013/Relationships Education Relationships and Sex Education RSE and Health Education.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/908013/Relationships_Education_Relationships_and_Sex_Education_RSE_and_Health_Education.pdf)

Equality Act 2010 and schools 2014 -

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/315587/Equality Act Advice Final.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/315587/Equality_Act_Advice_Final.pdf)

**Jacklyn Turner/Alice Hinks/Anne Taylor Reviewed June 2021  
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