

Redmaids' High School

Relationships and Sex Education (RSE)



REDMAIDS'
HIGH SCHOOL
FOR GIRLS | BRISTOL
SENIOR SCHOOL & SIXTH FORM

Applicable to: All teaching staff, students and parents/carers

This document should be read in conjunction with the policies on Spiritual, Moral, Social and Cultural Education, Career Education and Guidance, the PSHE policy and the PSHE handbook. Parents/carers are consulted annually when the policy is reviewed.

Aims

Our core values are:

- 1) Know and understand each individual student.
- 2) Help students to understand themselves and their strengths.
- 3) Inspire students to forge a career of lifelong learning, in all its guises.

It is within this context that our 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 of RSE

- 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.
- 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.

Policy Development

The School is committed to working with parents and carers to make sure that they feel confident about our RSE curriculum and that it will be delivered in a sensitive way which considers different backgrounds and beliefs.

DfE guidance was reviewed in the formulation of the policy. Parents/guardians were consulted and were sent the draft RSE policy and invited to make suggestions for development.

Students are asked for feedback at the end of the RSE modules and again at the end of each academic year and staff responsible for delivering RSE were provided with regular opportunities to review the curriculum and feedback.

The policy is reviewed annually by the governor responsible for PSHE.

Implementation

Education about relationships and sex 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.

All schemes of work by year group are available on the school website. All lesson content is tailored to be accessible to our whole student body. Where a student requires additional support, the PSHE department works in partnership with the SEN department to provide supplementary sessions.

Student progress and understanding is assessed regularly using online tools. This information allows lesson content to be adapted as necessary. Students are invited to evaluate teaching and content at the end of each unit.

Right to Withdraw

In line with the school's policy statement on equal opportunities, relationships and sex 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 joining the school, parents/carers will be given information about the school's policy on education about relationships and sex as part of the PSHE curriculum. Information is sent about the relationships and sex curriculum prior to the RSE workshops or lessons in which the students participate. Any parent/carer who wishes to discuss their child'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 relationship and sex education. Despite this, after discussion with the Head, parents/ guardians can withdraw their child from the sex element of RSE education. The Head will explore any concerns with the parent/guardian and the detrimental effect this may have on a child. A record will be kept of the concerns.

Parents/ guardians are not able to withdraw their child from relationship, health or sex as part of the science curriculum. Students may not be removed from the biology lessons which focus on sex as part of the National Curriculum.

Three terms before they turn 16, a student can opt back into sex education lessons against their parents' or carers' wishes.

Confidentiality and advice

Students and staff will agree the ground rules for discussions in RSE 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 sensitive and appropriate support. The following procedures will apply:

- Disclosure or suspicion of possible abuse – the school's child protection procedures will be followed.
- 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/ guardians first:
 - students should be asked whether they can tell their parents/carers and whether they want help in doing so. If this takes place subsequent responsibility, then lies with the parents/carers. It will need to be checked the next day.
 - If the student feels unable to tell their parents/carers the staff member concerned should refer them to the School Nurses.

References

[Relationships Education, Relationships and Sex Education \(RSE\) and Health Education guidance](#)

[Equality Act 2010 and schools 2014](#)

[Political impartiality in schools February 2022](#)

**Laura Beynon/Alice Hinks/Gilly Rowcliffe Reviewed Autumn term 2023
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