



Section 5.4 Relationships, Sex and Health Education Policy

Relationships, Sex and Health Education policies in schools are partly governed by statutory requirements and government guidance (not all of the latter is statutory but which governors are expected to consider), and partly defined by the school community itself, reflecting the school's values and ethos. St Saviour's and St Olave's Relationships, Sex and Health Education (RSHE) Policy is rooted in Christian values and reflects the diverse and inclusive nature of the school.

Legislative requirements

1) The 1996 Education Act

The RSE aspects in the National Curriculum Science Orders are mandatory. In practice, this means that students in KS3 Biology must learn about: reproduction in humans (as an example of mammals), reproduction in plants, and the effects of recreational drugs (including substance misuse) on behaviour, health and life processes. At KS4, students must learn about: communicable diseases, including sexually transmitted infections in humans (including HIV/AIDs); hormones in human reproduction, including hormonal and non-hormonal methods of contraception.

2) Statutory guidance from the Department for Education (DfE) published 25 June 2019 and updated 13 September 2021, issued under section 80A of the Education Act 2002 and section 403 of the Education Act 1996

The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019, made under sections 34 and 35 of the Children and Social Work Act 2017, make Relationships Education compulsory for all pupils receiving primary education and Relationships and Sex Education (RSE) compulsory for all pupils receiving secondary education. They also make Health Education compulsory in all schools except independent schools.

RSHE and the new Ofsted School Inspection Handbook for September 2021

Inspectors must judge and report on the quality of education provided in the school and its overall effectiveness.

In reporting, inspectors must also consider RSE within personal development. This includes:

- high-quality support for students to develop their spiritual, moral, social and cultural (SMSC) development at the school;
- developing an age-appropriate understanding of healthy relationships, as well as the ability to identify unhealthy features of relationships;
- enabling students to recognise online and offline risks to their well-being, including the risks of sexual exploitation, domestic abuse, female genital mutilation and forced marriage – and making them aware of the support available to them;
- ensuring students know how to eat healthily, maintain an active lifestyle, and keep physically and mentally healthy.

· the extent to which the education provided by the school meets the needs of the range of pupils at the school and, in particular, the needs of disabled pupils and pupils who have special educational needs.

A definition of RSHE

Relationships and sex education is a dynamic process involving dialogue at school, at home and in the community. It recognises that parents/carers, peers, the churches and the media are influential in the formation of attitudes and values of young people. School, however, has an important role to play in developing attitudes that lead to informed and responsible decision making.

All pupils need to be given guidance about growing up and forming relationships. This can be achieved through a continuous and developmental relationships and sex education programme, which considers and affirms Christian ideals.

How RSHE is provided and who is responsible

Under the direction of the Headteacher and in consultation with staff and governors, the RSE programme is offered within the personal, social, health and citizenship provision at all Key Stages and is mindful of Christian values and the diverse and inclusive nature of the school. The programme is overseen by the Head of PSHCE, in collaboration with the Directors of Learning for each year group and with the Heads of Department for specific subjects – in particular, Science, Religious Studies, Physical Education and Computer Science. It is delivered through five annual drop-down days, each with a specific theme:

- October – mental health and emotional well-being (including relationships)
- December – economic understanding, financial well-being, careers
- January – relationships and sex education
- March – citizenship (including British Values and Prevent) and the environment
- June – physical health and well-being

The quality of carefully selected external providers is guaranteed by regular observations of their services, to ensure that their provision is in keeping with the Christian ethos of the school.

Our RSHE programme of study aims to:

- Support students to form healthy relationships, be happy, safe and confident with the ability to make positive contributions to society;
- Stress the importance that sexual activity is within a loving, honest and caring relationship and that, in the context of human relationships, sexuality expressed within a fully committed and faithful relationship is a symbol of God's love of creation;
- Affirm that families come in many different shapes and sizes and encourage everyone to respect and affirm loving and caring family life of all kinds;
- Ensure that all teaching respects the religion, culture and moral viewpoints of pupils, parents/carers and staff and assists students to recognise that people are of equal value in the eyes of God regardless of their age, gender, race, colour, health, mental and physical ability, sexual orientation or social or cultural background;

- Clearly explain the full dimensions of parenting and the responsibilities involved which any sexual relationship may bring;
- Through sound teaching and discussion, help pupils to make decisions about their relationships in the context of a world where risks and pressures are extreme and differing values are promoted for a variety of motives;
- Create an awareness of the issues which may arise from such teaching and learning, e.g. sexual abuse, HIV etc.

Monitoring and evaluation of RSHE

The RSE policy and programme is planned and monitored, both for appropriateness for the various stages of students' development and for opportunities to allow students to raise issues or questions in an informal setting. Feedback from staff, students and parents/carers feeds into the evaluation process and informs future planning of RSE.

RSHE and parents including right of withdrawal.

Relationship and sex education is a shared responsibility with parents/carers and, therefore, parents should feel able to contact the school about a matter which concerns them. The school also takes steps to inform parents and carers in appropriate ways about the provision and arrangements for the RSE for their children.

Parents have the right to withdraw their child from non-statutory aspects of RSE.

Dated: November 2021

Reviewed November 2021 for approval by Governing body on 16.11.2021

The governing body will review the policy every 2 years

Additional: This policy should be read in conjunction with the Safeguarding Policy, Section 3.11.