

Relationships and Sex Education Policy

June 2020

Date Approved:	July 20	Review Date:	Mar 22	Signed by Chair of Governors:	
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1. **Aims**

The aims of relationships and sex education (RSE) at the Academy are to:

- 1.1. Provide a framework in which sensitive discussions can take place
- 1.2. Prepare students for puberty, and give them an understanding of sexual development and the importance of health and hygiene
- 1.3. Help students develop feelings of self-respect, confidence and empathy
- 1.4. Create a positive culture around issues of sexuality and relationships
- 1.5. Teach students the correct vocabulary to describe themselves and their bodies

2. **Statutory requirements**

- 2.1. As a secondary academy, we must provide relationships and sex education (RSE) to all students as per section 34 of the Children and Social work act 2017
- 2.2. In teaching RSE, we are 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
- 2.3. At Fareham Academy we teach RSE as set out in this policy

3. **Policy Development**

This policy has been developed in consultation with staff, students and parents. The consultation and policy development process involved the following steps:

- 3.1. Review – The Deputy Headteacher responsible for the curriculum pulled together all relevant information including relevant national and local guidance and developed a draft policy
- 3.2. Trustee consultation – trustees were presented with the draft policy at the Policy Committee to allow them to make recommendations
- 3.3. Staff consultation – all school staff were given the opportunity to look at the draft policy and allow them to make recommendations
- 3.4. Parent/carer consultation – parents and carers were invited to attend an online meeting about the draft policy
- 3.5. Student consultation – we investigated what students want from their RSE through student council meetings
- 3.6. Ratification – once amendments were made, the policy was shared with trustees and ratified

4. **Definition**

- 4.1. RSE is about the emotional, social and cultural development of students, and involves learning about relationships, sexual health, sexuality, healthy lifestyles, diversity and personal identity
- 4.2. RSE involves a combination of sharing information, and exploring issues and values
- 4.3. RSE is not about the promotion of sexual activity

5. **Curriculum**

- 5.1. Our curriculum is set out as per Appendix 1 but we may need to adapt it as and when necessary
- 5.2. We have developed the curriculum in consultation with parents, students and staff, taking into account the age, needs and feelings of students. If students ask questions outside

the scope of this policy, teachers will respond in an appropriate manner so they are fully informed and don't seek answers online

6. Delivery of RSE

- 6.1. RSE is taught within the personal, social, health and economic (PSHE) education curriculum, including through Focus Days
- 6.2. Biological aspects of RSE are taught within the science curriculum, and other aspects are included in the religious education (RE) curriculum
- 6.3. Students also receive stand-alone sex education sessions through timetabled PDL lessons
- 6.4. Aspects of RSE are delivered through our assemblies

RSE focuses on giving young people the information they need to help them develop healthy, nurturing relationships of all kinds including:

- 6.5. Families
- 6.6. Respectful relationships, including friendships
- 6.7. Online and media
- 6.8. Being safe
- 6.9. Intimate and sexual relationships, including sexual health

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

7. Roles and Responsibilities

7.1. **The Board of Trustees:**

- 7.1.1. The Board of Trustees will approve the RSE policy, and hold the Headteacher to account for its implementation

7.2. **The Headteacher:**

- 7.2.1. The headteacher is responsible for ensuring that RSE is taught consistently across the Academy, and for managing requests to withdraw students from non-statutory or non-science components of RSE (see section 8)

7.3. **Staff:**

- 7.3.1. Delivering RSE in a sensitive way
- 7.3.2. Modelling positive attitudes to RSE
- 7.3.3. Monitoring progress
- 7.3.4. Responding to the needs of individual students
- 7.3.5. Responding appropriately to students whose parents wish them to be withdrawn from non-statutory or non-science components of RSE
- 7.3.6. 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
The Deputy Headteacher responsible for the curriculum is responsible for the delegation of the teaching of RSE at the Academy

7.4. **Students:**

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

8. Parents' right to request withdraw

- 8.1. Parents have the right to request the withdrawal of their child from the non-statutory or non-science 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 Academy will arrange this
- 8.2. Requests for withdrawal should be put in writing using the form found in Appendix 2 of this policy and addressed to the Headteacher
- 8.3. A copy of the withdrawal request will be placed in the student's educational record
- 8.4. The Headteacher (or an appointed representative) will meet with the parents to discuss the request and take appropriate action which may include the withdrawal of their child from the non-statutory or non-science components of sex education. Parents will be asked to provide details of the sex education provided at home
- 8.5. Parents are not able to request the withdrawal of their child from statutory components of sex education, science components of sex education, relationship education or health education
- 8.6. Alternative work will be provided to students who have been withdrawn from sex education

9. Training

- 9.1. Staff are trained on the delivery of RSE as part of their induction and it is included in our continuing professional development calendar
- 9.2. The Headteacher will also invite visitors from outside the academy, such as school nurses or sexual health professionals, to provide support and training to staff teaching RSE

10. Monitoring arrangements

- 10.1. The delivery of RSE is monitored by the Senior Leadership Team through:
- 10.2. Planning scrutinies, learning walks and book scrutinies
- 10.3. Students' development in RSE is monitored by class teachers as part of our internal assessment systems
- 10.4. This policy will be reviewed by the Deputy Headteacher in charge of curriculum on a biannual basis. At every review, the policy will be approved by the Headteacher and trustees

Appendix 1: By the end of secondary school students should know

TOPIC	STUDENTS 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	STUDENTS 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)
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 2: Parent form: withdrawal from sex education within RSE

TO BE COMPLETED BY PARENTS			
Name of child		Tutor group	
Name of parent		Date	
Reason for withdrawing from sex education within relationships and sex education			
Any other information you would like the Academy to consider			
Parent signature			

TO BE COMPLETED BY THE HEADTEACHER	
Agreed actions from discussion with parents	
Headteacher signature	