



Relationship and Sex Education (RSE) Policy

Next to be reviewed: September 2022

Vision

At Kettlethorpe High School we believe that our high quality personal, social, health and economic (PSHE) and relationship and sex education (RSE) will equip our pupils with the knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives and meet their full potential. The physical, mental and social health and safety of every child is uppermost in our approach to PSHE and RSE at Kettlethorpe High School and all that is taught especially within this subject area, reflecting the best intentions for the child and upholding the welfare of the child.

We believe in empowering our pupils to understand the world that they live in; be confident in their own place in society and develop into good, considerate members of the public by following our school's vision of working together to be the best we can be.

Definitions and Legal Requirements

Under the Education Act 1993 and Education Reform Act 1998, all schools are required to maintain a statement of policy regarding RSE and make it available to parents on request. This policy complies with DfE Guidance on Sex & Relationships Education and has been drawn up on the basis of law and guidance provided by the PSHE Association and wider agencies.

- Documents that inform the school's RSE policy include:
- Education Act (1996)
- Learning and Skills Act (2000)
- Education and Inspections Act (2006)
- Equality Act (2010),
- Supplementary Guidance SRE for the 21st century (2014)
- Keeping children safe in education – Statutory safeguarding guidance (2016)
- Children and Social Work Act (2017)

Personal, social, health and economic education (PSHE) promotes the spiritual, moral, cultural, mental and physical development of pupils at the school and of society, and prepares pupils at the school for the opportunities, responsibilities and experiences of later life. PSHE education contributes to schools' statutory duties outlined in the Education Act 2002 to provide a balanced and broadly-based curriculum. The programme of study includes three core themes:

- Health and Wellbeing
- Relationships
- Living in the Wider World

Relationships and sex education (RSE) is learning about the emotional, social and physical aspects of growing up, relationships, sex, human sexuality and sexual health. Most of the curriculum is taught as part of personal, social, health and economic education (PSHE), accompanied by statutory topics within the science curriculum. It is about the understanding of the importance of healthy, stable and positive relationships, which are built around respect, love and care, for family life. It involves acquiring information to stay safe and healthy, developing skills and forming positive beliefs, values and attitudes.

Roles and Responsibilities

The PSHE and RSE programme will be led by the Co-ordinator of PSHE, overseen by the Deputy Head Teacher. It will be taught by tutors, accompanied by outside agencies, where appropriate, which could include Well Being Days and assembly presentations. All staff who deliver RSE will receive full training to ensure appropriate and supported delivery of content.

During RSE lessons (and at other times) controversial topics may arise. The judgement of individual teachers will decide as to whether the subjects are suitable for class discussion. Teachers will try to answer pupils' questions honestly, sensitively and in such a way that takes the context into account. If a question is felt to be too explicit, the teacher will acknowledge it and deal with it outside the whole class setting. Where discussions about sexual behaviour arise by the very nature of the subject, for example HIV/AIDS, teachers will deal sensitively and objectively with information of this kind, avoiding development of bias and prejudice. Where discussions about sexual behaviour arise from unrelated topics, teachers will give attention to relevant issues, again using professional judgement.

It is the responsibility of all teachers and pupils to show respect for all genders, sexualities and identities. Pupils should be never asked to disclose sexual orientation or personal information. Any concerns that arise about sexual abuse or any other safeguarding issues must be followed up under Kettlethorpe High School's safeguarding policy and procedure. Please refer to the current Safeguarding Policy at Kettlethorpe High School for further details.

Diversity and Inclusion

Kettlethorpe High School adheres to the Equality Act 2010 and Keeping Children Safe in Education 2019 and endeavours to ensure that our PSHE and RSE provision is inclusive and, where necessary, respects the rights of individuals within the confines of law.

We teach in an ethnically diverse community. In a class we may have pupils from a wide variety of cultures and with a wide variety of faiths. These cultures and faiths often hold views, perhaps strong views, about sexual behaviour. We will be sensitive to these views but must ensure that pupils have access to the learning they need to stay safe, healthy and understand their rights as individuals. We do not discriminate against individuals and aim to provide a suitable RSE curriculum for our pupils. We will deal sensitively and honestly with issues of sexual orientation or identity and aim to answer appropriate questions and offer support. Young people, whatever their developing sexuality or identity, need to feel that relationship and sex education is relevant to them. This means that sex and relationship education will be sensitive to the different needs of individual pupils but will be delivered clearly with impartial scientific information on matters.

Curriculum Delivery of the PSHE programme including RSE

Our PSHE and RSE curriculum is delivered in tutor period by the form tutor for all year groups, unless supported by outside agencies. Topics and features within the PSHE and RSE curriculum are also reflect cross curricular inline with our SMSC programme. Lessons are designed to be age-appropriate and adhere to the curriculum put forth by the DfE for Relationship and Sex Education 2020. Please note that lessons may vary or change in accordance to pupils' need.

The following tables outlines an overview of topics covered for each year group - Text in red links to the compulsory RSE education.

Year 7	Pupil Parliament	Reflecting on political events over the last year and gain an understanding of Britain's democratic process. This is applied to the pupil parliament system within school.
	Bullying	Understanding what bullying is and the many forms it can occur. Case studies are looked at with a special focus on cyberbullying and emphasis on the roles of others.

	Healthy Choices	<p>A focus on diet, exercise and personal hygiene. Thinking about what choices to make whilst eating, focusing on the nutritious value of food. Pupils also look at how to keep a good hygiene with reasons why.</p> <p>Year 7 pupils also participate in a session from an external agency which demonstrates basic first aid to instil lifesaving skills.</p>
	Equality and Diversity	<p>Understanding the British Values of equality and diversity, whilst celebrating our countries laws and inclusion. Pupils focus on stereotypes and its dangers, as well as learning new terminology and understanding of groups who identify within the LGBTQIA+ community and different make up of families. Pupils also identify what racism looks, and sounds likes and develop empathy for the struggles of minority groups.</p>
	Growing Up	<p>A follow up (from primary school) to the physical, emotional and mental themes of puberty. They should be aware of the physical changes of both girls and boys as well explore the emotional changes which occur and how to cope. A lesson is also introduced to deal with relationships and sexual feelings, along with understanding consent.</p>

Year 8	Pupil Parliament	<p>Reflecting on political events over the last year and develop their understanding of Britain's democratic process. This is applied to the pupil parliament system within school.</p>
	Body Image	<p>Studying the impact of modern culture on body image (eg. the media) and explore ideas regarding 'beauty'. Pupils should challenge the impact of negative body image and understand its possible effect on their mental health.</p>
	Healthy Choices	<p>Looking at influences in life that could lead to addiction or have an impact on physical and/or mental health. Primarily the aim to heighten understanding of drug and alcohol abuse, but also linking into caffeine and gambling. The focus being moderation.</p>
	Britain and the Wider World	<p>The scheme focuses on Britain's place in the wider world, comparing British culture with others and understanding the core of British values. The topics look at key themes such as law, freedom, migration and democracy. Pupils should gain an understanding of why Britain is a leading country.</p>
	Social Media	<p>Exploring the ideas surrounding social media, focusing on its short- and long-term impact on pupils' lives. They study the dangers and risks associated with it and reflect on their own usage, along with an emphasis on responsibility and keeping safe. There is a lesson which focuses on photo sharing, sexting and the law.</p>

	Anti-Social Behaviour	Scheme to develop understanding of anti-social behaviour and the law. Pupils will identify forms of anti-social behaviour, including gang formation, and the idea of responsibility for ourselves and each other.
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Year 9	Pupil Parliament	Reflecting on political events over the last year and develop their understanding of Britain's democratic process. This is applied to the pupil parliament system within school.
	Money Matters	The scheme focuses on building knowledge on money and life after education. Pupils learn about budgeting and the cost of living. They study influences on budgets and guidance is given on bank accounts. There is also a focus on money lending which links to mental health and morals.
	Healthy Relationships	Pupils look at what a healthy relationship should be like. This is shown through an ongoing case study of an unhealthy relationship, focusing on behaviour of those involved and others around them. Pupils should look at both sides of a relationship and understand ways of dealing with problems, behaviour and challenges appropriately. Lessons also focus on ideas of consent, sexting and sexual behaviour.
	Crime & Law	A focus on the laws of Britain, including driving laws, age limits, court procedures and common purpose. Common purpose is also linked to everyday like reflecting on responsibility and roles for ourselves and each other.
	Mental Health	The scheme is within the work around school, reflecting on the triage sleep, diet and exercise. The unit looks at types of mental health as well as looking at self-help steps and methods to remedy or prevent any conditions. The scheme also provides advice on what to do next, including outside agency.
	Relationship and Sex Education	Four lessons are delivered by outside agency partnership, Spectrum. This is distributed throughout the year to each form group. They focus on consent, STIs, contraception and laws referring to sexual behaviour. Advice is provided for support and guidance at their sexual health clinic in Wakefield and Barnsley.

Year 10	Work Experience	Pupils prepare for their work experience placement. This is prepared by the Careers Officer and allows time for pupils to understand procedure and expectations.
	Revision and Exams	A programme of study which equips pupils with skills and knowledge on how to prepare for their GCSE exams. This include techniques, learning behaviour, maintaining a good mental health, coping with stress and preparation.
	Relationship and Sex Education	Lessons are designed to support pupils' understanding of sexual behaviour, consent and choices. Themes includes normalising sex and pornography; different family orientation; laws regarding sex and relationships; FGM; CSE; sexual bullying and harassment and domestic abuse.

Year 11	College and Applications	Pupils developing and understanding of their post-16 options and prepare applications. This is prepared by the Careers Officer and allows time for pupils to understand procedure and expectations.
	Money, Home and Your Future	Developing a clear understanding of life after school, including money management. This is designed to help pupils understand wages and their payslip, as well as responsibilities regarding tax and national insurance. Pupils are also encouraged to use money responsibly.

	Your Health	This scheme focuses on maintain a good physical, mental and emotional health during, and after, education. Including being responsible for GP registering and checking their own health. Elements of sexual health and options are included, such as unplanned pregnancies, sexual health and prevention, along with staying safe around drugs and alcohol.
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Throughout the year there are workshops and group work which interchange in accordance to the needs of our pupils. For example, an Exam Stress Workshop for year 11, targeting specific pupils who may benefit from work surrounding stress and anxiety in the lead up to exams. These drop-down days, or workshops, can be formed in response to pupil voice or a need which has arisen.

RSE Curriculum for SEN Pupils

Where possible, all pupils will remain with their class for RSE lessons. Pupils with SEN, or pupils who have been identified as likely to need support with RSE, will either receive the support equal to that which is received in lessons or, in some cases, arrangements will be made for specific pupils to be withdrawn from the tutor class and receive a differentiated version of the programme delivered elsewhere. The SENCO and Co-ordinator of PSHE will make the relevant plans and consult with parents / carers to discuss where appropriate and accommodating.

Withdrawal and Working with Parents/Carers

Parental support is integral to the success of our RSE curriculum. While we have an educational and legal obligation to provide young people with relationship and sex education, we respect the primary role of the parents / carers in education their children about these matters. Parents / carers are very welcome to explore our RSE curriculum further by requesting to view the teaching materials. We also invite parents / carers to contact the Co-ordinator of PSHE regarding any concerns and questions regarding the policy and curriculum.

At secondary school level, parents / carers can withdraw their child from sex education. This does not include sex education which sits in the National Curriculum as part of science, which is compulsory. However, a child does have the right to opt into sex education three terms before the age of 16, regardless of parental consent. Withdrawing from sex education does not include lessons referring to health and relationships. If you wish to withdraw your child, we urge you to refer to the lesson overview or contact the Co-ordinator of PSHE or Year Manager to discuss and specify which lessons, ensuring no prejudice or bias for your choice. This enables the pupil to receive other lessons which will equip them with the knowledge to remain safe and confident.

Should parents / carers wish to withdraw their child from sex education then a request should be made in writing to the Co-ordinator of PSHE.

Confidentiality and Safeguarding

RSE is taught so that the welfare of the child is uppermost, at all times. During these lessons, there may be circumstances whereby a child needs to address further questions regarding anything that is taught. This may include factual awareness or matters regarding the welfare and safety either of themselves or someone they know personally, within the context of sex and relationships. All staff are required to abide by a common law of duty of confidentiality. This law requires that information provided in confidence should only be used for the purposes that the person has been informed about and consented to. Therefore, it is important to state that wherever possible, confidentiality and counsel will be kept as a private matter.

However, unconditional confidentiality cannot be guaranteed by any professional, no matter what their background may be. This is contained in the school's Child Protection Safeguarding Policy and reflects the child protection policy and procedures which operate within all agencies within Wakefield, including Health Service staff working within Kettlethorpe High School. Other services, such as the Health Service, may become involved within an issue of confidentiality, as a duty of care and protection within the school. However, staff are bound by the same requirements as other professionals, to disclose information to Social Care Direct if they believe that the young person is at risk of harm.

The policy recognises the important role and responsibility of the Designated Senior Leader (DSL) for child protection at Kettlethorpe High School, understanding the need that pupils are aware of matters pertaining to confidentiality. Where the 'named person' deems it necessary, as a result of possible child protection issues, relevant information will be passed on to Social Services or other support services.

Staff ensure that pupils know that teachers are unable to offer unconditional confidentiality and must adhere to the Safeguarding and Protection Policy. Teachers are not legally bound to inform parents / carers of any disclosure, unless the pupil is at risk. In a case when a member of staff learns from an under 16-year-old that they are having, or are contemplating having sexual intercourse, they must refer the matter to the schools Designated Safeguarding Lead, or in his/her absence, their deputy, who will be responsible to follow up in line with the Safeguarding Policy.

Visitors/external agencies which support the delivery of RSE will be required to adhere to our Visitor Policy, ensuring they are checked to work with children. Our external visitors are employed by Public Health, such as Spectrum and CAHMS.

Outside Engagement

Parents will be informed about the policy through communication via parental engagement evenings, our social media platforms and the Kettlethorpe High School website. The policy will be easily available to view on the website, along with other policies. We work closely with parents to ensure that they are fully aware of what is being taught and provide additional resources and support through our engagement evenings, as well as unconditional support from staff involved within the creation of the PSHE and RSE policy and curriculum. Parental sessions will be used to communicate the importance of our curriculum and allow opportunities to discuss and exchange ideas regarding RSE teaching at Kettlethorpe High School.

Stakeholders have the right to request material before it is delivered to the pupils to ensure clear understanding before making informed decisions. Any parent / carer is welcome to make an appointment with the Co-ordinator of PSHE to discuss any concerns or discuss elements of the programme.

Monitoring and Evaluation

The Co-ordinator of PSHE will monitor the provision of the various dimensions of the programme by examining plans, schemes of work and samples of lesson practice at regular intervals. Although there is no formal evaluation (as with other subjects that will include marking and testing), PSHE and RSE is monitored in terms of quality assurance at least once a term, by the Senior Leadership Team (SLT)/or Year Managers and Key Stage Leaders. This is completed by learning walks which are recorded using our internal systems.

The implementation of this policy will be monitored and evaluated through the normal processes of review that apply to all areas of curriculum. The programme will be reviewed biannually by means of questionnaires, pupil voice and discussions with pupils, staff and parents/carers. The results of the evaluation will be considered for improvement and progressions. Governors will consider all such evaluations and suggestions before amending the policy.