

Relationships and Sex Education (RSE) Policy

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1. Introduction

Rosewood School is aware that children and young people are growing up in an increasingly complex world and living their lives seamlessly on and offline. This presents many positive and exciting opportunities, but also challenges and risks. In this environment, children and young people need to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way.

2. Aims

The aim of RSE is to give young people the information they need to help them develop healthy, nurturing relationships of all kinds, not just intimate relationships. It should enable them to know what a healthy relationship looks like and what makes a good friend, a good colleague and a successful marriage, civil partnership or other type of committed relationship. It should also cover contraception, developing intimate relationships and resisting pressure to have sex (and not applying pressure). It should teach what acceptable and unacceptable behaviour in relationships is. This will help students understand the positive effects that good relationships have on their mental wellbeing, identify when relationships are not right and understand how such situations can be managed.

The Schools RSE policy will provide clear progression from what is taught in primary in Relationships Education. We will build on the foundation of RE and, as students grow up, at the appropriate time extend teaching to include intimate relationships. Alongside being taught intimate relationships, students will also be taught about family relationships, friendships and other kinds of relationships that are an equally important part of becoming a successful and happy adult.

Teaching of RSE in Rosewood School will enable students:

- To distinguish between content and experiences that exemplify healthy relationships and those that are distorted or harmful;
- To understand the benefits of healthy relationships to their mental wellbeing and self-respect and to understand that unhealthy relationships can have a lasting, negative impact on mental wellbeing;
- to believe they can achieve goals and that in order to achieve those goals they must stick at the tasks despite the challenges they may face;

- to be taught the facts and the law about sex, sexuality, sexual health and gender identity in an age-appropriate and inclusive way;
- to recognise when relationships (including family relationships) are unhealthy or abusive (including the unacceptability of neglect, emotional, sexual and physical abuse and violence including honour-based violence and forced marriage) and strategies to manage this or access support for themselves or others at risk;
- to recognise risks, harmful content and contact, and how and when to report issues to keep them safe online;
- to, within the law, be well equipped to make decisions for themselves about how to live their own lives in the future, whilst respecting the right of others to make their own decisions and hold their own beliefs.

3. Statutory Guidance

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. The regulations also make Health Education compulsory in Schools.

This policy was developed in response to:

- [Statutory guidance on RSE and health education](#)
- [Keeping children safe in education: for schools and colleges](#)
- [Behaviour and discipline in schools: guidance for headteachers and staff](#)
- [Equality Act 2010: advice for schools](#)
- [Special educational needs and disability code of practice: 0 to 25 years](#)
- [Alternative provision](#)
- [Mental health and behaviour in schools](#)
- [Preventing and tackling bullying](#)
- [Cyber bullying: advice for headteachers and school staff](#)
- [Advice for parents and carers on cyber bullying](#)
- [Sexual violence and sexual harassment between children in schools and colleges](#)
- [Promoting fundamental British values as part of SMSC in schools](#)
- [National Citizen Service: guidance for schools and colleges](#)

4. Links with other policies

This policy should be read in conjunction with the following Trust/Academy policies:

- Safeguarding Policy
- Anti-Bullying Policy
- E-Safety Policy
- Equality Information

5. Delivery of the programme

The school acknowledges that high-quality, evidence-based and age-appropriate teaching can help pupils prepare for the opportunities, responsibilities and experiences of adult life as well as promoting the spiritual, moral, social, cultural, mental and physical development of pupils both at school and in society.

RSE will be set in the context of a wider whole-school approach to supporting pupils to be safe, happy and prepared for life beyond school. The curriculum on relationships and sex will complement and be supported by, the schools wider policies on behaviour, inclusion, respect for equality and diversity, anti-bullying and safeguarding. RSE will sit within the context of the schools broader ethos and approach to developing pupils socially, morally, spiritually and culturally; and its pastoral care system.

The curriculum on health education will similarly complement, and be supported by, the schools education on healthy lifestyles through physical education, food technology, science and its sport, extra-curricular activity and school food.

Rosewood School will deliver the content set out in Appendix 2 in the context of a broad and balanced curriculum. Effective teaching will ensure that core knowledge is broken down into units of manageable size and communicated clearly to pupils, in a carefully sequenced way, within a planned programme of lessons. Teaching will include sufficient well-chosen opportunities and contexts for pupils to practice applying and embedding new knowledge so that it can be used skillfully and confidently in real life situations.

The lead teacher will work closely with colleagues in related curriculum areas to ensure Relationships Education, RSE and Health Education programmes complement each other and do not duplicate, content covered in national curriculum subjects such as citizenship, science, computing and PE.

6. Pupils with special educational needs and disabilities (SEND)

Relationships Education, RSE and Health Education will be accessible for all pupils. High quality teaching is differentiated and personalised, this is the starting point to ensure accessibility for all pupils. Rosewood School will also be mindful of the preparing for adulthood outcomes as set out in the SEND code of practice, when preparing these subjects for pupils with SEND.

The School is aware that some pupils are more vulnerable to exploitation, bullying and other issues due to the nature of their SEND. Relationships Education can also be a priority for some pupils, for example some with Social, Emotional and Mental Health Needs or learning disabilities.

For some pupils there may be a need to tailor content and teaching to meeting the specific needs of children at different development stages.

7. Roles and Responsibilities

7.2 Teaching Staff will ensure that:

- All pupils make progress in achieving the expected educational outcomes;
- The subjects are well led, effectively managed and well planned;
- That the quality of provision is subject to regular and effective self-evaluation;
- That the subjects are resourced in a way that ensures the Academy can fulfil its legal obligations.

7.3 Headteacher

The Headteacher/Head of School will ensure that:

- All staff are informed of the policy and the responsibilities included within the policy;
- All teachers explore how new pedagogies and technology can be fully utilised to support subjects;
- The teaching of RSE is monitored to ensure that it is delivered in ways that are accessible to all pupils with SEND;
- The School works with parents/carers when planning and delivering RSE to pupils.
- Clear information is provided to parents/carers on the subject content and the right to request that their child is withdrawn.

7.4 Staff

All staff will ensure that:

- Ground rules are negotiated with the group before embarking on lessons of a sensitive nature so that both the staff and pupils can work together in a supportive atmosphere in which all members can speak with confidence and without fear of embarrassment, anxiety or breach of confidentiality;
- All students are offered the opportunity to explore ideas, situations and feelings in an atmosphere of confidence and support;
- At all times teaching will take place in the context of an explicit moral framework;
- All points of view they may express during the course of teaching RSE are unbiased;
- The teaching of RSE is delivered in ways that are accessible to all pupils with SEND;
- The emphasis of teaching RSE will always be the importance and understanding of personal relationships and the right of the individual to make informed choices;
- Issues of stereotyping, sexual equality, harassment, rights and legislation underpin the teaching of RSE;
- Where appropriate they direct pupils to seek advice and support from an appropriate agency or individual. It is inappropriate for staff to give students personal advice on matters such as contraception;
- Where a student has embarked on a course of action likely to place them at risk, the member of staff will ensure that the student is aware of the implications of their behaviour. The member of staff should refer any potential concerns to the Designated Safeguarding Lead.

7.5 Parents/Carers

Rosewood School acknowledges the key role that parents/carers play in the development of their children's understanding about relationships. Parents are the first educators of their children. They have the most significant influence in enabling their children to grow and mature and to form healthy relationships.

All Parents/Carers will be:

- Given every opportunity to understand the purpose and content of Relationships Education and RSE;
- Encouraged to participate in the development of Relationships Education and RSE;
- Able to discuss any concerns directly with the School.

8. Right to be excused from sex education

Parents have the right to request that their child be withdrawn from some or all of sex education delivered as part of statutory RSE. The School, before granting any such request, will require the Headteacher to discuss the request with the parent and, as appropriate, with the child to ensure that their wishes are understood and to clarify the nature and purpose of the curriculum.

Following the discussions, except in exceptional circumstances, the School will respect the parents' request to withdraw their child, up to and until three terms before the child turns 16. After that point, if the child wishes to receive sex education rather than be withdrawn, the school should make arrangements to provide the child with sex education during one of those terms.

The Headteacher will ensure that where a pupil is excused from sex education, the pupil will receive appropriate, purposeful education during the period of withdrawal.

There is no right to withdraw from the national curriculum.

9. Working with external agencies

Rosewood School is aware that working with external partners will enhance the delivery of RSE and will bring in specialist knowledge and implement different ways of engaging with young people.

When Rosewood School uses external agencies, they will check the credentials of the visiting organisation and any visitors linked to the agency. The School will also ensure that the teaching delivered by the visitor fits with the planned programme and the published policy.

Schools will work with external agencies to ensure that the content delivered is age-appropriate and accessible for all pupils. Any materials that are used as part of the delivery must be approved by the School in advance of the session.

The School will ensure that the visitor is aware of aspects of confidentiality and understands how safeguarding reports should be dealt with in line with the Schools Safeguarding Policy.

10. Safeguarding, reports of abuse and confidentiality

Rosewood School recognises that at the heart of RSE, the focus is on keeping children safe, and acknowledges the significant role Schools have in preventative education.

At Rosewood, we will allow children an open forum to discuss potentially sensitive issues. Such discussions can lead to increased safeguarding reports. Children will be made aware of the processes to enable them to raise their concerns or make a report and how any report will be handled. This will also include processes when they have a concern about a peer or friend.

In line with the document Keeping Children Safe in Education (KCSIE), all staff are aware of what to do if a child tells them that they are being abused or neglected. Staff are also aware of need to manage the requirement to maintain an appropriate level of confidentiality. This means only involving those that need to be involved, such as the Designated Safeguarding Lead and children's social care. A member of staff will never promise a child that they will not tell anyone about a report of abuse, as this is not in the best interests of the child.

The involvement of the Designated Safeguarding Lead (or Deputy Designated Safeguarding Lead) will ensure that trusted, high quality local resources are engaged, links to the police and other agencies are utilised and the knowledge of the any particular local issues it may be appropriate to address in lessons.

Families and people who care for me

Pupils should know

- that families are important for children growing up because they can give love, security and stability.
- the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives.
- that others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care for them.
- that stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up.
- that marriage/civil partnership represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong.
- how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.

Caring friendships

Pupils should know:

- how important friendships are in making us feel happy and secure, and how people choose and make friends.
- the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, trust, sharing interests and experiences and support with problems and difficulties.
- that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.
- that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right.
- how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, how to manage these situations and how to seek help or advice from others, if needed.

Respectful relationships

Pupils should know:

- the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs.
- the conventions of courtesy and manners.
- the importance of self-respect and how this links to their own happiness.
- 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 those in positions of authority.
- about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help.
- what a stereotype is, and how stereotypes can be unfair, negative or destructive.
- the importance of permission-seeking and giving in relationships with friends, peers and adults.

Online relationships

Pupils should know:

- that people sometimes behave differently online, including by pretending to be someone they are not.
- that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous.
- the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.
- how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met.
- how information and data is shared and used online.

Being safe

Pupils should know:

- what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context).
- about the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe.
- that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.
how to respond safely and appropriately to adults they may encounter who they do not know.
- how to ask for advice or help for self and for others, and to keep trying until they are heard, including having the vocabulary and confidence to report concerns or abuse.
- where to get advice from e.g. family, school and/or other source.

Rosewood School will continue to develop knowledge on topics specified for primary schools (appendix 1) and in addition, cover the following content by the end of secondary:

Families

Pupils should know:

- 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 and civil partnerships are, including their legal status e.g. that marriage and civil partnerships carry 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 the raising of children.
- how to: determine whether peers, adults or sources of information are trustworthy, judge when a family, friend, intimate or other relationships 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

Pupils should know:

- the characteristics of positive and healthy friendships (both on and offline) including: trust, respect, honesty, boundaries, privacy, consent and the management of conflict, reconciliation and ending relationships. This includes different (non-sexual) types of relationship.
- 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 tolerance and respect to others and others' beliefs, including people in positions of authority.
- 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.

Online and Media

Pupils should know:

- their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply online and offline.
- 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 often 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 against the law.
- how information and data is generated, collected, shared and used online.

Being safe

Pupils should know:

- the concepts of, and laws relating to, sexual consent, sexual exploitation, abuse, grooming, coercion, harassment and domestic abuse 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 (on and offline).

Intimate and sexual relationships, including sexual health

Pupils should know:

- 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 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.
- how 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.



Long Term Plan 2020/21 – PSHE KS2, KS3 & KS4

| Year Group | Autumn | | Spring | | Summer | |
|---------------|---|--|--|---|---|---|
| | Autumn 1 <i>Health & Wellbeing</i> 8 weeks | Autumn 2 <i>Relationships</i> 7 weeks | Spring 1 <i>Living in the Wider World</i> 6 weeks | Spring 2 <i>Health & Wellbeing</i> 6 weeks | Summer 1 <i>Relationships</i> 6 weeks | Summer 2 <i>Living in the Wider World</i> 7 weeks |
| Year 5 | Suicide Prevention Day(10 th Sept) Black History Month (Oct) Mental health & Wellbeing focus, in line with Government guidance and relation to COVID19 – Lockdown situations/feelings, worries, myths, media, selfcare, new school life. Anti-racism focus, including BLM protests and news/media highlights. | Anti-Bullying Week (16th – 20th Nov) Building friendships – positive friendships / negative friendships How can I identify when someone isn't being a good friend to me or someone else? My family – different family, same love | Basics of saving, budgeting and money managing (wants vs needs) Children's rights | Managing puberty, privacy and unwanted contact (in self context - NSPCC pants rule) Personal hygiene <ul style="list-style-type: none"> - Dental - Physical (changes due to puberty) | Mental Health Awareness Week (11th – 17th May) Growing up and relationships Understanding and identifying healthy and non-healthy relationships (friends & family) | Preparation for Year 6 & 7 SATs talk Secondary school talk Understanding and learning to manage my different feelings, inside and outside of school |
| Year 6 | | | | | Managing puberty more in depth, introduction to Relationships and Sex Education | |
| Year 7 | Suicide Prevention Day(10 th Sept) Black History Month (Oct) Mental health & Wellbeing focus, in line with Government guidance and relation to COVID19 – Lockdown situations/feelings, worries, myths, media, selfcare, new school life. | Anti-Bullying Week (16th – 20th Nov) Diversity, prejudice and bullying including cyber bullying Managing on- and off-line friendships | Enterprise skills and introduction to careers Challenging career stereotypes and raising aspirations *Connexions / Career Pathway | The risks of alcohol, tobacco and other substances Managing puberty and the issues of unwanted contact (in relationship context) *Science | Mental Health Awareness Week (11th – 17th May) Self-esteem, romance and friendships Exploring family life Consent i.e personal space | Making ethical financial decisions (wants vs needs – how will they change as you grow older) Saving, spending and budgeting our money |

| | | | | | | |
|---------------|--|---|--|---|---|--|
| | Anti-racism focus, including BLM protests and news/media highlights. | | | | | |
| Year 8 | <p>Suicide Prevention Day(10th Sept) Black History Month (Oct)</p> <p>Mental health & Wellbeing focus, in line with Government guidance and relation to COVID19 – Lockdown situations/feelings, worries, myths, media, selfcare, new school life.</p> <p>Anti-racism focus, including BLM protests and news/media highlights.</p> | <p>Anti-Bullying Week (16th – 20th Nov)</p> <p>Tackling racism and religious discrimination, promoting human rights</p> <p>Managing change and loss</p> | <p>Rights and responsibilities in the community</p> <p>Tackling age and disability discrimination</p> | <p>Mental health and emotional wellbeing, including body image (Online safety and digital literacy, celebrities, photoshop, unrealistic ideologies)</p> | <p>Mental Health Awareness Week (11th – 17th May)</p> <p>Introduction to sexuality and consent</p> <p>Introduction to contraception including condom and the pill</p> | <p>Evaluating value for money in services</p> <p>Risks and consequences making financial decisions</p> |
| Year 9 | <p>Suicide Prevention Day(10th Sept) Black History Month (Oct)</p> <p>Mental health & Wellbeing focus, in line with Government guidance and relation to COVID19 – Lockdown situations/feelings, worries, myths, media, selfcare, new school life.</p> <p>Anti-racism focus, including BLM protests and news/media highlights.</p> | <p>Anti-Bullying Week (16th – 20th Nov)</p> <p>Managing conflict at home and the dangers of running away from home</p> <p>Tackling homophobia, transphobia and sexism</p> | <p>Understanding careers and future aspirations</p> <p>Identifying learning strengths/Styles and setting goals as part of the GCSE options process</p> <p>*Connexions / Career Pathway</p> | <p>Managing peer pressure in relation to illicit substances</p> <p>Assessing the risks of drug and alcohol abuse and addiction</p> <p>*Science</p> | <p>Mental Health Awareness Week (11th – 17th May)</p> <p>Relationships and sex education including healthy relationships and consent, safe sex</p> <p>The risks of STIs, sexting and pornography</p> <p>*Science / Information Communication Technology</p> | <p>Planning and carrying out an enterprise project</p> <p>Reflecting on learning skills development in key stage 3</p> |

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|----------------|--|---|---|--|---|--|
| Year 10 | <p>Suicide Prevention Day(10th Sept) Black History Month (Oct)</p> <p>Mental health & Wellbeing focus, in line with Government guidance and relation to COVID19 – Lockdown situations/feelings, worries, myths, media, selfcare, new school life.</p> <p>Anti-racism focus, including BLM protests and news/media highlights.</p> | <p>Anti-Bullying Week (16th – 20th Nov)</p> <p>Tackling relationship myths and expectations</p> <p>Managing romantic relationship challenges including break ups</p> | <p>Understanding the causes and effects of debt</p> <p>Understanding the risks associated with gambling</p> | <p>Exploring the influence of role models Maslow's hierarchy of needs Emotional/physical needs from birth-death</p> <p>Evaluating the social and emotional risks of drug use</p> | <p>Mental Health Awareness Week (11th – 17th May)</p> <p>Understanding different families and learning parenting skills</p> <p>Managing change, grief and bereavement</p> | <p>British values, human rights and community cohesion</p> <p>Challenging extremism and radicalisation</p> |
| Year 11 | <p>Suicide Prevention Day(10th Sept) Black History Month (Oct)</p> <p>Mental health & Wellbeing focus, in line with Government guidance and relation to COVID19 – Lockdown situations/feelings, worries, myths, media, selfcare, new school life.</p> <p>Anti-racism focus, including BLM protests and news/media highlights.</p> | <p>Anti-Bullying Week (16th – 20th Nov)</p> <p>Personal values and assertive communication in relationships</p> <p>Tackling domestic abuse, CSE and forced marriage</p> | <p>Understanding the college application process and plans beyond school</p> <p>Skills for employment and career progression</p> <p>*Connexions / Career Pathway</p> | <p>Health and safety in independent contexts</p> <p>Taking responsibility for health choices</p> | <p>Mental Health Awareness Week (11th – 17th May)</p> <p>Preparation for work experience</p> <p>Next steps, helplines</p> | <p>EXAM LEAVE</p> |