

# ATLP RSE and Health Education Policy Secondaries



## Document Control

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Document Reference:	ATLP Relationships, Sex and Health Education Policy Secondary	
Version	03	
Status	Approved	
Publication Date	September 2024 March 2023 October 2021 October 2020	
Related Policies	<ul style="list-style-type: none"> <li>• Relationship &amp; Behaviour Policy</li> <li>• Special educational needs and disabilities (SEND) Policy</li> <li>• E-safety Policy</li> <li>• Equality, Diversity &amp; Inclusion Policy</li> <li>• Child Protection and Safeguarding Policy</li> <li>• Data Protection (GDPR) Policy</li> <li>• Complaints Policy</li> </ul>	
Review Date	Annually – May 2024	
Approved/Ratified By	Chair on behalf of the Trust Board	01/10/24
Summary of material changes	<ul style="list-style-type: none"> <li>• Identification that the policy may be updated in line with gender-questioning guidance</li> <li>• Additional references to artificial intelligence (AI)</li> <li>• Removal of duplication re related policies (removed from policy content)</li> <li>• Clarified that requests to withdraw a child from sexual education must be directed to the Headteacher (adoption of DfE language)</li> </ul>	

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## Statement of intent

Leaders in the Arthur Terry Learning Partnership (ATLP) Secondary Schools understand the importance of educating students about sex, relationships and their health, for them to make responsible and well-informed decisions in their lives.

The teaching of RSE and health education can help to prepare students for the opportunities, responsibilities and experiences of adult life. It allows us to promote the spiritual, moral, social, cultural, mental and physical development of students at school and in the wider society.

The ATLP has an obligation to provide students with high-quality, evidence-informed and age-appropriate teaching of these subjects. This policy outlines how the school's RSE and health education curriculum will be organised and delivered, to ensure it meets the needs of all students.

For the purpose of this policy, the term 'teachers' refers to all teaching staff who are involved in the delivery of the RSE and health education curriculum. The term 'parents' refers to parents and carers.

# 1. Legal framework

This policy has due regard to all relevant legislation and statutory guidance including, but not limited to, the following:

- Equality Act 2010
- DfE (2022) 'Keeping children safe in education'
- DfE (2021) 'Relationships Education, Relationships and Sex Education (RSE) and Health Education'
- DfE (2015) 'National curriculum in England: science programmes of study'
- The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019
- Children and Social Work Act 2017

This document may be revised pending the outcome of the gender questioning children guidance consultation, and final gender questioning guidance documents being published.

# 2. Roles and responsibilities

**The Trust Board is responsible for** fulfilling its obligations under the Human Rights Act 1998 and the Equality Act 2010; ensuring that all students across the ATLP family of schools:

- make progress in achieving the expected educational outcomes;
- benefit from a curriculum that is well-led, effectively managed and well-planned;
- receive teaching that is delivered in ways that are accessible to all students with SEND;
- ensuring that clear information is provided for parents on the subject content and the right to request that their child is withdrawn;
- the subjects are resourced, staffed and timetabled in a way that ensures that the school can fulfil its legal obligations;
- reviewing the policy on an annual basis

**The headteacher is responsible for:**

- the overall implementation of this policy;
- ensuring all staff are suitably trained to deliver the content;
- ensuring parents are fully informed of this policy;
- reviewing all requests to withdraw students from non-statutory elements of the RSE and health education curriculum;
- evaluating the quality of provision through regular and effective self-evaluation;

- ensuring RSE and health education is resourced, staffed and timetabled in a way that ensures the school can fulfil its legal obligations;
- providing clear information to parents and carers on the subject content and the right to request that their child is withdrawn;
- discussing withdrawal requests with parents, and the child if appropriate, to ensure their wishes are understood and to clarify the nature and purpose of the curriculum, including the benefits of receiving the education;
- ensuring withdrawn students receive appropriate, purposeful education during the period of withdrawal;
- encouraging parents to be involved in consultations regarding the school's RSE and health education curriculum;
- ensuring that students are consulted and their views taken account of, to ensure that the programme meets their needs
- reporting to the Trust Board on the effectiveness of this policy and the curriculum.

**The RSE and health education subject leader is responsible for:**

- overseeing the delivery of RSE and health education;
- working closely with colleagues and other subject leaders in related curriculum areas to ensure the RSE and health education curriculum compliments, and does not duplicate, the content covered in national curriculum subjects;
- ensuring the curriculum is age-appropriate and of high-quality;
- reviewing changes to the RSE and health education curriculum and advising on their implementation;
- monitoring the learning and teaching of RSE and health education, providing support to staff where necessary;
- ensuring the continuity and progression between each year group;
- helping to develop colleagues' expertise in the subject;
- ensuring teachers are provided with adequate resources to support teaching of the curriculum;
- ensuring the school meets its statutory requirements in relation to RSE and health education;
- leading staff meetings and ensuring all members of staff involved in the curriculum have received the appropriate training;
- organising, providing and monitoring CPD opportunities in the subject;
- ensuring the correct standards are met for recording and assessing student performance;
- monitoring and evaluating the effectiveness of the subject and providing reports to the headteacher.

**Subject teachers are responsible for:**

- acting in accordance with, and promoting, this policy;
- delivering, in a sensitive way, RSE and health education that is of a high-quality and appropriate for each year group;
- ensuring they do not express personal views or beliefs when delivering the curriculum;
- planning lessons effectively, ensuring a range of appropriate teaching methods and resources are used to cover the content;

- modelling positive attitudes to RSE and health education;
- liaising with the SENCO about identifying and responding to the individual needs of students with SEND;
- liaising with the RSE and health education subject leader about key topics, resources and support for individual students;
- monitoring student progress in RSE and health education;
- reporting any concerns regarding the teaching of RSE or health education to the RSE and health education subject leader or a member of the SLT;
- reporting any safeguarding concerns or disclosures that students may make as a result of the subject content to the DSL;
- responding appropriately to students whose parents have requested to withdraw them from the non-statutory components of RSE, by providing them with alternative education opportunities.

All teachers who work with our children will be delivering relationships, sex and health education. There may be occasions when other members of staff explore themes with children outlined in our individual school's RSE and Health curriculum e.g., a lunchtime supervisor may discuss the use of derogatory comments.

**The SENCO is responsible for:**

- advising teaching staff how best to identify and support students' individual needs;
- advising staff on the use of Teaching Assistants (TAs) in order to meet students' individual needs.

### 3. Organisation of the RSE and health education curriculum

Every secondary school is required to deliver statutory RSE, and all state-funded schools are required to deliver health education. Every school is free to determine whether relationships, sex and health education will be delivered as part of their PSHE curriculum, as a joint subject, or as a standalone subject.

For the purpose of this policy, **“relationships and sex education”** is defined as teaching students about developing healthy, nurturing relationships of all kinds, and helping them to understand human sexuality and to respect themselves and others.

For the purpose of this policy, **“health education”** is defined as teaching students about how they can make good decisions about their own health and wellbeing, and how physical health and mental wellbeing are interlinked.

The RSE and health education curriculum will be developed in consultation with teachers, students and parents, and in accordance with DfE recommendations.

We will consult with parents, students and staff in a number of ways which may include:

- questionnaires and surveys
- focus groups
- meetings
- newsletters

- letters
- training sessions

Any parent, teacher or student wishing to provide feedback about the curriculum can do so at anytime during the academic year.

The majority of the RSE and health education curriculum will be delivered through PSHE education, with statutory elements taught via the science curriculum.

The RSE and health education subject leader will work closely with their colleagues in related curriculum areas to ensure the curriculum complements and does not duplicate the content covered in national curriculum subjects.

The curriculum has been developed in line with the DfE's 'Relationships Education, Relationships and Sex Education (RSE) and Health Education' guidance.

The school will consider the context and views of the wider local community when developing the curriculum to ensure it is reflective of issues in the local area.

The school will consider the religious background of all students when planning teaching, to ensure all topics included are appropriately handled.

The RSE and health education curriculum is informed by topical issues in the school and wider community, to ensure it is tailored to students' needs, for example, if there was a local prevalence of specific sexually transmitted infections, our curriculum would be tailored to address this issue.

## 4. RSE subject overview

RSE will continue to develop students' knowledge on the topics taught at a primary level, in addition to the content outlined in this section.

### **Families**

By the end of secondary school, students will 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 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 children, including the characteristics of successful parenting.



Students will also know 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 recognise this in others' relationships.
- how to seek help or advice if needed, including reporting concerns about others.

### **Respectful relationships, including friendships**

By the end of secondary school, students will know:

- 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 relationships.
- practical steps they can take in a range of different contexts to improve or support respectful relationships.
- how stereotypes, particularly those based on sex, gender, race, religion, sexual orientation or disability, can cause damage, e.g., how they might normalise non-consensual behaviour.
- that in school and 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 seek help.
- the types of behaviour in relationships that can be criminal, including violent behaviour and coercive control.
- what constitutes sexual harassment and violence and why these are always unacceptable.
- the legal rights and responsibilities regarding equality, with reference to the protected characteristics defined in the equality act 2010, and that everyone is unique and equal.

### **Online and media**

By the end of secondary school, students will know:

- their rights, responsibilities and opportunities online, and that the same expectations of behaviour apply in all contexts.
- about online risks, including that material shared with another person 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 they receive.
- 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 is a criminal offence which carries severe penalties, including jail.
- how information and data is generated, collected, shared and used online.
- the risks and benefits of artificial intelligence (AI).
- that harm can take place in the virtual as well as the real world.

### **Being safe**

By the end of secondary school, students will know:

- 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 – this includes online.

### **Intimate and sexual relationships, including sexual health**

By the end of secondary school, students will 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 and 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 both men and women.
- the 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 enjoy intimacy without sex.
- the facts about the full range of contraceptive choices, their effectiveness and options available.
- the facts around pregnancy including miscarriage.
- that there are choices in relation to pregnancy, with legally and medically 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”) are transmitted, how risk can be reduced through safer sex and the importance of 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.

## 5. RSE programmes of study

The school is free to determine an age-appropriate, developmental curriculum which meets the needs of young people and includes the statutory content outlined in section 4 of this policy.

### Year 7:

- Introduction to internet safety -cyberbullying, trolling, trolling and how to stay safe online (sexting and AI)
- Prejudice & Discrimination (including stereotyping, the law)
- Disability and Age Awareness (links to equality, the law)
- Road and rail safety
- Child Criminal Exploitation: Gangs (reference law in knives, the law)
- Relationships Linked to friendship and families, managing conflict, social media
- Bullying (mental health, managing conflict, prejudice and discrimination, use of. derogatory language, social media, stereotypes and equality, the law)

### Year 8:

- Fake news, fake profiles (including how information and data is generated, collected, shared and used online)
- Grooming (sexual and prevent issues, reference sexting)
- LGBTQ+ Awareness (links to gender, equality, the law)
- Road and rail safety
- Child Criminal Exploitation: Gangs (reference law in knives, the law)
- Child Criminal Exploitation: County lines (links to grooming, social media, addiction and drug use, the law)
- Respectful relationships (boundaries, social media etc. with some reference to sexual relationships and harassment)

### Year 9:

- Sexting and indecent images (links to grooming and Child Sexual Exploitation)
- Digital Resilience (links to addiction, respectful relationships, internet safety, how to protect identity, passwords, AI etc)
- Gender Identity (links to LGBTQ+ Awareness, equality, the law)
- Road and rail safety
- Child Sexual Exploitation (links to grooming, mental health, social media, healthy relationships)
- Consent and sexual relationships (reference to rape, links to peer pressure, social media, alcohol and risky behaviours, the law)
- STIs & contraception (links to healthy relationships, healthy lifestyles, consent)

### Year 10:

- Extremist behaviour and hate crime (links to prevent, grooming, equality)
- Road and rail safety
- Suicide and self-harm (including body image, anxiety, social media, bullying)

- Violence against women (including FGM, forced marriage, honour-based violence etc) links to families, respectful relationships, equalities
- HIV and Aids (links to contraception, sexual relationships/behaviours, LGBT+, stereotyping, importance of screening):
- Pregnancy and Choices (including miscarriage, the law)
- Parenting (links to families, relationships, marriage)
- Pornography (links to addiction, healthy relationships, social media, the law)

#### **Year 11:**

- The appeal and danger of livestreaming – a internet safety reminder to incl. privacy, indecent content
- ‘Out and about’ Links to friendships, dating, risky behaviour, nightlife dangers, transport, road and rail safety
- Safe sex (links to consent, respectful relationships, and healthy lifestyles, importance of screening, alcohol and risky behaviours)
- Abusive relationships (links to mental health, domestic abuse, consent, rape, cohesive behaviour, sexual violence and harassment, the law)
- Abortion (links to pregnancy, the law)

#### **Sixth Form**

- Safer internet: Online, Media and AI
- Respectful relationships: Anti-bullying including cyber bullying
- Respectful relationships (including relationships of a sexual nature) – Safe and Healthy sexual relationships
- Consent (including up skirting laws)
- Gender and LGBTQ (including respectful relationships, the law, equalities, British Values)
- Staying Safe - Domestic violence
- Staying Safe: Forced marriage and honour-based violence
- Staying Safe: Gangs and Youth Violence
- Fundamental British Values: Respect & Tolerance
- Fundamental British Values: Rule of Law
- Hate Crime
- Trafficking and Exploitation

## **6. Health education subject overview**

The physical health and mental wellbeing curriculum will continue to develop students’ knowledge on the topics taught at a primary level, in addition to the content outlined in this section.

#### **Mental wellbeing**

By the end of secondary school, students will know:

- how to talk about their emotions accurately and sensitively, using appropriate vocabulary.
- that happiness is linked to being connected to others.
- how to recognise the early signs of mental wellbeing concerns.
- common types of mental ill health, e.g., anxiety and depression.

- how to critically evaluate when something they do or are involved in has a positive or negative effect on their own or others' mental health.
- the benefits and importance of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness.

### **Internet safety and harms**

By the end of secondary school, students will know:

- the similarities and differences between the online world and the physical world, including the impact of unhealthy or obsessive comparison with others online, over-reliance on online relationships, the risks related to online gambling, how information is targeted at them and how to be a discerning consumer of information online.
- how to identify harmful behaviours online, including bullying, abuse or harassment, and how to report, or find support, if they have been affected by those behaviours.
- the benefits and risks of artificial intelligence (AI)

### **Physical health and fitness**

By the end of secondary school, students will know:

- the positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress.
- the characteristics and evidence of what constitutes a healthy lifestyle, maintaining a healthy weight, including the links between an inactive lifestyle and ill health.
- about the science relating to blood, organ and stem cell donation.

### **Healthy eating**

By the end of secondary school, students will know:

- how to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer.

### **Drugs, alcohol and tobacco**

By the end of secondary school, students will know:

- the facts about legal and illegal drugs and their associated risks, including the link between drug use and serious mental health conditions.
- the law relating to the supply and possession of illegal substances.
- the physical and psychological risks associated with alcohol consumption and what constitutes low risk alcohol consumption in adulthood.
- the physical and psychological consequences of addiction, including alcohol dependency.
- awareness of the dangers of drugs which are prescribed but still present serious health risks.

- the facts about the harms from smoking tobacco, the benefits of quitting and how to access the support to do so.

### **Health and prevention**

By the end of secondary school, students will know:

- about personal hygiene, germs including bacteria, viruses, how they are spread, treatment and prevention of infection, and about antibiotics.
- about dental health and the benefits of good oral hygiene and dental flossing, including healthy eating and regular check-ups at the dentist.
- the benefits of regular self-examination and screening. this is best taught to students in the later years of secondary school, during key stage 4.
- the facts and science relating to immunisation and vaccination.
- the importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn.

### **Basic first aid**

By the end of secondary school, students will know:

- basic treatments for common injuries.
- life-saving skills, including how to administer cpr. this is best taught from 12 years old / year 8 onwards.
- the purpose of defibrillators and when one might be needed.

### **Changing adolescent body**

By the end of secondary school, students will know:

- key facts about puberty, the changing adolescent body and menstrual wellbeing.
- the main changes which take place in males and females, and the implications for emotional and physical health.

## **7. Health education programmes of study**

The school is free to determine an age-appropriate, developmental curriculum which meets the needs of young people and includes the statutory content outlined in section 6 of this policy.

### **Year 7:**

- Introduction to internet safety -cyberbullying, trolling, trolling and how to stay safe online (sexting)
- Natural High follow up – links to mental health, healthy lifestyles, exercise, the law
- Feelings and emotions incl. managing anger and self-esteem (links to puberty, mental health, teenage brain, social media and friendship/relationships)

- Healthy lifestyles (including fitness, diet, personal and dental hygiene)

Basic First Aid

**Year 8:**

- Fake news, fake profiles (including how information and data is generated, collected, shared and used online)
- Tobacco, E-cigarettes (links to healthy lifestyles, peer pressure, the law)
- Anxiety – coping strategies (links to puberty, healthy lifestyle, natural high, exercise, talking therapies, unhelpful thinking, emotional coaching)
- Sleep, gaming and use of phones (links to healthy lifestyles, use of social media, mental health)
- Body Image - dysmorphia, views of beauty (links to self-esteem, social media, advertising, mental health, healthy lifestyles)
- County lines (links to grooming, social media, addiction and drug use, the law)

**Year 9:**

- Sexting and indecent images (links to grooming and Child Sexual Exploitation)
- Digital Resilience
- Alcohol Illegal Drugs (links to healthy lifestyles, peer pressure, mental health, the law)
- Mental Health Issues – depression, bipolar disorder, OCD, Schizophrenia:
- Teenage Brain (links to feelings and emotions, anxiety, mental health, self-care, learning)
- Body Image & social media (links to mental health, healthy lifestyles, advertising, self-esteem)
- Basic First Aid: Basic First Aid

**Year 10:**

- Online Gambling (links to mental health, addiction and personal finance)
- Addiction – over the counter products (links to healthy lifestyles, mental health)
- Eating Disorders (links to body image, mental health, social media and healthy lifestyles)
- Suicide and self-harm (including body image, anxiety, social media, bullying)

**Year 11:**

- The appeal and danger of livestreaming – a internet safety reminder to incl. privacy, indecent content
- Euthanasia (links to mental health, rights, the law)
- Natural High recap: links to exam anxiety, addiction, healthy lifestyles, mental well-being
- Bereavement (links to mental health)
- Coping with exams (links to mental health, anxiety and self-care)
- Basic First Aid
- Abusive relationships (links to mental health, domestic abuse, consent, rape, cohesive behaviour, sexual violence and harassment, the law)

### **Sixth Form (Year 12 and Year 13)**

- Safer internet: Internet safety and Harms
- Being Active - exercise and lifestyle, diet, sleep, use of technology
- Happiness and mental health
- Coping with exams (links to mental health, anxiety and self-care)
- Body check – lumps, bumps and sexual screening (links to healthy lifestyles, risky behaviours, health and prevention)
- Teenage Brain (links to feelings and emotions, anxiety, mental health, self-care, learning):
- Drinking responsibly and Drug use
- Staying Safe- Road and rail safety
- Staying Safe - Driver safety
- First Aid

## **8. Delivery of the curriculum**

The majority of the RSE and health education curriculum will be delivered through the PSHE curriculum.

Through effective organisation and delivery of the subject, the school will ensure that:

- core knowledge is sectioned into units of a manageable size.
- the required content is communicated to students clearly, in a carefully sequenced way, within a planned scheme of work.
- teaching includes sufficient and well-chosen opportunities and contexts for students to embed new knowledge so that can be used confidently in real-life situations

RSE and health education complement several national curriculum subjects. Where appropriate, the school will look for opportunities to make links between the subjects and integrate teaching.

The RSE and health education curriculum will be delivered by appropriately trained members of staff.

The curriculum will proactively address issues in a timely way in line with current evidence on students' physical, emotional and sexual development.

RSE and health education will be delivered in a non-judgemental, age-appropriate, factual and inclusive way that allows students to ask questions in a safe environment.

Teaching of the curriculum complies with the requirements set out in law, particularly in the Equality Act 2010, so that students understand what the law does and does not allow, and the wider legal implications of the decisions they make.

The school will ensure that the needs of all pupils are appropriately met, and that all pupils understand the importance of equality and respect. Schools must ensure that they comply with the relevant provisions of the Equality Act 2010, under which sexual orientation and gender reassignment are amongst the protected characteristics.



The school will integrate LGBTQ+ content into the RSE curriculum. This content will be taught as part of the overall curriculum, rather than a standalone topic or lesson. LGBTQ+ content will be approached in a sensitive, age-appropriate and factual way that allows students to explore the features of stable and healthy same-sex relationships.

All teaching and resources are assessed by the RSE and health education subject leader to ensure they are appropriate for the age and maturity of students, are sensitive to their religious backgrounds and meet the needs of any students with SEND, if applicable.

Classes may be taught in gender-segregated groups dependent on the nature of the topic being delivered at the time, and the cultural background of students where it is only appropriate to discuss the body in single gender groups.

Throughout every year group, appropriate diagrams, videos, books, games, discussion and practical activities will be used to assist learning.

Inappropriate images, videos, etc. will not be used.

Students will be prevented from accessing inappropriate materials on the internet when using such to assist with their learning. The prevention measures taken to ensure this are outlined in the school's E-safety Policy, and Acceptable Use Policy .

Teachers will establish what is appropriate for one-to-one and whole class settings and alter their teaching of the programmes accordingly.

Teachers will ensure that students' views are listened to and will encourage them to ask questions and engage in discussion. Teachers will answer questions sensitively and honestly.

The curriculum will be designed to focus on boys as much as girls and activities will be planned to ensure both are actively involved.

Teaching will focus on the importance of healthy and stable relationships, including marriage and civil partnerships. Students will learn that these are important relationship choices for many couples and that they must be freely entered into. Teaching will also reflect that families of many forms provide a nurturing environment for children. Care will be taken to be with sensitivity to ensure that no student is on the basis of their home circumstances and needs and to reflect sensitively that that some children may have a different structure of support around them.

Teachers will ensure lesson plans focus on challenging perceived views of students based on protected characteristics, through exploration of, and developing mutual respect for, those different to themselves.

In teaching the curriculum, teachers will be aware that students may raise topics such as self-harm and suicide. When talking about these topics in lessons, teachers will be aware of the risks of encouraging these behaviours and will avoid any resources or material that appear as instructive rather than preventative.

At all points of delivery of the curriculum, parents will be consulted, and their views will be valued. What will be taught and how, will be planned in conjunction with parents.

The procedures for assessing student progress are outlined in section 15 of this policy.

## 9. Curriculum links

The school seeks opportunities to draw links between RSE and health education and other curriculum subjects whenever possible to enhance students' learning.

RSE and health education will be linked to the following subjects:

- **Citizenship** – students are provided with the knowledge, skills and understanding to help prepare them to play a full and active part in society, including an understanding of how laws are made and upheld and how to make sensible decisions.
- **Science** – students are taught about the main external parts of the body and changes to the human body as it grows, including puberty.
- **ICT and computing** – students are taught about how they can keep themselves safe online and the different risks that they may face online and through artificial intelligence as they get older.
- **PE** – students can develop competence to excel in a broad range of physical activities, are physically active for sustained periods of time, engage in competitive sport and lead healthy, active lives.
- **PSHE** – students learn about respect and difference, values and characteristics of individuals.

## 10. Working with parents

The school understands that parents' roles in the development of their children's understanding about relationships and health is vital.

The school will work closely with parents when planning and delivering the content of the school's RSE and health education curriculum.

When in consultation with parents, the school will provide:

- the curriculum content, including what will be taught and when.
- examples of the resources the school intends to use to deliver the curriculum.
- information about parents' right to withdraw their child from non-statutory elements of rse and health education.

Parents will be provided with frequent opportunities to understand and ask questions about the school's approach to RSE and health education.

The school understands that the teaching of some aspects of the curriculum may be of concern to parents.

If parents have concerns regarding RSE and health education, they may submit these via the school enquiry email, or contact the school office to arrange a meeting with the headteacher.

Parents will be consulted about any changes to the curriculum content through meetings, newsletters and letters.

## 11. Working with external agencies

Working with external agencies can enhance our delivery of RSE and health education and brings in specialist knowledge and different ways of engaging students.

External experts may be invited to assist from time to time with the delivery of the RSE and health education curriculum but will be expected to comply with the provisions of this policy.

The school will check the credentials of all visitor/visiting organisations before they are able to participate in delivery of the curriculum.

The school will ensure the teaching delivered by the external experts fits with the planned curriculum.

The school will discuss with the visitor the details of how they intend to deliver their sessions and ensure the content is age-appropriate and accessible for all students.

The school will request copies of the materials and lesson plans the visitor will use, to ensure it meets the full range of students' needs.

The school and the visitor will agree on how confidentiality will work in any lesson and that the visitor understands how safeguarding reports must be dealt with in line with the school's Child Protection and Safeguarding Policy.

The school will use visitors to enhance teaching by an appropriate member of teaching staff, not to replace teaching by those staff.

## 12. Withdrawal from lessons

Parents have the right to request that their child is withdrawn from some or all of sex education delivered as part of statutory RSE.

Parents **do not** have a right to withdraw their child from the relationships or health elements of the programmes.

Requests to withdraw a child from sex education must be made in writing to the headteacher.

Before granting a withdrawal request, the headteacher will discuss the request with the parents and, as appropriate, the child, to ensure their wishes are understood and to clarify the nature and purpose of the curriculum.

The headteacher will inform parents of the benefits of their child receiving RSE and any detrimental effects that withdrawal might have.

All discussions with parents will be documented. These records will be kept securely in the school office in line with the school's Records Management Policy.

Following discussions with parents, the school will respect the parents' request to withdraw their child up to and until three terms before the child turns 16. After this point, if the child wishes to receive RSE rather than be withdrawn, the school will make arrangements to provide the child with RSE.

Students who are withdrawn from RSE will receive appropriate, purposeful education during the full period of withdrawal.

For requests concerning the withdrawal of a student with SEND, the headteacher may take the student's specific needs into account when making their decision.

The parent will be informed in writing of the headteacher's decision.

## 13. Equality and accessibility

The school will comply with the relevant requirements of the Equality Act 2010 and will ensure the curriculum does not discriminate against students because of their:

- age
- sex
- race
- disability
- religion or belief
- gender reassignment
- pregnancy or maternity
- marriage or civil partnership
- sexual orientation

The school will consider the backgrounds, gender, age range and needs of its students and determine whether it is necessary to put in place additional support for students with the above protected characteristics.

The school understands that students with SEND are entitled to learn about RSE and health education, and the curriculum will be designed to be inclusive of all students.

The school is aware that some students are more vulnerable to exploitation, bullying and other issues due to the nature of their SEND. Teachers will understand that they may need to liaise with the SENCO and be more explicit and adapt their planning or work to appropriately deliver the curriculum to students with SEND.

Where there is a need to tailor content and teaching to meet the needs of students at different developmental stages, the school will ensure the teaching and resources remains sensitive, age-appropriate, developmentally appropriate and is delivered with reference to the law.

The school will take steps to foster healthy and respectful peer-to-peer communication and behaviour between boys and girls and provide an environment which challenges perceived limits on students based on their gender or any other characteristic.

The school will be actively aware of everyday issues such as sexism, misogyny, homophobia and gender stereotypes and take positive action to build a culture in which these are not tolerated. Any occurrences of such issues will be identified and tackled promptly.

The school will make clear that sexual violence and sexual harassment are not acceptable and will not be tolerated. Any reports of sexual violence or sexual harassment will be handled in accordance with the school's safeguarding policy.

The school will acknowledge that it is sometimes necessary to take positive action, within the Provisions of the Equality Act 2010, to deal with particular disadvantages affecting pupils or students with a particular protected characteristic in order to meet their specific need. This might include for example positive action to support girls if there was evidence they were being disproportionately subjected to sexual violence or sexual harassment.

## **14. Safeguarding and confidentiality**

All students will be taught about keeping themselves safe, including online, as part of a broad and balanced curriculum.

The teaching of RSE aims to provide an open forum to discuss potentially sensitive issues.

Confidentiality within the classroom is an important component of RSE and health education. Staff will know how to maintain appropriate levels of confidentiality, respecting the confidentiality of their students as far as is possible, in compliance with the school's GDPR Policy.

Teachers will, however, understand that some aspects of RSE may lead to a student raising a safeguarding concern, e.g., disclosing that they are being or have been abused, and that if a disclosure is made, the DSL will be alerted immediately. Staff should never promise a child that they will not tell anyone about a report of abuse, as this may ultimately not be in the best interests of the child

Students will be made aware of how to raise their concerns or make a report, and how their report will be handled. This includes the process for when they have a concern about a peer.

## **15. Assessment**

The school has the same high expectations of the quality of students' work in RSE and health education as for other curriculum areas.

Lessons are planned to provide suitable challenge to students of all abilities.

Assessments are used to identify where students need extra support or intervention.

There are no formal examinations for RSE and health education; however, to assess student outcomes, the school will capture progress in the following ways:

- tests

- written assignments
- self-evaluations

## 16. Staff training

Training will be provided by the RSE and health education subject leader to the relevant members of staff on a regular basis to ensure that all staff are up to date with the RSE and health education curriculum and have the relevant knowledge, skills and confidence to deliver the programme effectively.

Training will also be scheduled around any updated guidance on the curriculum and any new developments, including online behaviours including image and information sharing ('sexting', youth-produced sexual imagery, nudes, etc.), which may need to be addressed in relation to the curriculum.

The school will ensure teachers receive training on the Social Exclusion Report on Teenage Pregnancy, and the role of an effective RSE curriculum in reducing the number of teenage conceptions.

Appropriately trained staff will be able to give students information on where and how to obtain confidential advice, counselling and treatment, as well as guidance on emergency contraception and their effectiveness.

## 17. Monitoring quality

The RSE and health education subject leader is responsible for monitoring the quality of the implementation of the curriculum.

The RSE and health education subject leader will conduct regular subject assessments, which will include a mixture of the following:

- self-evaluations
- lesson observations
- topic feedback forms
- learning walks
- work scrutiny
- lesson planning scrutiny
- pupil voice

The RSE and health education subject leader will create annual subject reports for the headteacher and governing board to report on the quality of the subjects.

The RSE and health education subject leader will work regularly and consistently with the headteacher e.g., through monthly review meetings, to evaluate the effectiveness of the subjects and implement any changes.

## 18. Monitoring and review

This policy will be reviewed by the headteacher in conjunction with the RSE and health education subject leader on an annual basis.

Any changes to the policy, including changes to the programmes, will be implemented by the headteacher.

Any changes to the policy will be clearly communicated to all members of staff and, where necessary, parents and students, involved in the RSE and health education curriculum.

The ATLP Trust Board is responsible for the review, update and approval of this policy on an annual basis.

This policy will also be reviewed in light of any changes to statutory guidance, feedback from parents, staff or students, and issues in the school or local area that may need addressing.

Any changes made to this policy will be communicated to all staff, parents and, where necessary, students by the relevant school's Headteacher and/or RSE and Health Education Subject Leader.

## Appendix 1: Sample letter to parents regarding RSE and health education

School name  
Address line one  
Address line two  
Address line three  
Postcode  
Date

**RE: RSE and health education at name of school**

Dear parent/ carer/ guardian,

Government guidelines outline that, from the age of 11, it is compulsory for all schools to provide an RSE and health education curriculum.

At our school, we believe that it is important to provide our students with a thorough and balanced curriculum, including age-appropriate information about sex and relationships.

The details of what will be taught to the various year groups is detailed in the ATLP's RSE and Health Education Policy, which can be accessed on the ATLP's website which the school website links to, or in hard copy via our school office.

Though schools must provide RSE and health education for students from the age of 11, up until the age of 19, only aspects of the science national curriculum are compulsory for students to learn. Therefore, as parent/ carer/ guardian, you are entitled to request that the child in your care be removed from sex education lessons up to and until three terms before they turn 16-years-old. After that point, if the student wishes to receive sex education, the school will make arrangements to provide them with sex education during one of those terms.

Requests for withdrawal should be submitted in writing to myself, the headteacher, who will discuss this with you and your child's teacher and determine an appropriate substitute for these lessons. In most instances, children will be provided with self-directed reading or exercises which they can complete under the supervision of a trainee teacher.

If you have any concerns or queries about your child's participation in these lessons, please do not hesitate to contact either myself or your child's class teacher to discuss these.

Yours sincerely,

Name

Headteacher