



Ullswater Community College

RELATIONSHIPS, SEX AND HEALTH EDUCATION (RSE) POLICY

Date approved by Governors	20 March 2024
Date for review	Spring term 2025
Chair of Governors	David Carter
Signature of Chair of Governors	<i>D. Carter</i>

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Aims

The aims of this policy are to:

- Ensure that the right provision is in place so that pupils may have all the background knowledge they need to make informed and responsible decisions as they grow up.
- Raise pupils' self-esteem and confidence, trying to develop communication and assertiveness skills that can help them stay true to their values if challenged by others, their peers or what they see in the media.
- Teach pupils to be accepting of the different beliefs, cultures, religions, sexual orientations, gender identities, physical and emotional abilities, backgrounds and values of those around them.
- Encourage students to seek information or support, should they need it, both during their time at school and after.

Principles and values

Ullswater Community College believes that relationship and sex education (RSE) should:

- Be an integral part of the lifelong learning process, beginning in early childhood and continuing into adult life.
- Be an entitlement for all young people.
- Encourage and support family commitment, love, respect and affection, knowledge and openness. 'Family' is a broad concept; not just one model, e.g. nuclear family. It includes a variety of types of family structure, such as LGBT+ families and acceptance of different approaches.
- Encourage students and teachers to share and respect each other's views, irrespective of sexual orientation. The important values are love, respect and care for each other.
- Generate an atmosphere where questions and discussion on sexual matters can take place without any stigma or embarrassment.
- Recognise that parents/guardians are the key people in teaching their children about sex, relationships and growing up. We aim to work in partnership with parents and students, consulting them about the content of programmes.
- Recognise that the wider community has much to offer. We aim to work in partnership with health professionals, social workers, peer educators and other mentors or advisers.

Ullswater Community College teaches RSE within a personal, social, health, education (PSHE) and citizenship framework, thereby engendering:

- self-respect
- respect and tolerance towards others who may have different backgrounds, cultures, feelings, views including LGBT+
- an awareness of the way others feel
- mutual support and co-operation

- honesty and openness
- the acceptance of the responsibility for and the consequences of personal actions
- the right of people to hold their own views within the boundaries of respect for the rights of others
- the right not to be abused by or taken advantage of by other people
- the right to accurate information about sex and relationship issues.

Statutory requirements and legislation

Under section 3.6 of the national curriculum, RSE is compulsory from Year 7 onwards. This policy has regard to guidance issued by the Secretary of State, as outlined in section 403 of the Education Act 1996.

Purpose of RSE

Effective RSE is essential if young people are to make responsible and well-informed decisions about their lives. It helps support young people through their physical, emotional and moral development. It helps young people learn to respect themselves and others and move with confidence from childhood through adolescence into an adult life in which they can:

- develop positive values and a moral framework that will guide their decisions, judgements and behaviour
- have the confidence and self-esteem to value themselves and others
- behave responsibly within sexual and personal relationships
- communicate effectively
- have sufficient information and skills to protect themselves and their partner from unintended/unwanted conceptions and STIs including HIV
- neither exploit others nor be exploited
- access confidential advice and support
- be aware of and enjoy their sexuality
- be empowered and confident on the subject of consent.

The RSE Programme

The programme at Ullswater Community College aims to provide young people with:

- relationship skills that prepare them for the challenges of the teenage years
- opportunities to explore their own values and develop their own moral framework
- opportunities to understand and accept difference and diversity
- an understanding of their own bodies
- the ability to know where to seek help and advice
- high self-esteem, self-awareness and emotional health
- an awareness of the right they have over their own body
- the skills to be assertive
- good communication skills

- the skills to make positive informed choices (that reduce risk)
- the ability to respect the right of others to hold opinions that differ from their own as long as these views do not impact on the rights of others
- the ability to take responsibility for and accept the consequences of their own actions
- the knowledge to reduce the risks to their own and the health of others
- the ability to understand the risks to health and wellbeing associated with teenage conception.

RSE is delivered in such a way as to provide balanced, factual information about human reproduction, together with consideration of the broader emotional, ethical, religious, and moral dimensions of sexual health. The RSE programme aims to prepare students for an adult life in which they can:

- Develop positive values and a moral framework that will guide their decisions, judgements and behaviour, have the confidence and self-esteem to value themselves and others and respect for individual conscience and the skills to judge what kind of relationship they want.
- Understand the consequences of their actions and behave responsibly within sexual and pastoral relationships.
- Avoid being exploited or exploiting others or being pressured into unwanted or unprotected sex.
- Avoid and reduce risky behaviour associated with drink and drugs.
- Communicate effectively by developing appropriate terminology for sex and relationship issues.
- Develop awareness of their own sexuality and understand human sexuality, including LGBT+, challenge sexism and prejudice and promote equality and diversity. Understand the arguments for delaying sexual activity.
- Understand the reasons for having protected sex.
- Have sufficient information and skills to protect themselves and, where they have one, their partner from uninvited/unwanted conceptions and sexually transmitted infections including HIV.
- Be aware of sources of help and acquire the skills and confidence to access confidential health advice, support and treatment if necessary.
- Understand how good relationships can promote mental well-being.
- Know how the law applies to sexual relationships.

Continuity of provision

Ullswater Community College ensures continuity of provision by taking into account the RSE programme of its feeder schools. RSE is included in transition discussions.

Resources and provision

RSE resources are chosen and checked to ensure they are:

- up to date
- inclusive – including different types of sexuality
- positive, healthy and unbiased messages

- age appropriate
- promoting positive values
- accurate

At Ullswater Community College, RSE is embedded into the PSHE and citizenship curriculum. In all year groups students have a dedicated tutor session of PSHE and citizenship every week, Year 8 have 1 hour of PSHE and citizenship per week and every year group has regular assemblies on key PSHE and citizenship themes, incorporating RSE. In addition to this at Key Stage 4 students follow a critical thinking pathway with one hour every two weeks, this incorporates some key RSE themes such as choice, consent, sexism and peer pressure.

RSE is also part of the wider curriculum and aspects are covered in several subjects including science and philosophy and ethics.

The school follows the guidance outlined in the DfE's publication "Teaching online safety in school" (<https://www.gov.uk/government/publications/teaching-online-safety-in-schools>).

Working with external agencies

Appropriate and suitably experienced and/or knowledgeable visitors from outside school are invited to contribute to the delivery of RSE in school, chosen because of the particular expertise or contribution they are able to make. The effectiveness of their input is monitored and evaluated by staff and pupils, the evaluation being used to inform future planning.

Input to PSHE and citizenship lessons are part of a planned programme and negotiated and agreed with staff in advance. All visitors are accompanied by a member of staff at all times;

Inclusion

Ethnic and cultural groups

We intend our policy to be sensitive to the needs of different ethnic groups. For some young people it is not culturally appropriate for them to be taught particular items in mixed groups. We will respond to parental requests and concerns.

Students with special needs

Due to the broad spectrum of SEN students in school there will be different approaches taken when teaching RSE to certain groups of students. The appropriate programme will be determined by the SENCo for these students.

Sexual identity and sexual orientation – We aim to deal sensitively and honestly with issues of sexual orientation and gender identity and answer appropriate questions and offer support.

Roles and responsibilities

The governing body

The Governing Body will approve the RSE policy, and hold the Headteacher to account for its implementation.

The Headteacher

The Headteacher is responsible for ensuring that RSE is taught consistently across the school and for managing requests to withdraw pupils from components of RSE (see below).

Staff

Staff are responsible for:

- delivering RSE in a sensitive way
- modelling positive attitudes to RSE
- monitoring progress
- responding to the needs of individual pupils
- responding appropriately to pupils whose parents wish them to be withdrawn from components of RSE.

Staff do not have the right to opt out of teaching RSE. Staff who have concerns about teaching RSE are encouraged to discuss these with the Headteacher.

Pupils

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

The right to withdraw from RSE

Parents/carers have the right to withdraw their children from all or part of RSE except for those parts included in the statutory National Curriculum (i.e. in Science lessons). We would make alternative arrangements in such cases. Parents/carers are encouraged to discuss their decisions with staff at the earliest opportunity in the first instance.

Requests for withdrawal should be put in writing and addressed to the Headteacher. A copy of withdrawal requests will be placed in the pupil's educational record. The Headteacher will discuss the request with parents and take appropriate action.

Alternative work will be given to pupils who are withdrawn from RSE.

Confidentiality, controversial and sensitive issues

Ullswater Community College provides a safe and supportive environment where pupils feel comfortable seeking help and guidance on anything that may concern them either at school or at home. It may be that in discussion questions are raised about relationships that lead to the disclosure of a child protection issue. If this occurs, the safeguarding procedure will be followed.

Where a teacher learns from an under-16-year-old that they are having or contemplating sexual intercourse the teacher should:

- Ensure that the pupil is accessing all the contraceptive and sexual advice available and understands the risks of being sexually active;
- Encourage the pupil to talk to their parent or carer;
- Decide whether there is a child protection issue. If a child under the age of 13 is having or contemplating having sexual intercourse then this will be dealt with under child protection procedures.

In any case where child protection procedures are followed, the teacher will ensure that the young person understands that if confidentiality has to be broken, they will be informed first.