

Relationships and Sex Education Policy

BETHANY SCHOOL
CURTISDEN GREEN
GOUDHURST
KENT

Pupils' views on why Bethany needs a Relationship and Sex Education Policy.

So that the school ensures that pupils receive relationship and sex education that prepares them for the challenges of their age and for the future as an adult, in keeping with British values. The promotion of an inclusive society in which all members are respected and valued. Pupils are able to develop an understanding of how to keep themselves and others safe both in the real world and in the cyber world.

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Contents

1. Policy	3
2. Definition.....	3
3. Delivery of RSE	4
4. Roles and Responsibility.....	7
5. Parents’ Right to Withdraw	8
6. Pupils’ Right to Opt In	8
7. Monitoring and Evaluation	8
8. Annexe A Bethany School RSE Curriculum Map	9

1. Policy

Following statutory guidance from the DfE under Section 80A of the Education Act 2002 and Section 403 of the Education Act 1996 the following policy is in addition to the PSHCE policy. This policy takes account of guidance in:

- Keeping Children Safe in Education
- Behaviour and Discipline in Schools
- Equality Act 2010
- SEND Code of Practice
- Mental Health and Behaviour in Schools
- Preventing and Tackling Bullying
- Sexual Harassment and Sexual Violence between Children in Schools
- SMSC requirements for Independent Schools
- and should be read in conjunction with other Bethany School policies such as:
 - PSHCE Policy
 - Behaviour Policy
 - Safeguarding and Child Protection Policy

The Policy is maintained by the Deputy Head Pastoral in conjunction with the Head of PSHCE and the Senior Nurse with input from the parent body prior to being ratified by the Governing Body. The policy is reviewed annually. It is published on the Bethany School website and can be sent out on request.

2. Definition

The delivery of a programme for Relationship and Sex Education (RSE) is a statutory requirement for all schools. RSE is about the emotional, social and cultural development of pupils, and involves learning about relationships, sexual health, sexuality, healthy lifestyles, diversity and personal identity. RSE involves a combination of sharing information and exploring issues and values. RSE does not promote sexual activity either directly or indirectly.

This policy has been developed to comply with the statutory requirements and has been agreed with staff, parents and the Senior Nurse.

3. Delivery of RSE

RSE is taught within the PSHCE curriculum by the Senior Nurse who develops and maintains the curriculum she delivers. Biological aspects of RSE are taught within the science curriculum. Religious perspectives are included in Religious Studies and online aspects in Computing.

Many aspects of the RSE provision delivered by the Senior Nurse are supported by the wider PSHCE programme delivered by designated teachers. PSHCE is delivered in a programme that follows the PSHE Association guidance and is delivered throughout on the basis of supporting pupils in making well informed decisions about all aspects of their life from real world relationships to staying safe online to misuse of drugs and alcohol to what a good friendship should look like. These sessions are supported by tutors in Tutor Session in which a programme is created by the Deputy Head Pastoral in conjunction with the Head of PSHCE and a wide range of assemblies delivered by staff and pupils.

Across all Key Stages, pupils will be supported with developing the following skills:

- Communication, including how to develop and manage changing relationships and emotions
- Understanding of human sexuality, including self-esteem and the need for consent
- Recognising and assessing potential risks, to include grooming, radicalisation, female genital mutilation (FGM) and forced marriage
- Understanding the impacts of watching pornography
- Seeking help and support when required
- Knowledge of the law
- Informed decision-making, including faith perspectives
- Self-respect, empathy and equality for others, including lesbian, gay, bisexual and transgender (LGBT) issues and the law

We will ensure a safe learning environment

- Teachers and pupils will agree ground rules
- Distancing techniques will be used
- Pupils' questions will be answered by the School Nurse/PSHCE teacher
- Sensitive issues will be handled by careful planning and use of PSHE Association guidance
- Pupils will be able to raise questions anonymously by posting them in the red box in the dining room.
- All staff teaching RSE will be supported by DSL PSHCE HoD

By the end of Secondary School the programme will have allowed pupils to develop knowledge of:

- Different types of committed stable relationships

- How these relationships contribute to human happiness
- What marriage means including, the legal status of marriage, same sex marriage, cohabitation rights and other religious variations on marriage
- Why marriage is an important relationship choice for many couples and 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
- How to identify trustworthy sources of information on healthy relationships
- The characteristics of positive and healthy friendships
- Practical steps that they can take, in a range of different contexts to improve and support respectful relationships
- How stereotypes can create bias, particularly in respect to the protected characteristics under the Equality Act 2010
- That in wider society people should expect to receive respect but also to be respectful of others
- To demonstrate tolerance towards other's beliefs
- To have respect for authority
- To be able to identify different types of bullying including cyber bullying and the impact of bullying on others including the responsibility 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
- The legal rights and responsibilities regarding equality
- Their rights, responsibilities and opportunities online including that the same expectations of behaviour in all contexts apply online
- About online risks
- Not to provide material to others that they would not want to be shared

- What to do and where to get support to report material or manage issues online
- The impact of viewing harmful content
- That sexually explicit material such as pornography presents distorted pictures of sexual behaviour and can be damaging
- That sharing and viewing indecent images of children including those created by children is a criminal offence
- How information and data is generated collected and shared and used online
- The concept of law in relation 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
- How to recognise the characteristics and positive aspects of healthy one to one intimate relationships
- That all aspects of health can be affected by choices they make in sex and relationships positively or negatively
- The facts about reproductive health including fertility and the potential impact of lifestyle on fertility for men and women and menopause
- That there are a range of strategies for identifying and managing sexual pressure including understanding peer pressure resisting pressure and not pressurising others
- That they have a choice to delay sex or to enjoy intimacy without sex
- The facts about the full range of contraceptive choices efficacy and options available
- The facts about pregnancy including miscarriage
- That there are choices in relationships
- That there are choices in relation to pregnancy

- How the different sexually transmitted infections including HIV aids are transmitted her risk can be reduced through safer sex
- About the prevalence of some sexually transmitted infections and the impact that they have on those who contract them
- How the use of alcohol and drugs can lead to risky sexual behaviours

How to get further advice including how and where to access confidential sexual and reproductive health advice and treatment

4. Roles and Responsibility

The Governors approve the RSE policy and hold the Headmaster to account for its implementation.

The Deputy Head Pastoral is responsible for ensuring that RSE is taught consistently across the school, and for managing requests to withdraw pupils from any aspects of the curriculum.

The Senior Nurse is responsible for:

Developing and delivering the RSE aspects to promote healthy attitudes and safe sexual practice which may be best held in single sex groups and allow for some confidentiality (unless safeguarding issues arise) in co-ordination with the Head of PSHCE. Ensuring appropriate resources are used throughout the programme.

The Head of PSHCE is responsible for:

- Ensuring the PSHCE provision is full and comprehensive including in all aspects required by this policy, in co-ordination with the Deputy Head Pastoral.
- Ensuring the curriculum is presented in an accessible format.
- Provision of age appropriate materials for the teaching of aspects of RSE not delivered by the Senior Nurse.
- Support of teachers and tutors to deliver RSE
- Monitoring of RSE delivery across the PSHCE programme
- Create the timetable for delivery of RSE within the PSHCE programme.

Teachers are responsible for:

- Delivering aspects of RSE that link into their topics within the PSHCE programme in a sensitive way, ensuring it is inclusive and age-appropriate
- Maintaining professional boundaries
- Modelling positive attitudes to RSE
- Monitoring discussions and progress
- Answering pupils' questions in an age-appropriate manner
- Passing on any safeguarding concerns to the Designated Safeguarding Lead
- Responding to the needs of individual pupils, including special educational needs and disability (SEND) students
- Responding appropriately to pupils whose parents wish them to be withdrawn from sex education

Staff do not have the right to opt out of teaching RSE. Staff who have concerns about teaching RSE are encouraged to discuss this with the Deputy Head Pastoral.

5. Parents' Right to Withdraw

Parents have the right to withdraw their children from the non-Science components of Sex Education only. Relationship education is compulsory. Requests for withdrawal should be put in writing and addressed to the Deputy Head Pastoral. A copy of withdrawal

requests will be placed in the pupil's educational record. The Deputy Head Pastoral will discuss

the request with parents and take appropriate action. Alternative work will be given to pupils who are withdrawn from Sex Education. Parents can withdraw pupils up until their sixteenth Birthday. It may be that only certain topics or issues are requested by parents.

6. Pupils' Right to Opt In

Pupils are expected to engage fully in RSE and, when discussing issues related to RSE, treat others with respect and sensitivity. Pupils who have been withdrawn by their parents have a right to opt back into RSE up to three terms before their sixteenth Birthday.

7. Monitoring and Evaluation

The delivery of RSE is monitored by the Head of PSHCE through the delivery of a set curriculum and termly learning walks. The content is evaluated by pupil and teacher feedback.

8. Annexe A Bethany School RSE Curriculum Map

Year Group and Session Number	Title/Topic	Resource
Year 7		
Session 1	Transition to Secondary School Changing relationships Positive/Negative Types of Relationships	Safe4Me Healthy/Unhealthy relationships/Friendships Commitment FASTN PowerPoint video and worksheets Every mind matters- Forming Relationships
Session 2	Puberty and hygiene How our body changes Male/female How our emotions change Male/Female	Every Mind Matters- Puberty Video and discussion Puberty – Brook Learn
Session 3	FGM Introduction to consent and how to manage, report and get support for unwanted contact	My Body My Rules (2015): FGM Animation - YouTube FGM-PSHE Association Safe4Me Consent Stage 1 What is Consent? - YouTube
Session 4	Changing Relationships Managing changing feelings and emotions	Brook Learn – Changing relationships
Session 5	Managing on and offline Friendships Communication on and off line within friendships What is banter, bullying and harassment?	
Session 6	Introduction to gender and gender stereotypes What is non-binary, and other terminology? Why is it important? What is LGBTQ+ and why is it important	
Year 8		

Session 1	Positive Relationships trust, Identifying unhealthy behaviours Action to take Finding a voice	Its NOT OK Lee-Anns Story
Session 2	Sexting Sharing nude images The Law and sexual images	No one should pressure you to send a pic Disrespect NoBody - YouTube
Session 3	Introduction to sexuality and consent What is sexuality? Sexual discrimination, homophobia, transphobia What is consent? Consent relating to sexual behaviours Risky Sexual behaviours, alcohol, drugs, how do these affect the ability to consent	
Session 4	Gender and gender stereotypes/sexuality What is gender and gender identity? What are stereotypes, how are they evolving?	
Session 5	Changing Relationships What is commitment and what does it mean? Marriage and the law, the value of marriage and civil partnerships Rights within the law	
Session 6	Sexual harassment, bullying, sex and the law Pornography accessing and the law. The effects of internet on sex and sexual relationships Where do you get your information? How do	Harassment & Personal Boundaries Disrespect NoBody - YouTube

	<p>you know it is accurate? Impact of very harmful content Sharing indecent images</p>	
Year 9		
Session 1	<p>Healthy Relationships/breaking up/manging breakups Boundaries, privacy Marriage and how abuse can take place in relationships</p>	
Session 2	<p>Values in relationships, marriage, family life Managing disagreements, conflict, commitment</p>	
Session 3	<p>Gender, gender stereotypes, Tackling identity and conflict Expanding on year 8 session looking more in depth as to how discrimination affects individuals How to tackle discrimination and managing gender and sexuality doubts.</p>	
Session 4	<p>Pornography and sex in the media. How does pornography affect real life Viewing harmful content, using social media</p>	<p>Childnet International Pornography Powerpoint</p>
Session 5	<p>Consent, introduction to safe sex and STIs Sexual consent and the law, rape, sexual assault Online images, sexting, the law How to deal with harassment</p>	<p>What is Consent? Disrespect NoBody - YouTube Disrespect nobody – sharing sexual images</p>

Session 6	Why safe sex Safe sex options Communication Sexually transmitted infections	
Year 10		
Session 1	Relationship myths and expectations Commitment Conflict Coercion Equality Respect	Working Our Relationships Working Out Relationships Teaching Guide Lesson 2-final QM (1).pdf
Session 2	Sexual Relationships and consent Sexual pressure Recognising sexual consent Withdrawing sexual consent	Consent and Tea youtube
Session 3	STIs and contraception Contraceptive options and efficacy Making choices Sexually transmitted Infections and their prevalence	
Session 4	Unplanned pregnancy Options Communication Support	
Session 5	Discrimination Sexuality Managing and dealing with questioning sexuality, gender and identity Sexual harassment and violence	
Session 6	The Law Rape and sexual assault Pornography Image sharing Hate crimes	

Year 11		
Session 1	The Changing Relationship, managing relationships, break ups The affect intimate relationships have on lives and families	
Session 2	Intimacy without intercourse Pleasure Consideration Communication	Brook Learn- Pleasure
Session 3	Risky sexual behaviours Alcohol Drugs Exploitation Violence Promiscuity Recap STIs	
Session 4	Reproductive Health including infertility, menopause Cancers testicular, ovarian, cervical, breast. Screening services and signs of cancer Prevalence	PSHE association Pregnancy and fertility
Session 5	Pregnancy and sexual health, hygiene Abortion, miscarriage Emergency contraception	
Session 6		