



Relationship, Sex and Health Education (RSHE) Policy

1. Introduction

Our school's approach to RSHE seeks to be faith sensitive and inclusive. It is underpinned by our school values and vision which states,

'The glory of God is a human being fully alive' St Irenaeus

At SMRT, everyone will be treated with dignity as all people are made in the image of God and are loved equally by God. Our teaching around RSHE will be taught through the lens of our ALIVE values (in particular: I value respect, I am resilient, I value forgiveness, I value trust and truth, I value justice and respect, I can communicate). All students have a right to an education which enables them to flourish and is set in a learning community where differences of lifestyle and opinion are treated with dignity and respect.

Our school seeks to ensure that the RSHE curriculum protects, informs and nurtures all pupils. It clearly differentiates between factual teaching (biology, medicine, the law, marriage, different types of families) and moral teaching about relationships and values. We teach RSHE within a moral (but not moralistic) framework.

Students will consider how to ensure that they treat themselves and others, at all times and in all contexts, with dignity and respect.

2. Defining Relationships Education

We define relationships education as learning about the physical, social, legal and emotional aspects of human relationships including friendships, intimate, sexual and committed relationships and family life.

3. Defining Sex Education

We define sex education as learning about the physical, social, legal and emotional aspects of human sexuality and behaviour, including human reproduction. This includes conception and contraception, safer sex, sexually transmitted infections and sexual health.

4. Defining Health Education

Health education is learning about physical health and mental wellbeing so that students can make wise choices to ensure their own flourishing and that of others.

5. The right to withdrawal from Sex Education

Parents do have the right to excuse their children from this aspect of RSHE and can do so by making concerns known and applying in writing to the Assistant Headteacher (Worship and Community). Parents will be invited to talk through their concerns. An explanation of the rationale for RSHE will be given and an opportunity to review the intended materials and consider the impact of not receiving sex education with their peers.

Withdrawing a child from Sex Education remains a statutory right as a parent/carer up until three terms before the child turns 16 years. 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.

If a pupil is excused from sex education, the school will ensure that the pupil receives appropriate, purposeful education during that period of withdrawal.

There is no right to withdraw from relationships and health education.

6. The RSHE Curriculum

At SMRT, we teach RSHE as a spiral curriculum, building on topics year on year. Here is brief overview of some of the topics covered each year for further details on the topics covered each year, parents can contact the Values in Practice (ViP) co-ordinator:

Year 7 – Healthy relationships, healthy bodies and a healthy community

Year 8 – The legal, social and emotional consequences of risky situations in relationships

Year 9 – The importance of building safe relationships. Understanding diversity and discrimination.

Year 10 – Taking responsibility for our own mental, emotional and physical wellbeing in relationships

Year 11 – Being proactive in maintaining good physical health and positive healthy relationships in the context of different types of families.

Year 12 and 13 – The majority of students are from other schools but the assumption is made that a comparable programme has been followed in their previous school. Students in 6th Form address age-appropriate issues with a particular focus on consent and abuse within relationships, recognising and respecting diversity in sexual orientation and gender identity and with signposting towards appropriate support services in wider areas of sexual health.

As young people's use of online media increases with age, students may turn to social media to explore issues. The RSHE curriculum aims to educate and equip young people with the skills to critically evaluate the information they are presented with online. Moreover, students will be taught strategies to recognise and respond to online bullying, hate speech, extremist views or radicalisation in different online contexts and how to report online malicious communication.

7. How will RSHE be taught?

RSHE will be delivered as part of the ViP (Values in Practice) curriculum within Years 7-11 and through the pastoral, core and assembly programme in the 6th Form. RSHE will be delivered in a way that affords dignity and shows respect to all who make up our diverse community. It will not discriminate against any of the protected characteristics in the Equality Act (2010) and will be sensitive to all faiths and beliefs in the wider school community. It will value the importance of faithfulness as the underpinning and backdrop for relationships. It will encourage pupils to develop the skills needed to disagree without being disagreeable, to appreciate the lived experience of other people and to live well together.

We will ensure that RSHE is inclusive and meets the needs of all our pupils, including those with Special Educational Needs (SEND) through the distribution of resources to LSAs and Learning Mentors to offer extra support where required.

We will create a safe learning environment to help pupils share feelings, explore values and attitudes, express opinions and consider those of others, without attracting negative feedback. This will allow pupils to engage more objectively with the lesson content.

Teachers are aware that effective RSE, which brings an understanding of what is and what is not appropriate in a relationship, can lead to a disclosure of a child protection issue. In this instance, teachers will consult with the designated safeguarding lead to report any concerns and ensure the welfare the student is protected.

Some elements will be taught through off timetable events and with the help of external agencies and speakers. The school has had a successful relationship with outside agencies over a number of years. These agencies complement the school's programme and put on workshops only after approval from key school staff.

8. Staffing

Overall responsibility of the school's RSHE programme lies with the Deputy Head (Learning and Achievement) and the Assistant Head (Community). Development and implementation of the RSHE programme in ViP will be co-ordinated by the ViP co-ordinator. Members of staff delivering the RSHE programme will have a sound basic knowledge of sex and relationship issues, and will be confident in their skills to teach sex education and discuss sex and relationships.

9. General Aims

We seek to ensure that it gives pupils the knowledge, skills, attitudes and values that will help them to:

- Realise their health (including sexual health), wellbeing and dignity
- Build self-esteem and self-worth
- Understand family structures, committed relationships and the legal status of different types of long-term relationships
- Understand and make sense of the real-life issues they are experiencing in the world around them
- Manage and explore difficult feelings and emotions
- Consider how their choices affect their own wellbeing and that of others
- Develop as informed and responsible citizens
- Understand and ensure the protection of their rights throughout their lives.