



Eastlea
COMMUNITY SCHOOL

Relationships Sex and Health Education Policy

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Version Date:	Sep 2021
Presented to Full Governing Body on:	23rd Sept 2021
Review Date:	November 2021

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Introduction

It is the intention of Eastlea Community School to teach high quality, age appropriate, student-sensitive, evidence-based RSHE, that demonstrates a respect for the law and all communities that call Newham home. It is expected that RSHE will help students to learn about themselves, and the world they live in, giving them the skills, understanding and information they need for life. This will help them to stay safe and to flourish, not just in childhood, but into adulthood and for the rest of their lives. This is why RSHE is such an important part of the curriculum.

Statutory content: RSHE

By law secondary schools are required to teach relationships, sex and health education, alongside national curriculum science within the context of safeguarding. Here at Eastlea Community School we acknowledge that parents/carers are a child's first and most effective teacher and so will ensure that we have annual meetings with parents/carers to present our RSHE curriculum as well as hear from them about any concerns or questions they have. We are clear that our aim is to educate students about these important subjects alongside parents and carers.

What is Relationship Sex and Health Education?

The Sex Education Forum defines Relationships Sex and Health Education as learning about the emotional, social and physical aspects of growing up, relationships, sex, human sexuality and sexual health. **It does not encourage students to partake in early sexual activity.**

What is effective Relationships Sex and Health Education?

The school has categorised the government's guidance on Relationships Sex and Health Education, so that effective Relationships Sex and Health Education has three main elements: attitudes and values; personal and social skills; and knowledge and understanding.

Morals and Values

It is expected that teacher's personal beliefs and attitudes will not influence their teaching of Relationships Sex and Health Education. Teachers will address student's questions with due regard to the beliefs and values of the child's family. Relationships Sex and Health Education is also part of the school's provision of Spiritual, Moral, Social and Cultural development. It encourages students to develop their confidence, explore their own beliefs, their values and respect the views and values of others.

Policy links

This policy works alongside and supports the following policies:

1. The Behaviour Policy
2. Equalities Information and Objective Statement
3. Health and Safety Policy
4. Anti-Bullying Policy
5. Safeguarding Policy

Relationships Sex and Health Education and the Equality Act 2010

Equal opportunities underpin the teaching of Relationships Sex and Health Education at Eastlea Community School. It can promote equality between individuals and groups. Equality helps students explore diversity, respect and understanding of others whilst encouraging the building of self-worth and esteem. The school will make Relationships Sex and Health Education accessible to all students in the school whilst making sure that it is relevant to students' needs and level of maturity. The school's equalities approach will also address issues of discrimination against protected characteristics.

The Delivery of Relationships Sex and Health Education

a. How is it taught?

Relationship Sex and Health Education is delivered as part of the Humanities curriculum at KS3 (Year 7-9), and through termly drop down days at KS4 (Year 10-11). Elements of

Relationships Sex and Health Education are also covered through other areas of our school curriculum such as PSHE at KS3, Citizenship at KS4, and Science both at KS3 and KS4.

b. Who teaches it?

We ensure that the Relationship Sex and Health Education themes are age appropriate, and meets the needs of our students. The Humanities team of teachers are experienced in planning and delivering the RSHE content. Where RSHE topics are particularly specialised, the school works in partnership with local external organisations to deliver the content for KS4, and support our year group Achievement Leaders in the delivery at KS3 during tutor times.

c. Other issues

Teaching staff who are responsible for the organisation and delivery of Relationships Sex and Health Education will check carefully to ensure that materials that are used are of a high quality and are appropriate to the needs, ages and level of maturity of the students at Eastlea Community School. When delivering Relationships Sex and Health Education staff will create a supportive and safe environment, which will include:

1. Establishing ground rules with students
2. Emphasising the importance of mutual respect
3. No open disclosures in a class setting
4. Using distancing techniques (not using personal examples)
5. Providing anonymous question times
6. Ensuring appropriate materials and images are used

All health professionals and visitors invited into the school will be checked in accordance with the school's safeguarding procedures. Visitors to the school should always conduct themselves in a professional manner in their dealing with students and staff. The Assistant Headteacher - Extended Curriculum will quality assure the content of the materials that will be delivered so that they are appropriate to the needs of our students.

Equality

The school will comply with the relevant requirements of the Equality Act 2010 and the Public Sector Equality Duty (2014): Staff must not unlawfully discriminate against students or allow them to be bullied because of their age, sex, race, disability, religion or belief, gender reassignment, pregnancy or maternity, marriage or civil partnership, or sexual orientation (Protected Characteristics). The delivery of the content of RSHE will be made accessible to all students, including those with SEND.

Our school celebrates difference and diversity. The bullying of anyone for any reason is not acceptable. It is expected that our relationships education curriculum will lead to a stronger sense of community, mutual respect and give students a sense of responsibility, alongside the staff, to keep our school a safe, inclusive and caring place for all, upholding the core values and ethos of the school.

RSHE Topics taught at Eastlea Community School

At KS3 students will cover the following topics in Relationships Sex and Health Education currently through the PSHE curriculum.

RSHE Topics at KS3

Year Group		Safeguarding theme: Bullying	Safeguarding theme: Online safety		Safeguarding theme: Mental Health	
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	Managing transition Relationships 1	Respecting others 1	Keeping Healthy 1 1) Puberty (physical) 2) puberty (emotional) 3) personal hygiene 4)	Taking part in democracy Community campaigning, making a change	Keeping healthy 2 Identity Body image Bodies in the media, body	Personal safety 1 Road safety, transport safety, staying safe on the street

			menstruation 5) Diet 6) Exercise		boundarie and mental health	
Year 8	Managing risk 1 Gambling, Drugs, smoking and alcohol	Showing respect 2 Online bullying Bystanders of online bullying NSPCC Economics unit Money personality (Barclays), Credit, debt, Impact on mental health	Managing risk 2 Modern slavery County lines 1/2 Grooming, knife crime, exploitation	Changing relationships 100 ways to show I love you Is it a compliment? Having an equal say Rewriting relationship rules Relationship values	Relationships Coping with the breakdown of relationships, loss, separation, divorce and bereavement Mental health FGM Extremism	Careers unit Setting goals range of opportunity (ed, tr,emp), challenging stereotypes in diff job roles, work patterns
Year 9	Relationships 2 (7 lessons) When relationships go wrong, boundaries, Sexual, consent Relationship abuse, sexting forced marriage	Showing respect 3 Prejudice, discrimina- tion, LGBT+ Disability Discrimina- tion Sexism	Making choices and looking ahead Strengths, Making decisions Choosing options Career stereotypes	Economics unit: Secure finances payslips and deductions Insurance, retirement consumer rights	Careers unit: Post 16 options Exam stress and mental health	Relationships Sexual norms and expectations, Is it safe, is it normal? safer sex, contracep- tion STIs pregnancy Sex in the media, pornography

RSHE topics to be delivered during drop down days at KS3 and KS4

Term	RSHE RELATION Topics	Delivered by
Autumn	Sexual Transmitted Infections Contraception Condom demonstration	KS3 - Achievement Leaders / external providers KS4 - External Providers

Spring	Age of consent	KS3 - Achievement Leaders
	Pornography Abortion	KS4 - External Providers
Summer	Pregnancy Risk of types of sexual contact Masturbation, pleasure	KS3 - Achievement Leaders KS4 - External Providers

Disclosures:

Staff will follow the school's safeguarding and child protection procedures. Staff will make students aware that they cannot promise confidentiality but students will be offered sensitive and appropriate support.

Complaints:

Any complaints about the Relationships Sex and Health Education curriculum should be made to the Assistant Headteacher - Extended Curriculum who will consult with the Deputy Head Personal Development, the Head of school and report to the governing body.

Working with parents:

The school works with parents/carers and wants to communicate what is going on in RSHE. Our aim is to offer a meeting annually to explain what will happen in RSHE, so that parents/carers can, if they wish, talk to their children ahead of lessons. This will also allow parents/carers to be ready for any questions that their child may have concerning what they have learnt in school.

Monitoring and Evaluation

The content of the programme will be monitored by the Assistant Headteacher- Extended Curriculum and the Deputy Headteacher - Personal Development. This will ensure that the content is of a high standard. Relationships Sex and Health Education that is delivered through the tutor time programme will be monitored by the school's Achievement Leaders responsible for monitoring the tutor time programme. This will ensure that the content is being delivered to a consistently high standard.

To evaluate the programme, students will take part in annual questionnaires and focus group discussions. Relationships Sex and Health Education can be evaluated by monitoring the decline in recorded instances of homophobic bullying, bullying, use of derogatory language, including gender/sexual comments on Classcharts.

The right to withdraw

Parents have the right to request that their child be withdrawn from some or all of Sex Education delivered as part of statutory Relationship Sex and Health Education. If a student is excused from Sex Education, it is the school's responsibility to ensure that the student receives appropriate, purposeful education during the period of withdrawal. There is no right to withdraw from Relationships Education or Health Education. Parents/carers will be made aware of this right on the school's website. Before granting any such request it would be good practice for the Assistant Headteacher to discuss the request with parents/carers and, as appropriate, with the student to ensure that their wishes are understood and to clarify the nature and purpose of the curriculum. The school will document this process to ensure a record is kept.

Once those discussions have taken place, except in exceptional circumstances, the school should respect the parents/carers' request to withdraw the student, up to and until three terms before the student turns 16 years old. After that point, if the student wishes to receive Sex Education rather than be withdrawn, the school should make arrangements to provide the student with Sex Education during one of those terms. Students who have been withdrawn will not be able to take part in Sex Education unless the parent/carer approves in writing at a later date.

Dissemination and review of the policy

The Relationships Sex and Health Education Policy has been updated by the Assistant Headteacher - Extended Curriculum. It will be reviewed by the leadership team, with the contribution of parents/carers, and approved by governors. The policy will be available to all staff and to parents/carers via the school website.

The policy will be updated every year and will be approved by the Senior Leadership team and Governors.