



RELATIONSHIP AND SEX EDUCATION POLICY

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MONITORING AND REVIEW

Person Responsible	Jacqui Deadman – Assistant Head
Reviewed by	SLT
Approved by	SLT
Frequency of Review	Annually
Date of Last Review	May 2021
Date of Next Review	May 2022

The School refers to all staff and students in St Mary's School, which includes the Early Years/Foundations Stage (EYFS), the Preparatory Department (Years 1-6), Senior House (Years 7-11) and the Sixth Form (Years 12-13).

The term 'parent' refers to those who have parental responsibility for a child.

AIMS

Relationships and Sex Education (RSE) is an integral part of the learning process for all children. Its objective is to help and support students through their physical, emotional and moral development. The students are given factual knowledge, they develop social skills and they explore attitudes and values that enable them to foster self-esteem and respect for others; make healthy, informed choices, and take responsibility for their own actions.

Relationship education will be statutory in all schools and Sex Education will be statutory in all secondary schools from September 2020.

WIDER REFERENCES

This policy operates within a wider national policy framework, which includes:

- Children and Social Work Act (2017)
- The Relationships Education, Relationships and Sex Education and Health Education Regulations (2019)
- DfE - Relationships Education, Relationships and Sex Education (RSE) and Health Education (2019) https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/805781/Relationships_Education_Relationships_and_Sex_Education_RSE_and_Health_Education.pdf
- Marriage (Same Sex Couples) Act 2013
- Fraser Guidelines

RELATED INTERNAL POLICY

This policy should be read in conjunction with St Mary's School:

- PSHCEE Policy
- Safeguarding (Child Protection Policy)
- SMSC – With Regards to British Values

MORAL AND VALUES FRAMEWORK

All students are encouraged to:

- Build positive and healthy relationships
- Distinguish between right and wrong
- Build their self- esteem and personal confidence
- Develop a respect for others and themselves
- Take personal responsibility for their own actions
- Have space to develop a set of moral values for themselves and have tolerance for the values of others
- Understand the consequences of their actions for themselves and others
- Understand socially acceptable behaviour
- Move with confidence from childhood through adolescence and into adulthood
- Understand the meaning of consent and their right to say 'no'

THE RELATIONSHIPS AND SEX EDUCATION PROGRAMME

The Relationships and Sex Education Programme has three fundamental dimensions:

1. Knowledge and Understanding

Factual information is presented through Science lessons in an objective, balanced and sensitive manner at age appropriate stages in line with the National Curriculum. Students learn and understand physical development, puberty, human reproduction, pregnancy, childbirth, contraception, infertility, and sexually transmitted diseases including information about HIV/AIDS and the prevention of infection.

During PSHCEE lessons, in addition to the list above, students also study emotional development, social development, self-esteem, relationships, consent, gender roles, stereotyping, prejudice, personal safety, sexual abuse, sexual attitudes and sexual orientation. They also learn about the law and support agencies. See the PSHCEE Policy or Scheme of Work for more information.

2. Values and Beliefs

All teaching is within our moral and values framework. The Relationships and Sex Education programme fosters an appreciation of healthy relationships through a stable family life, marriage and mutually supportive relationships as well as the responsibilities of parenthood. The key underlying themes are respect, equality and trust. It also encourages the students to:

- Develop their values and attitudes towards sex, sexuality and relationships
- Respect and empathise with other's attitudes towards sex, sexuality and relationships
- Understand that sexual intimacy involves strong emotional feelings
- Respect their own and others' feelings, decisions, rights and bodies
- Understand the significance of marriage and mutually supportive relationships as key building blocks of community and society

3. Extending Personal and Social Skills

Through the Relationships and Sex Education programme students develop the skills to:

- Articulate their own attitudes and values
- Deal with difficult moral and social questions
- Value themselves and be assertive
- Make decisions and understand the consequences
- Deal with peer pressure
- Understand and manage conflicting pressures relating to consent and exploitation
- Develop inter-personal skills

ORGANISATION OF SCHOOL RELATIONSHIPS AND SEX EDUCATION

Relationships and Sex Education is an integral part of the Personal, Social, Health, Citizenship and Economic Education (PSHCEE) programme at St Mary's School.

In the Prep Department, puberty in girls and the menstrual cycle are delivered through Science lessons in Year 5 by the Science teacher and this is reviewed in Year 6. Parents are invited to attend a meeting in Year 5 about the content of 'Life Cycles'. This is primarily the biology of physical change, which is a part of the statutory Science National Curriculum.

Relationships Education starts in Early Years and is delivered by the class teacher. The focus is on the development of positive relationships, understanding feelings and fears, fairness, kindness and respect. By the end of Year 6 the topics of diversity, bullying, consent, wellbeing, peer pressure, discrimination, family conflict and loss will have been covered in PSHCEE lessons in an age appropriate way.

In Senior House, Key Stage 3 students learn about the male and female reproductive systems in Year 7. This is delivered by their Science teacher in Science lessons and it is a part of the Key Stage 3 statutory Science National Curriculum. Students also study how babies grow and develop inside the womb, puberty, the menstrual cycle and contraception. In Key Stage 4, students are taught about the hormones that control fertility including the use of them in oral and other forms of contraception. Students are also taught how hormones are used in the process of IVF. All topics are delivered by the Science teachers.

Relationships Education in Senior House starts in Year 7 and is delivered by a team of specialist PSHCEE teachers. The focus is on the emotional aspects of development and healthy relationships.

Topics covered include:

- Personal wellbeing & Mental Health
- Healthy relationships and consent, including FGM
- Bullying and emotional literacy
- Equality and Diversity
- Values and Character Strengths
- Recognising risky behaviours
- Relationships, including those online
- Citizenship including the law and democracy
- Financial literacy including bank accounts and budgeting

From Key Stage 4, the focus is on preparing the students for life beyond school.

Topics include:

- Personal wellbeing & Mental Health
- Careers advice and information on choices beyond 16+
- Financial literacy including credit, fraud and student loans
- Relationships with others
- STI's and making choices regarding contraception
- Consent, sexual offences, harassment and bullying
- The role of sex in the media and Rape culture
- Sexual orientation

Staff are encouraged to take up relevant training opportunities, to develop and enhance their expertise in delivering PSHCEE topics. A variety of teaching approaches are used, including ways of dealing with the more sensitive issues that may arise. Ground rules are established which prohibit inappropriate personal information being requested or disclosed by those taking part in a lesson. Students' questions are answered in an honest and sensitive manner and learning experiences are planned to meet the needs of **all** students. This ensures students receive relevant, up to date information in Science lessons and it is ensured that emotional and moral issues can be explored through productive discussion in a safe environment during PSHCEE lessons. Where appropriate, outside speakers will be involved in the delivery of PSHCEE. All visiting speakers will be expected to conform to the guidelines in the Relationships and Sex Education Policy.

Assessment is mainly through informal observation and discussion. There is an annual review of student learning. A wide range of teaching resources is available to staff and parents.

The PSHCEE programme and Science Scheme of Work are reviewed annually by the PSHCEE and Science teachers as part of the School plans for monitoring the quality of teaching and learning. Student voice is used to review the curriculum and its relevance for students' experience.

SPECIFIC ISSUES STATEMENTS

Contraceptive Advice

Factual contraceptive information is given in lessons, including emergency contraception. Relevant telephone numbers of support agencies are on the school notice boards and other sources of help and information are given.

Confidentiality

Staff always offer sensitive and appropriate advice. They maintain confidentiality on most matters; however, it is made clear that there are some matters that cannot remain confidential for Child Protection (Safeguarding) reasons. PSHCEE and pastoral staff follow the Fraser Guidelines when dealing with any individual's concern regarding pregnancy and contraception.

Child Sex Abuse Procedure

In the Prep Department, the Head of the Prep Department is the Designated Safeguarding Lead (DSL) with responsibility for Child Protection (Safeguarding). In the Senior House, the Senior Deputy Headmistress is the Designated Safeguarding Lead. In the absence of either, the Deputy Designated Safeguarding Leads will take responsibility. The School liaises with the Buckinghamshire Safeguarding Children Partnership to ensure the welfare of all children.

Anti-Bullying Procedures

St Mary's School has its own Anti-Bullying Policy, which gives clear guidelines on procedures for students and staff.

Complaints Procedure

Any complaints about the Relationships and Sex Education programme should be made in writing to the Headmistress in accordance with the School Complaints Policy.

Withdrawal

Parents have the right to request that their child be withdrawn from some or all of sex education delivered as part of statutory RSE (although not from the statutory elements which are in Science Curriculum as detailed above). Before granting any such request the Headmistress will discuss the request with parents to clarify the nature and purpose of the request and, as appropriate, with the child, to ensure that their wishes are understood, taking into consideration the statutory guidance.

Once those discussions have taken place, except in exceptional circumstances, the school will respect the parents' request to withdraw the child, up to and until three terms before the child turns 16. 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 during one of those terms. This process is the same for students with SEND. However, there may be exceptional circumstances where the Headmistress may want to take a student's specific needs arising from their SEND into account when making this decision. The



Headmistress will automatically grant a request to withdraw a student from any sex education delivered in the Prep Department, other than as part of the Science curriculum. There is no right to withdraw from Relationships or Health Education.

WORKING WITH PARENTS

The School's Relationships and Sex Education programme is developed in consultation with staff, parents and students. The syllabus has been designed to take account of the varied religious, ethnic and cultural backgrounds of students. The School will from time to time inform parents of changes and developments.

DISSEMINATION OF THE POLICY

A copy of this policy is available on the School website and accessibility copies will be available on request from the School office.