



## Relationships, Sex & Health Education (RSHE) Policy

Next Review June 2025



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# HOLMES CHAPEL COMPREHENSIVE SCHOOL

## RELATIONSHIPS, SEX AND HEALTH EDUCATION POLICY

### **Rationale**

RSHE is about the emotional, social and cultural development of pupils, and involves learning about relationships, sexual health, sexuality, healthy lifestyles, diversity and personal identity.

The aims of relationships and sex education (RSHE) at our school are to provide a framework in which sensitive discussions can take place, information can be shared and issues and values explored.

This framework will enable students to develop knowledge, skills and understanding about the value of loving, stable relationships, sexuality and sexual health.

In accordance with our school values, this policy will enable our students to be proud of themselves and the relationships that they have with each other and to belong to this community.

RSE is not about the promotion of sexual activity, nor is it about the promotion of any sexual agenda or preference.

### **Statutory Requirements**

As a secondary academy, we must provide RSHE to all pupils under section 34 of the [Children and Social Work Act 2017](#).

In teaching RSHE, we're required by our funding agreements to have regard to [guidance](#) issued by the secretary of state, as outlined in section 403 of the [Education Act 1996](#).

Our school's policy on sex and relationship education is based on the statutory requirements of the DfE document 'Relationships, Sex and Health Education' (DfE 2019- updated 2021). [DfE June 2019 statutory RSHE \(updated 2021\)](#)

We also have regard to legal duties set out in:

Sections 406 and 407 of the Education Act 1996

Part 6, chapter 1 of the [Equality Act 2010](#)

The Public Sector Equality Duty (as set out in section 149 of the Equality Act 2010). This duty requires public bodies to have due regard to the need to eliminate discrimination, advance

equality of opportunity and foster good relations between different people when carrying out their activities

## **Purpose**

To keep our students safe, physically, emotionally and legally.

This will enable our young people to make well-informed, positive choices to lead happy, confident, healthy lives and develop warm, happy relationships.

## **Policy Development**

This policy will have been developed in consultation with staff, pupils and parents. The consultation and policy development process involved the following steps:

Review – a working group pulled together all relevant information including relevant national and local guidance. The review process also involved governors, who had expertise in the field of child development.

Staff consultation – all school staff will be given the opportunity to look at the policy and make recommendations.

Parent/stakeholder consultation – parents and any interested parties will be invited via the newsletter and online parent survey to contribute any queries or comments about the current situation and the key changes to the new policy.

Pupil consultation – pupils part of the school council will be consulted about the RSHE policy and its previous and current teaching under the remit of PSHE and MY Curriculum. This will be done via an online student survey and student focus groups.

Ratification – once amendments are made, the policy will be shared with governors and ratified.

## **Guidelines**

The sex and relationship education programme reflects:

- Respect for self, others and the rights of the individual
- Respect for diversity e.g. cultural, religious, sexual orientation, life choices
- Responsibility for own actions
- The ability to make informed, positive choices
- The need for development of self confidence and self-awareness in young people
- Regard for family life, friends and wider community
- Equality

- RSHE is about the emotional, social and cultural development of pupils, and involves learning about relationships, sexual health, sexuality, healthy lifestyles, diversity and personal identity
- RSHE involves a combination of sharing information, and exploring issues and values
- RSHE is not about the promotion of sexual activity or of any models above others.

## **School Procedures**

- The content will be primarily delivered through MY Curriculum lessons and these will coincide with units of learning in KS3 and KS4 Science and Humanities.
- Biological processes will be taught via Science and Social values will be delivered through the Humanities KS3 and KS4 curricula..
- The school believes in the importance of the statutory sex and relationships education programme for all students, but understands parental viewpoint to withdraw their child. Parents will be informed of the topics coming up and being studied across Y7-Y11 through the school newsletter and the MY Curriculum web page (on main school website) which will include a launch in Sept 2022 and regular parent homework for MY Curriculum that will consolidate learning in school.
- Support and guidance will be provided to staff to assist in the delivery.
- Tutors will be the main form of delivery of the topic in MY Curriculum but the planning and resources will be developed by a dedicated RSHE team who have a particular specialism, experience or aptitude in the subject.
- These areas of learning are taught within the context of family life, taking care to make sure that there is no stigmatisation of children based on their home circumstances (families can include single parent families, LGBT parents, families headed by grandparents, adoptive parents and foster parents/carers, amongst other structures), along with reflecting sensitively that some children may have a different structure of support around them (for example, looked-after children or young carers).
- We will also be mindful of the law and legal requirements, taking care not to condone or encourage illegal political activity, such as violent action against people, criminal damage to property, hate crime, terrorism or the illegal use of drugs.

## **Parent/Carer**

- Parents have the right to withdraw their child wholly or partially for Sex Education, except from the Science National Curriculum, and, in this instance, they should contact the relevant Student Hub either by phone or email: [lowerhub@hccs.info](mailto:lowerhub@hccs.info) or [upperhub@hccs.info](mailto:upperhub@hccs.info)
- Students who are over the age of 16 have the right to make their own decisions in terms of Sex Education. Once again, any withdrawals can be made with the Upper Hub, either in person or via email [upperhub@hccs.info](mailto:upperhub@hccs.info)
- Parents need to understand that there is no right to withdraw their child from Relationships and Health Education. Whilst there is overlap on these issues any lessons containing

issues linked to sex education will be marked with (S) on the curriculum overview that will be available on the school website.

- Parents will be consulted via the school newsletter and website of the nature of the curriculum and the direction and curriculum intent of MY curriculum.

### **Students**

- Students will be provided with guidance and information on sex and relationships in keeping with the 2019 statutory measures.
- Specific advice on contraception or other sexual behaviour should be sought from a health care professional (school nurse) and/or parents.
- Students are made aware that, in matters of safeguarding, “confidences” may be shared with other staff, parents and relevant agencies for their own wellbeing.

### **The Use of Other Agencies**

Any representatives of outside agencies used to help in the delivery of the Sex and Relationships Education programme will be clear about the boundaries of their input and will be aware of the Sex and Relationships Education curriculum, relevant school policies and their work will be planned and agreed.

Ref: Statutory measures for relationship and sex education and health education June 2019  
[2019 Relationship and Sex Education statutory measures](#)

The HCCS RSHE curriculum has also been developed with consultation with some of our local feeder primary schools, to establish the starting point of students going from KS2 to KS3 and also to coordinate the curriculum so that strands follow through from KS1 to KS5.

## RSHE Curriculum Outline

RSHE is one of 6 themes in the new MY Curriculum. The curriculum content develops in maturity of content as it grows with the student at HCCS and covers all the key areas that HCCS has chosen to adopt from the Statutory Content from the 2019 framework.

It means that it will have a window of 3 lessons for each year group every year at different points in the MY Curriculum calendar.

It will be enforced by tutors with extra tutor activities and a parent's homework (delivered through the lessons and newsletter) and complement other themes of RSHE delivered in the KS3 and KS4 curriculums of Science and Humanities.

(R) Denotes Relationship Education

(S) Denotes Sex Education

(H) Denotes Health Education

Year Group	Lesson 1	Lesson 2	Lesson 3	Tutor slots
7	Me who am I My family My friends What makes a good relationship (R)  Consent - body autonomy (R)	Online safety and sexting laws (R)	Sexual relationships and intimacy  Peer pressure Statutory Laws Peer pressure  (S) and (R)	What is a marriage? (R.)
				Puberty (covering emotional side) Previously should have been taught at KS2, with the physical side taught early in yr 7 in science.  Menstruation  (S) and (H)
8	What makes a good family?  How do students know who is a safe person or where to find safe information?  (R.) and (H)	Sharing data online presence  Social media and distorted perspective  Body expectations  (S) and (H)	Stereotypes - Sex, gender, disability, <i>race</i> , <i>religion</i>  Gender Identity  (S)	Respect for others (R)
9	Bullying Cyber Bullying - bystander  Joint enterprise	Sexual explicit materials & pornography  Fact vs reality	Mutual consent Sexual violence/harassment  (Possible whole	Equalities act (R.) and (H)

	(R.) and (H)	(S)	<i>school survey</i> (H) and (R.)	
10	Sexual exploitation and Gangs - when healthy friendships become (R.) and (H)	Reproductive health, fertility and STIs, how to prevent catching and where to get condoms from etc (S)	Alcohol and drugs lead to risky sexual behaviour - what to do if there is an accident (S) and (H)	Online safety recap (H)
11	Domestic abuse and coercive control (R.) and (H)	Sexual health framework - contraceptives and safe sex (S) and (H)	Pregnancy- choices, abortion, adoption, miscarriages (S) and (H)	
6th Form	Consent & Sex in the Law (S) and (R.)	Sexual Safety (S) and (H)		

An audit of the RSHE curriculum content has been undertaken (Summer Term) and will be complete by Sept 2023.

[KeyDoc RSE curriculum audit secondary](#) - audit of all statutory content and how and where it is covered across the whole school curriculum including MY Curriculum.

### **RSHE Planning Team**

The planning teams for RSHE have been selected from teaching volunteers who feel confident to be able to plan these sensitive issues in an engaging and open culture. The majority of the team come with a science background, whilst this was not deliberate, it was a welcome addition as these teachers are used to delivering this content but the issue of creating an open and engaging culture was a crucial element to HCCS's RSHE delivery as students needed to explore beyond the mechanics and biology and examine the emotional, mental and social sides of the topic.

Tutors will form the basis of the RSHE teaching in MY Curriculum, this emerged as the preferred vehicle of delivery as the majority of the teaching team felt that they had the personal



relationships to be able to deliver sensitive material in an open environment. However, the option to collapse tutor groups into different categories like gender groups or whole year groups for guest talks is still available due to the timetable arrangements.

Due to this section being a Statutory Regulation, both the team leader and Personal Development Director will have oversight on the planning and delivery through team meetings; shared resources; lesson observations and learning walks.

## **SEX EDUCATION CODE OF PRACTICE**

The Code of Practice is intended to:

- 1) Enhance the life choices of students inside and outside of school;
- 2) Allow staff to exercise their professional judgement with confidence;
- 3) Protect staff from putting themselves in compromising situations.

It recommends that staff should:

1. Follow the policy framework when delivering Relationship & Sex Education and adhere to the safeguarding policy and the structure of pastoral referral which already exists.
2. Familiarise themselves with legal obligations within the statutory measures of 2019 (2021 update) and adhere to them.
3. Make clear to students that the structure of pastoral referral limits absolute confidentiality.
4. Use their professional judgement as to when to use the system of referral although disclosures about matters such as illegal practices, pregnancy and abuse should be passed on to Student Hubs and/ or Safeguarding teams immediately
5. Err on the side of caution if in doubt – seeking early advice from Student Hubs, Safeguarding team or PDC Director. Give information impartially.

Prepared by Mr Eddie Fu (Director of PDC)

Approved by the Governing Body:



Signature:

Name: Mrs T Goodwin, Chair of Governors

Date: June 2023

To be reviewed in annually

Date for review: June 2024