

# Millthorpe School



## RSE and Health Education Policy

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## Statement of Intent

At Millthorpe School, we understand the importance of educating our pupils about sex and relationships and their health, in order for them to make responsible and well-informed decisions in their lives.

Our Relationships and Sex Education (RSE) and Health Education programme aims to:

- Provide a framework in which sensitive discussions can take place
- Prepare pupils for puberty and give them an understanding of sexual development and the importance of health and hygiene
- Help pupils develop feelings of self-respect, confidence and empathy
- Create a positive culture around issues of sexuality and relationships
- Teach pupils the correct vocabulary to describe themselves and their bodies
- Help students understand how important it is to be healthy, both physically and mentally
- Provide an environment where students can understand about, and can articulate, the importance of emotional and physical wellbeing.
- Provide pupils with high-quality, evidence-based, age-appropriate teaching of these subjects.

## Legal Framework

This policy has due regard to all relevant legislation and statutory guidance including, but not limited to, the following:

- Equality Act 2010
- 'Keeping Children Safe in Education' (DfE, 2022)
- 'Relationships Education, Relationships and Sex Education (RSE) and Health Education' (DfE, 2019)
- 'National curriculum in England: science programmes of study' (DfE, 2015)

This policy operates in conjunction with the following school/MAT policies:

- Behaviour policy
- SEND policy (including SEMH)
- E-safety policy
- Equal Opportunities policy
- Anti-Bullying policy
- Child Protection and Safeguarding policy
- Harmful sexual behaviour policy

## Roles and responsibilities

- The governing board will approve the RSE and Health Education policy, and hold the Head of School to account for its implementation
- The Head Teacher is responsible for ensuring that RSE and Health Education are taught consistently across the school, and for managing requests to withdraw from non-statutory components of RSE.
- The PSHE subject leader is responsible for:
  - Overseeing the delivery of RSE and Health Education
  - Ensuring no duplication of content between curriculum areas
  - Ensuring the curriculum is age-appropriate and high-quality

- Monitoring teaching and learning
- Ensuring continuity and progression between each year group
- Helping to develop colleagues' expertise in RSE and Health Education
- Ensuring teachers are provided with high-quality lesson plans and resources to support the teaching of the curriculum
- Ensuring the school meets its statutory requirements in relation to RSE and Health Education
- Leading staff meetings and CPD
- Ensuring the correct standards are met for recording and assessing pupil performance
- Form tutors are responsible for:
  - Acting in accordance with, and promoting this policy
  - Delivering RSE and Health Education in a sensitive way
  - Modelling positive attitudes to RSE and Health Education
  - Monitoring progress
  - Responding to the needs of individual pupils and adapting lessons accordingly
  - Responding appropriately to pupils whose parents wish them to be withdrawn from non-statutory components of RSE and Health Education, providing them with alternative education opportunities
  - Liaising with the PSHE subject leader about key topics, resources and support for individuals
  - Reporting any concerns regarding the teaching of RSE and Health Education to the PSHE subject leader or a member of the SLT
  - Reporting any safeguarding concerns or disclosures that pupils may make as a result of the subject content to the DSL
- The member of teaching staff responsible for RSE and Health Education is Aidan Newman.
- The DSL (Mary Simpson) is responsible for:
  - Offering advice and consultation for safeguarding-related subjects in the RSE curriculum
  - Promoting knowledge and awareness of safeguarding issues amongst staff
  - Being an appropriate point of contact for staff who have concerns about the welfare of a child that have arisen through the teaching of RSE.
- The SENCO (Victoria Armitage) is responsible for:
  - Advising teaching staff how best to identify and support pupils' individual needs
  - Advising staff on the use of TAs in order to meet pupils' individual needs

### **Organisation of the RSE and Health Education curriculum**

All schools providing secondary education are required to deliver statutory RSE and Health Education.

For the purposes of this policy, 'relationships and sex education' is defined as teaching pupils about developing healthy, nurturing relationships of all kinds, and helping them to understand human sexuality and to respect themselves and others.

For the purposes of this policy, 'health education' is defined as teaching pupils they can make good decisions about their own health and wellbeing, and how physical and mental wellbeing are interlinked.

The RSE and Health Education curriculum will be developed in consultation with teachers, pupils and parents and in accordance with DfE recommendations.

We will gather the views of teachers, pupils and parents in the following ways:

- Questionnaires
- Meetings
- Letters
- Training sessions

The majority of the RSE and Health Education curriculum will be delivered through PSHE lessons, with some statutory elements taught within the Science curriculum. Some RSE content for KS3 pupils will also be delivered through Drama lessons.

The PSHE subject leader will work closely with colleagues to ensure the content of the RSE and Health Education programme of study complements other areas of the curriculum and does not duplicate.

The school will consider the context and views of the wider local community as well as local topical issues when developing the curriculum to ensure it is reflective of issues in the local area and is responsive to needs within the school community.

The school will consider the religious background of all pupils when planning teaching, to ensure all topics included are appropriately handled.

### **RSE subject overview**

RSE content will continue to build on pupils' knowledge of topics taught at a primary level, in addition to the content outlined below.

### **Families**

By the end of secondary school, pupils will know:

That there are different types of committed, stable relationships.
How these relationships might contribute to human happiness and their importance for bringing up children.
What marriage is, including their legal status e.g. that marriage carries legal rights and protections not available to couples who are cohabiting or who have married, for example, in an unregistered religious ceremony.
Why marriage is an important relationship choice for many couples and why it 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 of children, including the characteristics of successful parenting.
How to determine whether other children, adults or sources of information are trustworthy: judge when a family, friend, intimate or other relationship is unsafe (and to recognise this in others' relationships), how to seek help or advice, including reporting concerns about others, if needed.

### **Respectful relationships, including friendships**

By the end of secondary school, pupils will know:

The characteristics of positive and healthy friendships (in all contexts, including online) including: trust, respect, honesty, kindness, generosity, boundaries, privacy, consent and the management of conflict, reconciliation and ending relationships. This includes different (non-sexual) types of relationship.
Practical steps they can take in a range of different contexts to improve or support respectful relationships.

How stereotypes, in particular stereotypes based on sex, gender, race, religion, sexual orientation or disability, can cause damage (e.g. how they might normalise non-consensual behaviour or encourage prejudice).
That in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including people in positions of authority, and due tolerance of other people's beliefs.
About different types of bullying (including cyberbullying), the impact of bullying, responsibilities 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 and why these are always unacceptable.
The legal rights and responsibilities regarding equality (particularly with reference to the protected characteristics as defined in the Equality Act 2010) and that everyone is unique and equal.

## Online and media

By the end of secondary school, pupils will know:

Their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online.
About online risks, including that any material someone provides to another has the potential to be shared online and the difficulty of removing potentially compromising material placed online.
Not to provide material to others that they would not want shared further and not to share personal material which is sent to them.
What to do and where to get support to report material or manage issues online.
The impact of viewing harmful content.
That specifically sexually explicit material, e.g. pornography, presents a distorted picture of sexual behaviours, can damage the way people see themselves in relation to others and negatively affect how they behave towards sexual partners.
That sharing and viewing indecent images of children (including those created by children) is a criminal offence which carries severe penalties including jail.
How information and data is generated, collected, shared and used online.

## Being safe

By the end of secondary school, pupils will know:

The concepts of, and laws relating 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, and how and when consent can be withdrawn (in all contexts, including online).

## Intimate and sexual relationships, including sexual health

By the end of secondary school, pupils will know:

How to recognise the characteristics and positive aspects of healthy one-to-one intimate relationships, which include mutual respect, consent, loyalty, trust, shared interests and outlook, sex and friendship.
That all aspects of health can be affected by choices they make in sex and relationships, positively or negatively, e.g. physical, emotional, mental, sexual and reproductive health and wellbeing.

The facts about reproductive health, including fertility, the potential impact of lifestyle on fertility for men and women, and the 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 around pregnancy, including miscarriage.
That there are choices in relation to pregnancy (with medically and legally accurate, impartial information on all options, including keeping the baby, adoption, abortion and where to get further help).
How the different sexually transmitted infections (STIs), including HIV/AIDs, are transmitted, how risk can be reduced through safer sex (including through condom use) and the importance of and facts about testing.
About the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment.
How the use of alcohol and drugs can lead to risky sexual behaviour.
How to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment.

## Health Education Subject Overview

Health Education content will continue to build on pupils' knowledge of topics taught at a primary level, in addition to the content outlined below.

### Mental Wellbeing

How to talk about their emotions accurately and sensitively, using appropriate vocabulary.
That happiness is linked to being connected to others.
How to recognise the early signs of mental wellbeing concerns.
Common types of mental ill health (e.g. anxiety and depression).
How to critically evaluate when something they do or are involved in has a positive or negative effect on their own or others' mental health.
The benefits and importance of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness.

### Internet safety and harms

The similarities and differences between the online world and the physical world, including the impact of unhealthy or obsessive comparison with others online (including through setting unrealistic expectations for body image), how people may curate a specific image of their life online, over-reliance on online relationships including social media, the risks related to online gambling (including the accumulation of debt), how advertising and information is targeted at them and how to be a discerning consumer of information online.
How to identify harmful behaviours online (including bullying, abuse or harassment) and how to report, or find support, if they have been affected by those behaviours.

### Physical health and fitness

The positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress.
The characteristics and evidence of what constitutes a healthy lifestyle, maintaining a healthy weight, including the links between an inactive lifestyle and ill health (including cancer and cardio-vascular ill-health).

About the science relating to blood, organ and stem cell donation.

## Healthy eating

How to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer.

## Drugs, alcohol and tobacco

The facts about legal and illegal drugs and their associated risks, including the link between drug use and the associated risks (including the link to serious mental health conditions).

The law relating to the supply and possession of illegal substances.

The physical and psychological risks associated with alcohol consumption and what constitutes low risk alcohol consumption in adulthood.

The physical and psychological consequences of addiction, including alcohol dependency.

Awareness of the dangers of drugs which are prescribed but still present serious health risks.

The facts about the harms from smoking tobacco (particularly the link to lung cancer), the benefits of quitting and how to access support to do so.

## Health and prevention

About personal hygiene, germs including bacteria, viruses, how they are spread, treatment and prevention of infection, and about antibiotics.

About dental health and the benefits of good oral hygiene and dental flossing, including healthy eating and regular check-ups at the dentist.

The benefits of regular self-examination and screening (late secondary)

The facts and science relating to immunisation and vaccination.

The importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn.

## Basic first aid

Basic treatment for common injuries.

Life-saving skills, including how to administer CPR.

The purpose of defibrillators and when one might be needed.

## Changing adolescent body

Key facts about puberty, the changing adolescent body and menstrual wellbeing.

The main changes which take place in males and females, and the implications for emotional and physical health.

## RSE and Health Education Programme of Study

The school is free to determine an age-appropriate, developmental curriculum which meets the needs of the young people in their school context. It includes the statutory content outlined in the previous section of this policy.

	<b>Health and Wellbeing</b>	<b>Relationships</b>
	<p><b>Transition and safety</b> Transition to secondary school and personal safety in and outside school, including first aid</p> <p><b>Health and puberty</b> Healthy routines, influences on health, puberty, unwanted contact, and FGM</p>	<p><b>Diversity</b> Diversity, prejudice, and bullying</p> <p><b>Building relationships</b> Self-worth, romance and friendships (including online) and relationship boundaries</p>
	<p><b>Drugs and alcohol</b> Alcohol and drug misuse and pressures relating to drug use</p> <p><b>Emotional wellbeing</b> Mental health and emotional wellbeing, including body image and coping strategies</p>	<p><b>Discrimination</b> Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia</p> <p><b>Identity and relationships</b> Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception</p>
	<p><b>Peer influence, substance use and gangs</b> Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation</p> <p><b>Healthy lifestyle</b> Diet, exercise, lifestyle balance and healthy choices, and first aid</p>	<p><b>Respectful relationships</b> Families and parenting, healthy relationships, conflict resolution, and relationship changes</p> <p><b>Intimate relationships</b> Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography</p>
	<p><b>Mental health</b> Mental health and ill health, stigma, safeguarding health, including during periods of transition or change</p> <p><b>Exploring influence</b> The influence and impact of drugs, gangs, role models and the media</p>	<p><b>Healthy relationships</b> Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography</p> <p><b>Addressing extremism and radicalisation</b> Communities, belonging and challenging extremism</p>
	<p><b>Building for the future</b> Self-efficacy, stress management, and future opportunities</p> <p><b>Independence</b> Responsible health choices, and safety in independent contexts</p>	<p><b>Communication in relationships</b> Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse</p> <p><b>Families</b> Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships</p>

## Delivery of the Curriculum

The majority of the RSE and Health Education curriculum will be delivered during one-hour PSHE lessons, once per fortnight. All PSHE lessons will occur at the same time in school in order to allow monitoring by Senior Leaders.

Through effective organisation and delivery of the subject, we will ensure that:

- The statutory content is communicated to pupils clearly, in a carefully sequenced way, within a planned programme of study.
- A spiral curriculum will ensure interleaving of key information across the curriculum, as well as repetition of key themes and priorities with increasing complexity.
- RSE will be delivered in a non-judgmental, age-appropriate, factual and inclusive way that allows pupils to ask questions in a safe environment.



- Teaching of the curriculum reflects legal requirements, with particular regard to the Equality Act 2010, so that pupils understand what the law does and does not allow, and the wider legal implications of the decisions they make.
- Students are taught that different people make different choices in relation to their identity and sexual orientation; students are taught what it means to be part of the LGBTQ+ community and, at Millthorpe we respect difference.
- All teaching and learning resources are assessed by the PSHE subject leader to ensure they are appropriate for the age and maturity of pupils, are sensitive to their religious backgrounds and meet the needs of any SEND, if applicable.
- Classes may be taught in gender-segregated groups dependent on the nature of the topic being delivered at the time, and the cultural background of pupils where it is only appropriate to discuss the body in single gender groups.
- For each year group, appropriate diagrams, videos, books, games, discussion and practical activities will be used to support learning. Inappropriate images, videos etc will not be used, and resources will be selected with sensitivity given to the age and cultural background of pupils.
- Pupils will be prevented from accessing inappropriate materials on the internet when using such to assist with their learning.
- Teachers will ensure that pupils' views are listened to and will encourage them to ask questions and engage in discussion. Teachers will answer questions sensitively and accurately, whilst remaining objective.
- Teachers will focus on the importance of healthy, positive relationships when teaching RSE, with sensitivity given so as not to stigmatise pupils on the basis of their home circumstances.
- Teachers will ensure that perceived views of pupils based on protected characteristics are challenged through the promotion of mutual respect for those who are different to themselves.
- In teaching the curriculum, teachers will be aware that pupils may raise topics, such as self-harm and suicide. When talking about these topics in lessons, teachers will be aware of the risks of encouraging these behaviours and will avoid any resources or material that appear to be instructive rather than preventative.
- On an annual basis, parents will be informed of curriculum coverage, and will be given the opportunity for consultation.
- We will assess pupil progress termly.

## **Curriculum links**

**PSHE** – pupils are provided with the knowledge, skills and understanding to help prepare them to play a full and active part in society, including an understanding of democracy, how laws are made and upheld, and how make good decisions.

**Science** – pupils are taught the following:

- about the main external parts of the body and the changes to the human body as it grows and goes through puberty.
- the differences between biological sex and gender identity.
- the short and long term effects of diet and lifestyle choices such as use of drugs, alcohol and tobacco.
- about how vaccinations work to prevent the spread of communicable diseases and about the wider debate about vaccines in our society.
- how to prevent the spread of some sexually transmitted diseases, including gonorrhoea and HIV/AIDS
- different types of contraception and how they work

**PE** – pupils can develop competence to excel in a broad range of physical activities, are physically active for sustained periods of time, engage in competitive sport and lead active, healthy lives.

**ICT and computing** – pupils are taught how to keep themselves safe online and the different risks they may face online as they get older.

**Drama** – pupils are supported to develop their social and interpersonal skills through creating, performing and responding to drama, whilst fostering an understanding and appreciation for theatre, building students' cultural capital and giving them a better understanding of themselves and their world.

### **Working with parents**

The school understands that parents' role in the development of their children's understanding about relationships and health is vital.

The school will consult with parents regarding the RSE and Health Education curriculum and will provide:

- Information about the curriculum content, including what will be taught and when
- Information about parents' right to withdraw their child from non-statutory elements of RSE and health education
- Opportunities to ask questions about the school's approach to RSE and health education

The school understands that the teaching of some aspects of the curriculum may be of concern to parents. These may be submitted by email and a meeting will be arranged with the relevant member of staff.

### **Working with external agencies**

Working with external agencies can enhance the delivery of RSE and health education, and brings in specialist knowledge and different ways of engaging pupils. They will be expected to comply with the provisions of this policy.

The school will check any visitors' credentials and ensure that any planned content is age-appropriate and accessible for all pupils.

The school will ensure the visitor understands how safeguarding procedures must take place, in accordance with the Child Protection and Safeguarding Policy.

The school will use visitors to enhance teaching by an appropriate member of teaching staff, not to replace teaching by those staff.

### **Withdrawal from lessons**

Parents have the right to request that their child is withdrawn from some or all of sex education delivered as part of statutory RSE.

Parents **do not** have a right to withdraw their child from the relationships or health elements of the programmes.

Requests to withdraw a child from sex education will be made in writing to the Head Teacher.

Before granting a withdrawal request, the Head Teacher will discuss the request with parents and, as appropriate, the child, to ensure their wishes are understood and to clarify the nature and purpose of the curriculum.

The Head Teacher will inform parents of the benefits of their child receiving RSE and any detrimental effects that withdrawal might have.

Following discussions with parents, the school will respect the parents' request to withdraw their child up to and until three terms before the child turns 16. After this point, if the child wishes to receive RSE rather than be withdrawn, the school will make arrangements to provide the child with RSE.

Pupils who are withdrawn from RSE will receive appropriate, purposeful education during the full period of withdrawal.

For requests concerning the withdrawal of a pupil with SEND, the Head Teacher may take the pupils' specific needs into account when making their decision.

### **Equality and inclusion**

The school will comply with the relevant requirements of the Equality Act 2010 and will ensure the curriculum does not discriminate against pupils because of their:

- Age
- Sex
- Race
- Disability
- Religion or belief
- Gender reassignment
- Pregnancy or maternity
- Marriage or civil partnership
- Sexual orientation

The school will consider the backgrounds, gender, age range and needs of its pupils and determine whether additional support is necessary for pupils with the above protected characteristics.

The school understands that pupils with SEND are entitled to learn about RSE and health education, and the curriculum will be designed to be inclusive for all pupils.

The school is aware that some pupils are more vulnerable to exploitation, bullying and other issues due to the nature of their SEND – teachers will liaise with the SENCO in order to adapt planning or work appropriately.

Where planning and resources are adapted, teachers will ensure teaching remains sensitive, age-appropriate, developmentally appropriate and is delivered in reference to the law.

The school will take steps to foster healthy and respectful peer-to-peer communication and behaviour between boys and girls, and challenge any perceived limits on pupils based on their gender or any other characteristic.

The school will be actively aware of issues such as sexism, misogyny, homophobia and gender stereotypes and take positive action to build a culture within which these are not tolerated. Any occurrences of such issues will be identified and dealt with in accordance with the school Behaviour Policy.

The school will make clear that sexual violence and harassment are unacceptable and will not be tolerated. Any reports of sexual violence or harassment will be handled in accordance with South Bank Academy Trust's Child Protection and Safeguarding Policy.

### **Safeguarding and confidentiality**

All pupils will be taught how to keep themselves safe, including online, as part of a broad and balanced curriculum.

To meet DfE best practice advice, the DSL will be involved in the formulation of safeguarding-related areas of the curriculum, as their knowledge and resources may help to address safeguarding issues more appropriately and effectively.

When teaching issues that are particularly sensitive for pupils of all ages, e.g. self-harm or suicide, teachers will be made aware of the risks of inadvertently encouraging, or providing instructions to pupils. Teaching of these subjects will always prioritise preventing self-harm or suicide as a central goal.

Confidentiality within the classroom is an important component of RSE and health education, and teachers are expected to respect the confidentiality of their pupils as far as possible, in compliance with the South Bank Academy Trust Child Protection and Safeguarding Policy (available on the school website).

Teachers will understand that some aspects of RSE may lead to a pupil raising a safeguarding concern, for example; a disclosure of abuse. If a disclosure is made, the DSL will be alerted straight away.

Pupils will be made aware of how to raise their concerns or make a report, and how their report will be handled – this includes the process for when they have a concern about a peer.

### **Assessment**

The school has the same high expectations of the quality of pupils' work in RSE and health education as for other curriculum areas.

Lessons are planned to provide suitable challenge to pupils of all abilities.

Assessments will be used to identify where pupils need extra support or intervention.

There are no formal examinations for RSE and health education, however, to assess pupil outcomes, the school will capture progress in the following ways:

- End of unit tests
- Self-evaluations
- Other formative assessment by teachers

### **Staff training**

Training will be provided by the PSHE lead teacher to the relevant members of staff to make sure they are up-to-date with the RSE and health education curriculum.

Teaching staff will be made aware of any updated guidance on the curriculum and any new legal developments eg. 'sexting' or 'up-skirting'.

Appropriately trained staff will be able to give pupils information on where and how to obtain confidential advice, counselling and treatment.

### **Monitoring quality**

WHO? Is responsible for monitoring the quality of teaching and learning for the subject. They will look at a mixture of:

- Self-evaluation forms
- Lesson observations
- Topic feedback forms
- Learning walks
- Work scrutiny
- Lesson planning scrutiny

The subject leader, Aidan Newman, will work closely with the Director of PD, Jen Mitchell, through review meetings to evaluate the effectiveness of the subject and implement any changes.

### **Monitoring and review**

This policy will be reviewed by the Head Teacher in conjunction with the PSHE subject leaders on an annual basis.

Any changes needed to the policy, including changes to the programmes, will be implemented by the Head Teacher.

Any changes to the policy will be clearly communicated to all members of staff and, where necessary, parents and pupils, involved in the RSE and health education curriculum.

The next scheduled review date of this policy is October 2023.