

# Chelmsford County High School for Girls

## A Policy for Relationship & Sex Education (RSE)

### Introduction

Relationship and Sex Education (RSE) forms part of a wider programme of health education at CCHS, which is taught within the Personal, Social and Health Education programme. Aspects of sexual development and behaviour are taught in the context of a moral framework and with regard to the values of family life. We aim to develop and fortify the students' self-esteem and self-confidence.

~~The need for self-restraint, dignity and respect for others is emphasised and students are taught the emotional, moral and physical risks of being sexually active. The benefits of planned parenthood within a stable relationship is discussed as an integral part of the course.~~

In teaching RSE at CCHS we ensure that the needs of all pupils are appropriately met, and that all pupils understand the importance of equality and respect. We comply with the relevant provisions of the Equality Act 2010, under which sexual orientation and gender reassignment are amongst the protected characteristics. The teaching of RSE is sensitive and age appropriate in approach and content and at the point at which we consider it appropriate to teach pupils about LGBT, we ensure that this content is fully integrated into their programmes of study for this area of the curriculum rather than delivered as a standalone unit or lesson.

When teaching these subjects, the religious background of all pupils is considered so that topics are appropriately handled. At all times we comply with the relevant provisions of the Equality Act 2010, under which religion or belief are amongst the protected characteristics.

We ensure that RSE is accessible for all pupils. This is particularly important when planning teaching for pupils with special educational needs. High quality teaching that is differentiated and personalised will be the starting point to ensure accessibility. We are mindful of the preparing for adulthood outcomes, as set out in the SEND code of practice, when teaching these subjects to those with SEND.

~~Students are encouraged to develop their attitudes of tolerance towards the religious and cultural values of others.~~

We aim to foster a sense of responsibility for one's own actions and the impact these have on others. At all times the School seeks to complement the parental role in educating students on sexual matters.

### Objectives

~~To provide up to date information about physical human growth, development and reproduction.~~

To provide facts about reproductive health, including fertility, and the potential impact of lifestyle on fertility for men and women and menopause.

~~To provide information about the laws relating to sexual behaviour.~~

To provide pupils with the facts and the law about sex, sexuality, sexual health and gender identity in an age-appropriate and inclusive way

~~To provide information about contraception and health-related issues, including HIV/AIDS and other sexually transmitted infections.~~

To provide facts about the full range of contraceptive choices, efficacy and options available.

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The aim of RSE is to give young people the information they need to help them develop healthy, nurturing relationships of all kinds, not just intimate relationships. It should enable them to know what a healthy relationship looks like and what makes a good friend, a good colleague and a successful marriage or other type of committed relationship. It should also cover contraception, developing intimate relationships and resisting pressure to have sex (and not applying pressure). It should teach what is acceptable and unacceptable behaviour in relationships. This will help pupils understand the positive effects that good relationships have on their mental wellbeing, identify when relationships are not right and understand how such situations can be managed.¶

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To provide facts around pregnancy including miscarriage and the choices available 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).  
To provide information about different sexually transmitted infections (STIs), including how HIV/AIDs, are transmitted, how risk can be reduced through safer sex (including through condom use) and the importance of and facts about testing, including key facts about treatment.  
 To provide relevant information about agencies offering help on sexual and health issues.  
 To provide opportunities for understanding the nature of relationships and responsible attitudes towards them.  
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  
 To promote awareness of all types of discrimination, including homophobic bullying and gender stereotyping, and the problems this can cause.  
 To promote sensitive and responsible behaviour in personal and social relationships.  
 To provide the Relationship & Sex Education Policy to parents and advise them of their right to withdraw their child from part or all of this (except those parts included in the statutory National Curriculum for KS3 and KS4 in science).

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## Sexuality and Gender

Pupils are taught the facts and the law about sex, sexuality, sexual health and gender identity in an age-appropriate and inclusive way. All pupils should feel that the content is relevant to them and their developing sexuality. Sexual orientation and gender identity is explored at a timely point and in a clear, sensitive and respectful manner. When teaching about these topics, we recognise that young people may be discovering or understanding their sexual orientation or gender identity and as such there is equal opportunity to explore the features of stable and healthy same-sex relationships.

Grooming, sexual exploitation and domestic abuse, including coercive and controlling behaviour, is addressed sensitively and clearly. We address the physical and emotional damage caused by female genital mutilation (FGM) and include information about where to find support. Pupils are informed that it is a criminal offence to perform or assist in the performance of FGM or fail to protect a person for whom you are responsible from FGM. As well as addressing this in the context of the law, pupils may also need support to recognise when relationships (including family relationships) are unhealthy or abusive (including the unacceptability of neglect, emotional, sexual and physical abuse and violence, including honour-based violence and forced marriage) and strategies to manage this or access support for oneself or others at risk. At CCHS we are mindful that for pupils who are or have experienced unhealthy or unsafe relationships at home or socially, we may have a particularly important role in being a place of consistency and safety where they can easily speak to trusted adults, report problems and find support.

We recognise that some members of our community, including students, teachers and family members, may be LGBTQ+, so it is vital that we foster an informed culture that is inclusive in order for those individuals to feel safe and secure. Our anti-bullying policy protects any individual from being a victim of prejudice because of their sexuality or gender and this is reinforced through the Relationship and Sex Education programme.

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Young people, whatever their developing sexuality, need to feel that sex and relationship education is relevant to them and sensitive to their needs. Students will be made aware of different forms of sexuality and gender, including lesbian, gay, bisexual and transgender and the importance of combating homophobic bullying.

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## Implementation

Delivery of the sex & relationship education programme will be to all year groups by trained staff during PSHE lessons, Biology lessons and assemblies.

Relationship & Sex education will be taught in context, suitable to the age and development of the students according to the schemes of work and National Curriculum requirements. Peer-led sex education will be delivered to Year 9 students by Year 12 students under the supervision of the Assistant Head (Pastoral). This supplements that which is provided by adults in the School.

Resources used will be supplied from the PSHE budget with input from health agencies and other bodies as recommended by the local Health Promotion body.

Staff training will reflect the needs of the staff in the light of current developments.

## Management and Co-ordination

The co-ordinator of PSHE has the responsibility for the planning and co-ordination of the programme content.

Tutors and teaching staff have a responsibility to deliver the agreed schemes of work, using appropriate resources which are regularly evaluated, both by staff and by students using monitoring sheets.

Extra-curricular experiences, including drama and talks will be assessed on an individual basis. This evaluation will form the basis of future planning and provision.

Students will have input into the curriculum following responses to monitoring and evaluations.

## Monitoring and Evaluating

All PSHE units are evaluated through the lesson observation programme.

Year 9 students evaluate the peer-led sex & relationship education training which is given during the year.

## Related issues

### Confidentiality

Both staff and students must respect the privacy of others, except where there is a safeguarding concern (See CCHS Child Protection Policy).

Where appropriate students should be advised to discuss issues with parents and qualified professional agencies.

The giving of contraceptive advice to individual students is inappropriate to a teacher's professional responsibilities. In circumstances where a teacher feels a student's conduct could be placing them at

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moral or physical risk or in breach of the law, the teacher will ensure they make the student aware of that risk and where they can receive advice. The Year Leader responsible must be informed. In these circumstances, students should be aware the disclosure may need to be passed on to another responsible authority.

In cases of suspected child abuse, the Designated Safeguarding Lead will be informed and procedures followed according to Essex County Policy.

### Parental and Carers Rights

Parents and Carers have the right to withdraw their child from all or part of the School's Sex and Relationship Education programme, except those parts covered by the statutory National Curriculum in Science. However, a child will also have a right to opt into sex education from their 15<sup>th</sup> birthday (specifically three academic terms before they turn 16). Parents who wish to exercise this right should do so in writing to the Headteacher.

Parents may contact the Assistant Head (Pastoral) to discuss any aspects of the curriculum.

### Review

Schools must consult parents in developing and reviewing the Relationship & Sex Education Policy. Representatives from the Curriculum Committee of the Governing Body will monitor sex and relationship education issues on a three yearly basis to enable the appropriate implementation of the Policy.

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