Chelmsford County High School for Girls

Relationship & Sex Education Policy

Approved by the Governing Body: 1st November 2023

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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.

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.

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 facts about reproductive health, including fertility, and the potential impact of lifestyle on fertility for men and women and menopause.
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 facts about the full range of contraceptive choices, efficacy and options available.
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 risk can be reduced through safer sex (including through condom use) and the importance of and facts about testing, including key facts about treatment.
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.

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To promote awareness of all types of discrimination, including homophobic bullying and gender stereotyping, and the problems this can cause.
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).

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 experiencing 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.

Implementation

Delivery of the sex & relationship education programme will be to all year groups by trained staff during PSHE lessons, PE 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 Deputy Head (Pastoral). This supplements that which is provided by adults in the school.

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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.

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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 feedback forms on Microsoft Teams and Student Voice meetings.

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 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 do not have the right to withdraw from relationships education. Parents have the right to withdraw from some aspects of sex education. Please note that contraception lessons are part of health education This does not include what is taught as part of the science curriculum. Before granting the request to withdraw a child, parents must complete the form at the end of the policy and then may be asked to discuss with either the Deputy Headteacher (Pastoral) or PSHE coordinator the value of RSE. A child can request sex education without their parents' consent from three terms before their 16th birthday.

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

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

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CHELMSFORD HIGH SCHOOL FOR GIRLS.

Parent form: withdrawal from sex education within RSE

TO BE COMPLETED BY PARENTS			
Name of child		Tutor Group	
Name of parent		Date	
Reason for withdrawing from sex education within relationships and sex education			
Any other information you would like the school to consider			
Parent signature			

TO BE COMPLETED BY THE SCHOOL	
Agreed actions from discussion with parents	
Signed	
Date	

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