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## RELATIONSHIPS AND SEX EDUCATION POLICY

<b>Policy owner</b>	Deputy Head Pastoral (Mrs H.Dolding) and Deputy Head of Prep School (Miss A. Brand)
<b>Policy last reviewed</b>	September 2023
<b>Policy next review date</b>	September 2024
<b>Policy audience</b>	Staff and parents

### Policy statement:

#### Definition of RSE – from *Sex Education Forum*

***Relationships and sex education (RSE) is learning about the emotional, social and physical aspects of growing up, relationships, sex, human sexuality and sexual health. It should equip children and young people with the information, skills and positive values to have safe, fulfilling relationships, to enjoy their sexuality and to take responsibility for their sexual health and well-being.***

Norwich High School takes its responsibility to provide relevant, effective and responsible Relationships and Sex education (RSE) to all its pupils as part of the school's Personal, Social, Health and Economic Education curriculum (PSHE) very seriously. At our school we want parents and pupils to feel assured that sex education will be delivered at a level appropriate to both age and development of pupils.

This teaching is not intended to replace advice or guidance which is ideally received at home, but to supplement and broaden knowledge and understanding.

This policy is drafted by the Deputy Head Pastoral in consultation with the Head, Head of Prep, Deputy Head of Prep, Head of PSHE and RSE, the school nurse and SEND coordinator. Parents are given the opportunity to discuss this policy content.

### Aims of policy:

RSE is lifelong learning about physical, moral and emotional development. It is about teaching sex, sexuality and sexual health in a way that is fully understood and effectively retained by pupils in our care. This includes emphasis on good health, the value of self-esteem in making choices and

judgements, the nature of healthy and consensual relationships, and knowledge about how the body works, all within a context of moral issues and values.

RSE will outline the importance of marriage and family life and the raising of children, as well as highlighting the role of marriage and other stable relationships as building blocks for community and society.

We want our pupils to lead a healthy and safe lifestyle and to care for and respect their bodies, and we provide them with the right tools that will enable them to seek information or support, should they need it, both during their school years and after.

**Provision:**

We follow the Department of Education guidance mandatory in England from September 2020: *Relationships Education, Relationships and Sex Education (RSE) and Health Education Statutory Guidance*. We use the PSHE association programme of study and resources to supplement our offer.

Taught PSHE has also been part of the Independent Schools Standards Regulations since 2014. We aim to provide a relevant, broad and balanced curriculum that not just fulfils, but exceeds externally set standards.

The Norwich High curriculum is spiral, so that topics can be re-visited in later years. Although the topics below are listed specifically, we treat Relationships and Sex Education as part of the wider PSHE curriculum. We support equal opportunities in education, seeing it as enabling and encouraging all our students to build self-esteem through discussion and activities in a safe environment. We are equipping them with decision-making skills irrespective of gender roles and stereotyping.

**The main topics covered in RSE are:**

By the end of KS2

- Families and people who care for me
- Caring friendships
- Consent
- Respectful relationships
- Online relationships
- Being safe
- Mental wellbeing
- Internet safety and harms
- Physical health and fitness
- Healthy eating
- Drugs, alcohol and tobacco
- Health and prevention
- Changing adolescent body

By the end of KS 3/4

- Intimate and sexual relationships, including sexual health, contraception and sexual exploitation
- Being safe including online and media
- Respectful relationships, including friendships

By the end of KS 5

- Knowing your body and checking your body
- Healthy relationships
- The difference between sex and gender. Allyship and safe spaces
- Communications, accountability, relationships, boundary setting
- Consent, pleasure and communication
- Reproductive rights and conception
- Sexuality in the media and censorship

As part of the PSHE programme, Relationships and Sex Education is taught by the school nurse, tutors and class teachers mainly in small groups, using a range of activities with materials and support provided by health professionals.

The programme is developed and reviewed in consultation to ensure that it meets the needs of the whole school community, including pupils with SEND.

We ensure that RSE is age relevant and appropriate across all year groups; this means ensuring that the curriculum develops as our pupils do and meets their needs.

We ensure that staff are given regular and ongoing training on issues related to RSE including confidentiality, setting ground rules and establishing positive behaviour, handling controversial issues and responding to questions.

We ensure that all staff are up to date with policy changes, and familiar with the school policy and guidance relating to relationships and sex education.

We ensure their personal beliefs and attitudes will not prevent them from providing balanced RSE in school.

### **Provision of sex and relationship education. (Nursery to Year 6)**

The key building blocks of healthy, respectful relationships are firmly embedded in Norwich High Prep School. Our focus is on family and friendships, in all contexts, including online.

Mental wellbeing is central to a girl's success and therefore we focus on enabling each girl to understand her own mental health, which in turn will help her to build positive relationships throughout her life.

Our Believing in Butterfly Strands are central to our girls' ability to believe that they can achieve goals, both academic and personal; to persevere in the face of adversity and display resilience in all areas of their lives.

Our PSHEE programme focuses on three central strands, Take care of the Little Things, Grow a Little Every day and Be Bold Be Brave and Spread Your Wings; from these foci, our sex and relationship curriculum is taught by Form Tutors, teachers of other subjects (particularly Science and RE), the School Nurse and outside agencies.

## **Provision of sex and relationship education. (Spiral Curriculum - from Years 7 to 11)**

Those delivering this programme are expected to work within the School's agreed framework and should not allow their personal beliefs and attitudes to influence their teaching. All outside speakers will be given a copy of this policy prior to speaking within School.

Care should be taken to ensure that there is no stigmatisation of children based on their home circumstances.

Sex and relationship education is provided through the wider PSHEE programme as well as other cross-curricular areas (such as Science and RS) and Assemblies. It is also linked across the curriculum in the context of self-esteem and responsibility for the consequences of one's actions and other related matters such as avoiding negative peer pressure, risk-taking activities and bullying whilst promoting positive peer support.

The programme is undertaken by Form Tutors, teachers of other subjects (particularly Science and RS), the School Nurse, Heads of Year and outside agencies. Training is offered to new teachers, if needed.

### **Terminology:**

Pupils will be taught the anatomically correct names for body parts, but slang and everyday terms used in social situations will be discussed; this will be part of the discussion about what is and what isn't acceptable language to be used.

Ground rules are essential when discussing sensitive subject matter and staff will use strategies to enable pupils to feel comfortable to ask questions. If controversial questions are asked, the teacher will use professional judgement about how to answer them and pupils will be allowed to raise anonymous questions if preferred.

We recognise that because of the nature of the subject, sensitive and controversial issues are likely to arise. These may include, for example, abortion, emerging gender identity, sexuality and sexual abuse. These are dealt with within the framework of the aims of the school and of the Relationships and Sex Education policy as a whole. Any cause for concern will be dealt with in accordance with our pastoral systems and safeguarding arrangements.

### **Guest speakers:**

We sometimes use outside speakers to complement our teaching of this content, who are asked to work within the framework of the school's Relationship and Sex Education policy and adhere to the policy for Visiting Speakers. A teacher will be present throughout these lessons.

### **Working with Parents.**

Norwich High School for Girls recognises that we work in partnership with parents and that they are the key element in teaching their daughters about sex, relationships and growing up. The School's programme is therefore planned to complement and support the parents' role within sex and relationship education.

Parents will be notified about the RSE and PSHE content for their daughter's Year Group during the 'At Homes' or 'Parent Seminars' that take place early in the academic calendar.

### **Withdrawal from RSE:**

The school aims to keep parents informed about all aspects of the RSE curriculum and urges parents to review this policy. RSE is a vital part of the school curriculum and supports the whole development of the child. Parents have the right to withdraw their children from sex education. Any parents considering withdrawing their child from RSE should contact the Head / Pastoral Deputy Head to discuss their concerns. According to *Relationships Education, Relationships and Sex Education (RSE) and Health Education Statutory Guidance* paragraph 41-43 pupils can opt into sex education from three terms before their 16th birthday.

**Monitoring, evaluation and review:**

The educational and personal needs of our pupils develop in line with varying societal pressures and other changes. For this reason we monitor, evaluate and regularly review our RSE curriculum-for example:

- Quality assure through learning walks and lesson observations
- Heads of Year annual reflection and planning day
- Engagement with GDST Audit and SEF review tool