



RELATIONSHIPS AND SEX EDUCATION POLICY (SECONDARY)

Author: Victoria Newbury

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RELATIONSHIPS AND SEX EDUCATION POLICY (SECONDARY)

This policy covers the approach of GES Secondary to the teaching of Relationships and Sex education (RSE), which is an integral part of a developmental PSHE (Personal, Social and Health Education) curriculum and contributes to safeguarding pupils. This policy requires that all members of the GES community feel valued and cared for, irrespective of age, gender, ability, creed, or race. Where a child has a special educational need or disability, staff should apply reasonable adjustments to this policy.

At GES we aim to equip our students to face the challenges of the future and to thrive as individuals and members of society. Our PSHE programme is a key part of not only helping them to fulfill their academic potential, but also to stay safe, healthy and prepare for life and work beyond our walls. We aim to ensure that students have the knowledge, skills and attributes that will help them to respond when they face critical opportunities and challenges in their lives, both now and in the future.

Our approach is grounded in the latest research and actively promotes positive mental health, in order to optimise wellbeing and help our students flourish. PSHE also plays a vital part in meeting schools' safeguarding obligations, promoting students' emotional wellbeing, and improving their ability to achieve in school, as well as enabling them to learn about safety and risks within relationships.

RATIONALE

We define 'Relationships and Sex Education' as learning about the emotional, social and physical aspects of growing up, relationships, sex, human sexuality and sexual health.

We consider that a comprehensive programme of RSE provides accurate information about the body, reproduction, sex, and sexual health. As well as providing knowledge and understanding, it also gives children and young people essential skills for building positive, enjoyable, respectful and non-exploitative relationships and for staying safe, both on and offline.

AIMS & OBJECTIVES

We believe that Relationships and Sex Education is an integral part of our broader PSHE curriculum, and that an effective approach will contribute to the following:

- equip our pupils with the skills they need to successfully manage the potential challenges of relationships in the modern world,
- help pupils to gain an understanding of the difference between consenting and exploitative relationships,
- help pupils to keep themselves safe from harm, both on and offline, enjoy their relationships and build confidence in accessing services if they need help and advice,
- reduce early sexual activity, sexually transmitted infections, sexual exploitation and abuse, domestic violence and bullying,
- enable students to develop better understanding of diversity and inclusion, a reduction in gender-based and homophobic prejudice, bullying and violence

OUR PROGRAMME

Our RSE programme for Key Stage 3 aims to provide a comprehensive body of knowledge and understanding. It is delivered primarily in the summer term by a dedicated group of teachers experienced in delivering the RSE curriculum. It follows the guidance set out by the PSHE Association uses their endorsed materials and broadly covers the following areas:

Y7	Building relationships <ul style="list-style-type: none"> • Managing physical and emotional changes during puberty and personal hygiene • Making healthy lifestyle choices including diet, dental health, physical activity and sleep • Developing self-worth and self-efficacy • Qualities and behaviours relating to different types of positive relationships • Recognising unhealthy relationships • Recognising and challenging media stereotypes • Evaluating expectations for romantic relationships • How to seek and assertively communicate consent
Y8	Identity & relationships <ul style="list-style-type: none"> • Qualities of positive, healthy relationships • How to demonstrate positive behaviours in healthy relationships • Gender identity and sexual orientation / recognising and challenging discrimination • Forming new partnerships and developing relationships • The law in relation to consent (international context) • How to effectively communicate about consent in relationships • An introduction to contraception • How to develop self-worth and confidence
Y9	Intimate relationships / Sex Education <ul style="list-style-type: none"> • Readiness for sexual activity, choosing when to engage in sexual activity Facts and misconceptions relating to consent • How the portrayal of relationships in the media and pornography might affect expectations • Different types of families and parenting, including single parents, same sex parents, blended families, adoption and fostering • Managing relationships and coping with conflict
Y10	Healthy relationships <ul style="list-style-type: none"> • Values in relationships - including intimate relationships • Assumptions and misconceptions about sex, gender and relationships • Risks and opportunities of online relationships • How to manage the impact of the media and pornography on sexual attitudes, expectations and behaviours • How to recognise and respond to pressure, coercion and exploitation, including reporting and accessing appropriate support • How social media may distort, mis-represent or target information in order to influence beliefs and opinions
Y11	Communication in relationships / Families <ul style="list-style-type: none"> • Gender identity, gender expression and sexual orientation • How to manage the impact of the media and pornography on sexual attitudes, expectations and behaviours • Unhealthy, exploitative and abusive relationships - recognition of and accessing support • Dealing with unwanted attention, including online • Assertive values and personal communication • How to evaluate decisions around parenthood including readiness for parenthood and positive parenting qualities as well as considering whether or not to have

	children <ul style="list-style-type: none"> • Fertility, including how it varies and changes • Pregnancy, birth and miscarriage • Unplanned pregnancy options, including abortion • How to manage change, loss, grief and bereavement
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We respect pupils' unique starting points by providing learning that is appropriate to their abilities, grounded in their prior learning and experiences, and respectful of any differences of faith, belief or culture. While promoting the School's values, we aim to ensure that our programme is balanced by providing opportunities to explore issues from a range of viewpoints. The curriculum is responsive to student needs and provides a carefully-sequenced, age-appropriate pathway which should support parents and students in engaging with RSE. Cross-curricular links through other subject areas, for example Science and Computing, will also be utilised.

PARENTAL INVOLVEMENT AND RIGHTS

We are committed to working with our parents to provide the best education for their children. We fully respect and uphold the rights of parents to engage further with the school to discuss their child's engagement with our RSE curriculum.