

Relationships and Sex Education Policy

PSHE Association Guidelines have been extensively followed in the development of RSE at Channing.

What Is Relationships and Sex Education (RSE)?

RSE is lifelong learning about physical, sexual, moral and emotional development. It is about the understanding of the importance of respect and self-esteem. It involves acquiring information, developing skills and forming positive beliefs, values and attitudes. It is also about making informed choices about risks and potential dangers.

Aims

The aim of RSE is to provide balanced factual information about human reproduction, together with consideration of the broader emotional, ethical, legal and moral dimensions of sexual health. Our SRE programme aims to prepare students for an adult life in which they can do the following:

- Develop positive values and a moral framework that will guide their decisions, judgements and behaviour.
- Have the confidence and self esteem to value themselves and others.
- Understand the consequences of their actions and behave responsibly within sexual relationships.
- Avoid being exploited or being pressured into unwanted or unprotected sex.
- Communicate effectively by developing appropriate terminology for sex and relationship issues.
- Develop awareness of sexuality, gender and understand human sexuality.
- Challenge sexism and prejudice, and promote equality and diversity.
- Understand the arguments for delaying sexual activity.
- Understand the reasons for having protected sex.
- Have sufficient information and skills to protect themselves from sexually transmitted infections, including HIV.
- Know about contraception and the range of local and national sexual health advice, contraception and support services
- Be aware of how the law applies to sexual relationships and be aware of issues relating to consent.
- Understand how the internet can pose a serious threat to their safety and know what to do if they ever feel uncomfortable when online.
- Be aware of the connection between sex and drug taking and how this can lead to regretful and/or exploitative sexual experiences.
- Understand what constitutes rape, sexual assault and harassment.

PSHE Association Guidelines have been extensively followed in the development of RSE at Channing.

What Is Relationships and Sex Education (RSE)?

RSE is lifelong learning about physical, sexual, moral and emotional development. It is about the understanding of the importance of respect and self-esteem. It involves acquiring information, developing skills and forming positive beliefs, values and attitudes. It is also about making informed choices about risks and potential dangers.

Aims

The aim of RSE is to provide balanced factual information about human reproduction, together with consideration of the broader emotional, ethical, legal and moral dimensions of sexual health. Our SRE programme aims to prepare students for an adult life in which they can do the following:

- Develop positive values and a moral framework that will guide their decisions, judgements and behaviour.
- Have the confidence and self esteem to value themselves and others.
- Understand the consequences of their actions and behave responsibly within sexual relationships.
- Avoid being exploited or being pressured into unwanted or unprotected sex.
- Communicate effectively by developing appropriate terminology for sex and relationship issues.
- Develop awareness of sexuality, gender and understand human sexuality.
- Challenge sexism and prejudice, and promote equality and diversity.
- Understand the arguments for delaying sexual activity.
- Understand the reasons for having protected sex.
- Have sufficient information and skills to protect themselves from sexually transmitted infections, including HIV.
- Know about contraception and the range of local and national sexual health advice, contraception and support services
- Be aware of how the law applies to sexual relationships and be aware of issues relating to consent.
- Understand how the internet can pose a serious threat to their safety and know what to do if they ever feel uncomfortable when online.
- Be aware of the connection between sex and drug taking and how this can lead to regretful and/or exploitative sexual experiences.
- Understand what constitutes rape, sexual assault and harassment.

There are clear connections between RSE, Drug Awareness Education, Citizenship (eg FGM) and Personal/Internet Safety lessons at Channing, which are made explicit in the programmes of study.

Organisation of Relationships and Sex Education within PSHE in the Junior School

The Junior School includes the statutory Relationships and Health Education within the whole-school PSHE Programme. To ensure progression and a spiral curriculum, we use Jigsaw, the mindful approach to PSHE, as our chosen teaching and learning programme. This programme's complimentary update policy ensures we are always using the most up to date teaching materials and that our teachers are well-supported. PSHE and RSE are taught by the Form Teacher. Teachers who are uncomfortable with teaching RSE can ask to have support from other staff members when teaching the lesson .

Jigsaw covers all areas of PSHE for the primary phase including statutory Relationships and Health Education. The table below gives the learning theme of each of the six Puzzles (units) and these are taught across the school; the learning deepens and broadens every year.

Term	Puzzle (Unit)	Content
Autumn 1:	Being Me in My World	Includes understanding my own identity and how I fit well in the class, school and global community. Jigsaw Charter established.
Autumn 2:	Celebrating Difference	Includes anti-bullying (cyber and homophobic bullying included) and understanding
Spring 1:	Dreams and Goals	Includes goal-setting, aspirations, who do I want to become and what would I like to do for work and to contribute to society
Spring 2:	Healthy Me	Includes drugs and alcohol education, self-esteem and confidence as well as healthy lifestyle choices, sleep, nutrition, rest and exercise
Summer 1:	Relationships	Includes understanding friendship, family and other relationships, conflict resolution and communication skills, bereavement and loss

Summer 2:	Changing Me	Includes Relationships and Sex Education in the context of coping positively with change
------------------	-------------	--

In the Junior School, as puberty is taught as a statutory requirement of Health Education and covered by our Jigsaw PSHE Programme in the 'Changing Me' Puzzle (unit), we conclude that sex education refers to Human Reproduction, and therefore inform parents of their right to request their child be withdrawn from the PSHE lessons that explicitly teach this.

The school will inform parents of this right in the Information to Parents Booklet and in the Curriculum Newsletter. Those that wish to withdraw must first consult with the PSHE Coordinator and Form teacher.

Inclusion

Respecting diversity is central to Channing's ethos and much consideration is given to providing lessons that are inclusive. Lessons devised to help pupils understand people who are different from themselves are also central to the programme of study.

Ethnic and Cultural Groups

We intend our policy to be sensitive to the needs of different ethnic groups. We will respond sensitively to parental requests and concerns. Parents are made aware of lesson content at the beginning of every year.

Accessibility

As with all lessons at Channing, SEND pupils are catered for by providing a variety of different resources that cater to a wide range of learning styles and can also be easily adapted by tutors.

Sexual Identity and Gender

We aim to deal sensitively and honestly with issues of sexual orientation and gender, and answer appropriate questions and offer support. Young people, whatever their developing sexuality, need to feel that relationship and sex education is relevant to them. Specific lessons are designed to help inform pupils about sexuality and gender and help them to support friends who might be struggling with identity issues. We aim to integrate an understanding of different sexualities and genders into all SRE lessons rather than having separate LGBTQ+ lessons.

Right of Withdrawal of Students from SRE

Parents have the right to withdraw their children from some parts of the RSE programme but not those parts included as compulsory in the new RSE Statutory Guidelines. We would make alternative arrangements in such cases and the pupil would be supervised by a Form tutor. Parents are informed of the content of all PSHE lessons at the beginning of every year and are encouraged to get in touch if they have questions. Parents are welcome, by appointment, to meet with the Deputy Head to discuss any RSE resources the school uses.

Confidentiality, Controversial and Sensitive Issues

Teachers understand that they cannot offer unconditional confidentiality and that they must report any concerns to a member of the SPMT or SLT.

In a case where a teacher learns from an under 16 year old that they are having or contemplating sexual intercourse the staff member will do the following:

- The young person will be encouraged to talk to a trusted adult.
- Staff are aware that any child protection concerns must be referred to a Designated Safeguarding Lead in the school.
- The young person may be referred to a school nurse for advice about contraception.

School nurses are bound by their codes of conduct in a one-to-one situation with an individual student, but in a classroom situation they must follow the school's confidentiality policy.

Evaluation and Monitoring of Sex and Relationship Education

It is the responsibility of the Head of PSHE to oversee and organise the evaluation and monitoring of PSHE.

Pupils are asked to complete questionnaires to help the department evaluate the success of SRE lessons and make necessary changes.

Parents are also asked to complete questionnaires to help the department evaluate the success of SRE lessons and make necessary changes.

Evaluation of SRE within PSHE is carried out at the end of every year and involves detailed pupil self-assessments of knowledge and understanding, interpersonal skills, and attitudes

Pupils are given a written report every year and standardised effort grades for PSHE as a whole, which are in line with the school's assessment guidelines.

This policy was produced by the Head of PSHE in combination with SLT, and is reviewed yearly by the Assistant Head of PSHE and the Head of PSHE and is overseen by a member of the SLT, and the Deputy Head approves the policy.

This policy should be read in conjunction with the Child Protection and Safeguarding Policy, as well as the Equality Act (2010).

Reviewed Summer 2021 by PG/KW.

(August 2021)