

# COGNITA

Relationships  
and Sex  
Education  
(RSE) Policy



HYDESVILLE  
TOWER SCHOOL

September 2024

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### 1 Introduction and aims

Schools and colleges play a crucial role in preventative education. Preventative education is most effective in the context of a whole-school or college approach that prepares pupils and students for life in modern Britain and creates a culture of zero tolerance for sexism, misogyny/misandry, homo/bi/trans phobia and sexual violence/harassment. This policy applies to all pupils, including those in the Early Years.

The purpose of this policy is to ensure that our Relationships Education and Relationships and Sex Education (RSE) supports our school ethos and fulfils our school aims, which are defined as:

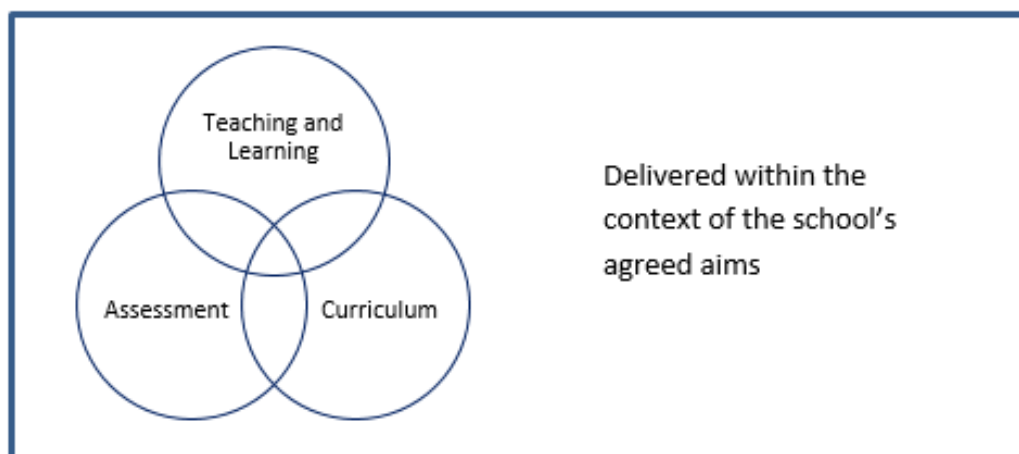
giving every child the chance to develop their full potential in all areas;

supporting them to become confident and caring individuals, who are proactive and independent;

providing enriching opportunities, so they gain greater awareness of themselves, their community and the wider world.

1.1 This policy forms part of the curriculum.

1.2 We see the curriculum as, 'The total learning experience for our pupils, which includes not only the taught lessons but also the routines, behaviours, events, activities and other opportunities that our pupils experience on a daily, weekly and yearly basis in order to ensure that all of them make the best progress possible and attain high standards'.



1.3 A well-structured and coherent curriculum is a fundamental element of the tripartite education that underpins all successful schools and includes Teaching, Learning and Assessment (see model below) and is underpinned by Wellbeing.

The aims of RSE at our school are to:

1.4 Provide a framework in which sensitive discussions can take place.

1.5 Prepare pupils for puberty, and give them an understanding of sexual development and the importance of health and hygiene.

1.6 Help pupils develop feelings of self-respect, confidence and empathy.

- 1.7 Create a positive culture around sexuality and relationships.
- 1.8 Teach pupils the correct vocabulary to describe themselves and their bodies.
- 1.9 Help pupils understand that healthy relationships are an important part of wellbeing.
- 1.10 Prevent pupils from becoming involved in child-on-child abuse, and/or experiencing harm in school/the community.

### 2 Statutory requirements

- 2.1 Our policy follows the statutory guidance given by the government (DfE) and meets the requirements of the Independent School Standards. Aspects of RSE are infused within the day to day operation of our school; incorporated through the curriculum, both in content included in subject schemes of work and through other planned learning opportunities in the school. They are captured in our written aims and expressed in the ethos and behaviours of everyone.
- 2.2 As a Preparatory school, we must ensure that every registered pupil who is provided with primary education at the school is provided with relationships education, in accordance with section 34 of the Children and Social Work Act 2017 and the Independent School Standards
- 2.3 As a Secondary school, we must ensure that every registered pupil who is provided with secondary education at the school is provided with relationships and sex education, except in so far as the pupil is excused as mentioned in sub-paragraph 9, in accordance with section 34 of Children and Social Work Act 2017 and the Independent School Standards, and with regard to guidance outlined in section 403 of the Education Act 1996.

At Hydesville Tower School, we teach RSE as set out in this policy.

### 3 Policy development

This policy has been developed in consultation with staff, pupils and parents. The consultation and policy development process involved the following steps:

- Review – The PSHE Lead reviewed all relevant information, including but not limited to, relevant national and local guidance including regard to the school's obligations under the Human Rights Act 1998, the Equality Act 2010, (including the Public Sector Equality Duty), and their local multi-agency safeguarding arrangements.
- The policy was drafted in accordance with statutory guidance and aligned with the Independent School Regulations/BSO Standards. The school curriculum plans were amended accordingly.
- Staff consultation – relevant school staff were given the opportunity to review the policy and make recommendations.
- Parent/stakeholder consultation – parents and any interested parties were invited to attend a meeting about the policy and offer commentary.
- Pupil consultation – pupils were consulted with about their RSE lessons as part of pupil voice
- Ratification – once amendments were made, the policy was published.

- Policy review – this policy will be reviewed in September 2023.

### 4 Definition

- 4.1 RSE is about the emotional, social and cultural development of pupils, and involves learning about relationships, sexual health, sexuality, healthy lifestyles, diversity and personal identity.
- 4.2 RSE involves a combination of sharing information and exploring issues and values.
- 4.3 RSE is not about the promotion of sexual activity, sexual orientation, or a specific sexual identity.

### 5 Curriculum

- 5.1 Our curriculum is set out in Appendix 1, but we may need to adapt this as and when necessary.
- 5.2 We have developed the curriculum in consultation with parents, pupils and staff, taking into account the age, needs and feelings of pupils.
- 5.3 Primary sex education will focus on:
- Preparing boys and girls for the changes that adolescence brings, including emotional changes; and
  - How a baby is conceived and born (Science- Year 5, Summer Term)
- It will:
- i. consider the ages, aptitudes and needs of all pupils, including those pupils with SEND/ and an EHC plan;
  - ii. not undermine the fundamental British values of democracy, the rule of law, individual liberty, and mutual respect and tolerance of those with different faiths and beliefs; and
  - iii. ensure that discriminatory, extremist opinions or behaviours are challenged as a matter of routine.
- 5.4 For more information about our curriculum, see Appendices 1 and 2 and our Curriculum Policy

### 6 Delivery of RSE

- 6.1 Our RSE is taught as part of our PSHE curriculum. The PSHE course is delivered to all pupils through discrete PSHE lessons taught by our teachers. There is one lesson of taught PSHE a week. In year 11 pupils will not have a weekly lesson as they will have already completed many of the main requirements, but will have specialist speakers at key points throughout the year. Elements of the programme may be supported through the bringing in of additional expertise, such as outside speakers, trained health professionals, or the use of teachers with a particular interest or knowledge in a specific area. In addition to these discrete sessions, PSHE is also embedded within the curriculum (e.g. social issues through the teaching of English Literature; Health through Biology and PE; Citizenship through History & RE). There are also centrally organised sessions which supplement the delivery in house.
- 6.2 Relationships education focuses on teaching the fundamental building blocks and characteristics of positive relationships, including:
- Families and people who care for me
  - Caring friendships
  - Respectful relationships
  - Online relationships
  - Being safe

- 6.3 For more information about our RSE curriculum, see Appendices 1 and 2 and our Curriculum Policy.
- 6.4 RSE focuses on giving young people the information they need to help them develop healthy, nurturing relationships of all kinds, including:
- Families
  - Respectful relationships, including friendships
  - Online and media
  - Being safe
  - Intimate and sexual relationships, including sexual health
- 6.5 For more information about our RSE curriculum, see Appendices 1 and 2 and our Curriculum Policy.
- 6.6 These areas of learning are taught within the context of family life, taking care to ensure that there is no stigmatisation of children based on their home circumstances (families can include single parent families, LGBTQ+ parents, families headed by grandparents, adoptive parents, foster parents/carers amongst other structures), along with reflecting sensitively that some children may have a different structure of support around them (for example: looked after children or young carers).

## 7 Roles and responsibilities

### Staff & Governance

#### 7.1 PSHE Lead Teacher

The people with responsibility for PSHE and the overview and yearly evaluation of this policy are Leanne Crump (Prep) and Liz Shaw, Sarah Harding and Danni Fairbrother (Senior). However, all staff are responsible for ensuring this policy is implemented and acted on.

When evaluating the use and impact of this policy, our school leaders will evaluate the extent to which there is evidence of a curriculum which:

- Fulfils the aims of the school;
- Embeds aspiration, attributes and the expectation to achieve high standards and high rates of progress; and
- Provides engagement and excitement for learning.

#### 7.2 The Headteacher

The Headteacher is responsible for ensuring that RSE is taught consistently across the school, and for managing requests to withdraw pupils from non-statutory or non-science components of RSE (see section 8).

#### 7.3 The Chair of Governors

The Director of Education will hold the Headteacher to account for the implementation of this policy.

The Chair of Governors will ensure that:

- all pupils make progress in achieving the expected educational outcomes;
- the subjects are well led, effectively managed and well planned;
- the quality of provision is subject to regular and effective self-evaluation;
- teaching is delivered in ways that are accessible to all pupils with SEND;
- clear information is provided for parents on the subject content and the right to request that their child is withdrawn; and,

- the subjects are resourced, staffed and timetabled in a way that ensures that the school can fulfil its legal obligations.

### 7.4 Staff

Staff are responsible for:

- Delivering RSE in a sensitive way;
- Modelling positive attitudes to RSE;
- Monitoring progress;
- Responding to the needs of individual pupils; and
- Responding appropriately to pupils whose parents wish them to be withdrawn from the non-statutory or non-science components of RSE.

Staff do not have the right to opt out of teaching RSE. Staff who have concerns about teaching RSE are encouraged to discuss this with the Headteacher.

## 8 Pupils

Pupils are expected to engage fully in RSE and, when discussing issues related to RSE, treat others with respect and sensitivity.

### 8.1 Pupils with Special Educational Needs and Disabilities

Our curriculum is inclusive and our RSE and Health Education is accessible for all pupils. For those pupils with special educational needs or specific learning difficulties, the school has a well-established Learning Support department, led by the SENDCO. Further details of this provision can be found in our Special Educational Needs and Disability (SEND) Policy.

High quality teaching that is differentiated and personalised will be the starting point to ensure accessibility.

As set out in the SEND code of practice, when teaching these subjects to those with SEND, Hydesville Tower School is mindful of preparing pupils for adulthood.

Hydesville Tower School is aware that some pupils are more vulnerable to exploitation, bullying and other issues due to the nature of their SEND. Relationships Education and RSE can also be particularly important subjects for some pupils; for example those with Social, Emotional and Mental Health needs or learning disabilities. Such factors will be taken into consideration in designing and teaching these subjects.

## 9 Parents' right to withdraw

9.1 If parents require more information on RSE for primary aged children, this is a useful information source of information for them:

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/812593/RSE\\_primary\\_schools\\_guide\\_for\\_parents.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/812593/RSE_primary_schools_guide_for_parents.pdf)

9.2 If parents require more information on RSE for secondary aged children, this is a useful information source of information for them:

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/812594/RSE\\_secondary\\_schools\\_guide\\_for\\_parents.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/812594/RSE_secondary_schools_guide_for_parents.pdf)

9.3 Parents in the Prep School do not have the right to withdraw their children from relationships education.

Parents have the right to withdraw their children from the non-statutory or non-science components of sex education within RSE.

Requests for withdrawal should be put in writing using the form found in Appendix 3 of this policy and addressed to the Headteacher.

Alternative work will be given to pupils who are withdrawn from sex education.

- 9.4 Parents have the right to withdraw their children from the non-statutory or non-science components of sex education within RSE up to and until 3 terms before the child turns 16. After this point, if the child wishes to receive sex education rather than being withdrawn, the school will arrange this.

Requests for withdrawal should be put in writing using the form found in Appendix 3 of this policy and addressed to the Headteacher.

A copy of withdrawal requests will be placed in the pupil's educational record. The Headteacher will discuss the request with parents and take appropriate action.

Alternative work will be given to pupils who are withdrawn from sex education.

### **10 Training**

- 10.1 Staff are trained on the delivery of RSE as part of their induction and it is included in our continuing professional development programme.
- 10.2 The Headteacher will also invite visitors from outside the school, such as school nurses or sexual health professionals, to provide support and training to staff teaching RSE.

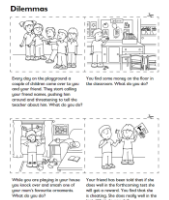
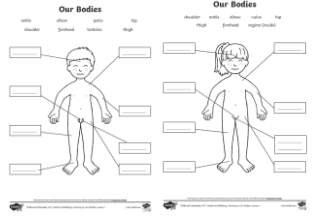
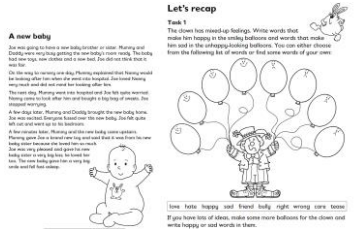
### **11 Monitoring arrangements**

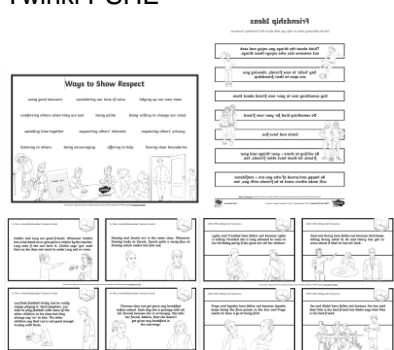

- 11.1 The delivery of RSE is monitored by the Head of Prep and the Head of Senior School through lesson observations, learning walks, pupil voice and work scrutiny.
- 11.2 Pupils' development in RSE is monitored by class teachers as part of our internal assessment systems.
- 11.3 Communication is sent out to all parents regarding the RSE curriculum.




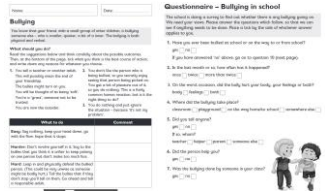

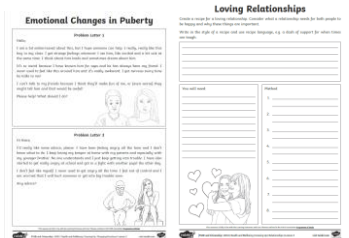
## Appendix 1: Curriculum Map





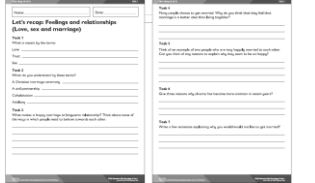
### Relationships and Sex Education Curriculum Map

YEAR GROUP	TERM	TOPIC DETAIL	RESOURCES
Year 1	Spring 2         Summer 1 & 2	<p><b>Choices</b> Children will be taught:</p> <ul style="list-style-type: none"> <li>to share their opinions on things that matter to them and explain their views;</li> <li>to recognise choices they can make;</li> <li>to take part in discussions with one other person and the whole class;</li> <li>to understand their choices have consequence</li> </ul> <p><b>Me and my community</b> Children will be taught:</p> <ul style="list-style-type: none"> <li>the names of the main parts of boys' and girls' bodies.</li> <li>to understand how to respect their own and other people's bodies.</li> <li>to understand that we are all different and that different people like different things.</li> <li>to recognise that there are many different types of families.</li> <li>to recognise how people change as they get older</li> </ul>	<p>LCP PSHE File</p>  <p>Twinkl PSHE</p> 
Year 2	Autumn 1 & 2	<p><b>Feelings and relationships</b> Children will be introduced to the concepts of feelings and relationships. The purpose of this unit is to help pupils to realise that it is normal to experience a range of emotions and to develop a vocabulary through which they can express anger, anxiety, fear, happiness, sadness, shock, tension and other feelings. They will look at ways to cope with change in their lives, and deal with the sad and stressful circumstances that at some stage affect us all. By achieving a better understanding of their own emotions, feelings and problems, they are more likely to appreciate those of other children and to be able to empathise with them. They will also look to develop skills for forming relationships and working in a co-operative manner. Such skills enable them to recognise the views, needs and rights of others</p>	<p>LCP PSHE File</p> 

<p>Year 3</p>	<p>Autumn 1</p>	<p><b><u>We are VIPs</u></b>                  Children will be taught:</p> <ul style="list-style-type: none"> <li>to recognise that there are different types of relationships(e.g. friendships, family relationships, romantic relationships online relationships).</li> <li>that a feature of positive family life is caringrelationships; about the different ways in which people care for one another.</li> <li>to recognise other shared characteristics of healthy family life, including commitment, care, spending time together; being there for each other in times of difficulty.</li> <li>how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice.</li> <li>about the importance of friendships; strategies for building positive friendships; how positive friendships support wellbeing.</li> <li>what constitutes a positive healthy friendship (e.g. mutual respect, trust, truthfulness, loyalty, kindness, generosity, sharing interests and experiences, support with problems and difficulties); that the same principles apply to online friendships as to face-to-face relationships</li> <li>that personal behaviour can affect other people; to recognise and model respectful behaviour online.</li> <li>that healthy friendships make people feel included; recognise when others may feel lonely or excluded; strategies for how to include them</li> <li>how friendships can change over time, about making new friends and the benefits of having different types of friends.</li> </ul>	<p>Twinkl PSHE</p>  <p>LCP PSHE File</p> 
	<p>Autumn 2</p>	<p><b><u>Health and hygiene</u></b>                  Children will be taught:</p> <ul style="list-style-type: none"> <li>to recognise, as they approach puberty, how people’s emotions change at that time and how to deal with feelings towards themselves, their family and others in a positive way</li> <li>about how the body changes as they approach puberty.</li> <li>how people change from babyhood through childhood and finally adulthood</li> </ul>	

YEAR GROUP	TERM	TOPIC DETAIL	RESOURCES
Year 4	Autumn 1 & 2	<p><b>Feelings and relationships</b></p> <p>Children will be taught:</p> <ul style="list-style-type: none"> <li>• to talk and write about their opinions, and explain their views, on issues that affect themselves and society;</li> <li>• that their actions affect themselves and others, to care about other people's feelings and to try to see things from their points of view;</li> <li>• where individuals, families and groups can get help and support;</li> <li>• to recognise, as they approach puberty, how people's emotions change at that time and how to deal with their feelings towards themselves, their family and others in a positive way;</li> <li>• to express feelings associated with bereavement, loss or change and to begin to empathise with others who have experienced them.</li> </ul>	<p>LCP PSHE File</p>  <p>The resource page includes a table with the following columns: 'Activity', 'Year 4', 'Year 5', and 'Year 6'. It lists several activities related to 'Keeping secrets - keeping safe' and 'The Hidden Parts'.</p>

<p>Year 5</p>	<p>Autumn 1 &amp; 2</p>	<p><b><u>Feelings and relationships</u></b></p> <p>Children will be taught:</p> <ul style="list-style-type: none"> <li>• to realise the consequences of anti-social and aggressive behaviours, such as bullying and racism, on individuals and communities;</li> <li>• to resolve differences by looking at alternatives, making decisions and explaining choices;• that their actions affect themselves and others, to care about other people’s feelings and to try to see things from their points of view;</li> <li>• to be aware of different types of relationships, between friends and families, and to develop the skills to be effective in relationships.</li> <li>• to realise the nature and consequences of racism, teasing, bullying and aggressive behaviours, and how to respond to them and ask for help;</li> <li>• that differences and similarities between people arise from a number of factors, including cultural, ethnic, racial and religious diversity, gender and disability. This also includes LGBT relationships.</li> <li>• recognise different types of physical contact; what is acceptable and unacceptable; strategies to respond to unwanted physical contact</li> <li>• about seeking and giving permission (consent) in different situations</li> <li>• about keeping something confidential or secret, when this should (e.g. a birthday surprise that others will find out about) or should not be agreed to, and when it is right to break a confidence or share a secret</li> </ul>	<p>LCP PSHE File</p>  <p>NSPCC- PANTS</p> <p><a href="https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/">https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/</a></p> <p>Twinkl PSHE</p>  <p>Twinkl PSHE</p> 
	<p>Summer 2</p>	<p><b><u>Growing up, how we change.</u></b></p> <p>Children will be taught</p> <ul style="list-style-type: none"> <li>• to talk and write about their opinions, and explain their views, on issues that affect themselves and society</li> <li>• to recognise, as they approach puberty, how people’s emotions change at that time and how to deal with their feelings towards themselves, their family and others in a positive way</li> <li>• about how the body changes as they approach puberty, and to understand that this stage happens for everyone but begins and ends at different times;</li> <li>• to understand that the changes that occur in the body at puberty are linked to human reproduction.</li> </ul>	

YEAR GROUP	TERM	TOPIC DETAIL	RESOURCES																																																																																																																																																																																																																																																																		
		<p><b>Puberty discussion</b></p> <p>This is usually delivered by our senior school biology department or the school nurse, alongside the class teachers. The group will be split by gender, where a discussion about puberty and the changes their bodies go through will take place.</p>																																																																																																																																																																																																																																																																			
Year 6	Summer Term	<p><b>Feelings and Relationships: Love, sex and marriage</b></p> <p>These sessions tackle some of the emotional, physical and social aspects of growing up. The physical aspects of the subject, notably human sexuality, reproduction and sexual health, are taught in science lessons, but PSHE provides an opportunity to prepare children for the physical and emotional changes they undergo at puberty and to discuss relationships with them. Many children want to learn more about issues ranging from attraction to love, from trust, to response, to peer pressure. They need to be equipped with information about how to behave in relationships and what they can do to make them work.</p> <p>Children will be taught:</p> <ul style="list-style-type: none"> <li>• to talk and write about their opinions, and explain their views, on issues that affect themselves and society;</li> <li>• to recognise, as they approach puberty, how people’s emotions change at that time and how to deal with their feelings in a positive way.</li> <li>• to recognise their worth as individuals;</li> <li>• to be aware of different types of relationships, including marriage and those between friends and families, and to develop the skills needed to be effective in relationships;</li> <li>• that marriage plays an important role within most religions and societies;</li> <li>• about how and why tension can develop between married couples.</li> </ul>	<p>LCP PSHE File</p>  <p><b>Life plan table:</b></p> <table border="1"> <thead> <tr> <th>Year</th> <th>10</th> <th>11</th> <th>12</th> 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### Appendix 2: By the end of primary school, pupils should know:

TOPIC	PUPILS SHOULD KNOW
Families and people who care about me	<ul style="list-style-type: none"> <li>• That families are important for children growing up because they can give love, security and stability</li> <li>• The characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives</li> <li>• That others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care</li> <li>• That stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up</li> <li>• That marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong</li> <li>• How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed</li> </ul>
Caring friendships	<ul style="list-style-type: none"> <li>• How important friendships are in making us feel happy and secure, and how people choose and make friends</li> <li>• The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties</li> <li>• That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded</li> <li>• That most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right</li> <li>• How to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed</li> </ul>

## Relationships and Sex Education (RSE) Policy

TOPIC	PUPILS SHOULD KNOW
Respectful relationships	<ul style="list-style-type: none"> <li>• The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs</li> <li>• Practical steps they can take in a range of different contexts to improve or support respectful relationships</li> <li>• The conventions of courtesy and manners</li> <li>• The importance of self-respect and how this links to their own happiness</li> <li>• That in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority</li> <li>• About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help</li> <li>• What a stereotype is, and how stereotypes can be unfair, negative or destructive</li> <li>• The importance of permission-seeking and giving in relationships with friends, peers and adults</li> </ul>
Online relationships	<ul style="list-style-type: none"> <li>• That people sometimes behave differently online, including by pretending to be someone they are not</li> <li>• That the same principles apply to online relationships as to face-to face relationships, including the importance of respect for others online including when we are anonymous</li> <li>• The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them</li> <li>• How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met</li> <li>• How information and data is shared and used online</li> </ul>
Being safe	<ul style="list-style-type: none"> <li>• What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context)</li> <li>• About the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe</li> <li>• That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact</li> <li>• How to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know</li> <li>• How to recognise and report feelings of being unsafe or feeling bad about any adult</li> <li>• How to ask for advice or help for themselves or others, and to keep trying until they are heard</li> <li>• How to report concerns or abuse, and the vocabulary and confidence needed to do so</li> <li>• Where to get advice e.g. family, school and/or other sources</li> </ul>

**12 Appendix 2: By the end of secondary school, pupils should know:**

TOPIC	PUPILS SHOULD KNOW
Families	<ul style="list-style-type: none"> <li>• That there are different types of committed, stable relationships</li> <li>• How these relationships might contribute to human happiness and their importance for bringing up children</li> <li>• What marriage is, including their legal status e.g. that marriage carries legal rights and protections not available to couples who are cohabiting or who have married, for example, in an unregistered religious ceremony</li> <li>• Why marriage is an important relationship choice for many couples and why it must be freely entered into</li> <li>• The characteristics and legal status of other types of long-term relationships</li> <li>• The roles and responsibilities of parents with respect to raising of children, including the characteristics of successful parenting</li> <li>• How to: determine whether other children, adults or sources of information are trustworthy: judge when a family, friend, intimate or other relationship is unsafe (and to recognise this in others' relationships); and, how to seek help or advice, including reporting concerns about others, if needed.</li> </ul>
Year group	<p>Families. Lesson details</p> <p>7</p> <p>Different families                      Family relationships- the different types and why we don't always get along. This includes the different types of committed, stable relationships.                      Family relationships are also discussed in the Loudmouth performance/ workshop 'My mate fancies you'                      Keeping good friendships and avoiding toxic ones.</p> <p>10</p> <p>What are forced and arranged marriages and what do we need to know?                      Parenting, the different types and styles. Looking after a child.                      Adoption and fostering</p>



## Relationships and Sex Education (RSE) Policy

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TOPIC	PUPILS SHOULD KNOW
Respectful relationships, including friendships	<ul style="list-style-type: none"><li>• The characteristics of positive and healthy friendships (in all contexts, including online) including: trust, respect, honesty, kindness, generosity, boundaries, privacy, consent and the management of conflict, reconciliation and ending relationships. This includes different (non-sexual) types of relationship</li><li>• Practical steps they can take in a range of different contexts to improve or support respectful relationships</li><li>• How stereotypes, in particular stereotypes based on sex, gender, race, religion, sexual orientation or disability, can cause damage (e.g. how they might normalise non-consensual behaviour or encourage prejudice)</li><li>• That in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including people in positions of authority and due tolerance of other people's beliefs</li><li>• About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help</li><li>• That some types of behaviour within relationships are criminal, including violent behaviour and coercive control</li><li>• What constitutes sexual harassment and sexual violence and why these are always unacceptable</li><li>• The legal rights and responsibilities regarding equality (particularly with reference to the protected characteristics as defined in the Equality Act 2010) and that everyone is unique and equal</li></ul>

## Relationships and Sex Education (RSE) Policy

Year group	Respectful relationships. Lesson details:
7	<p>Loudmouth performance/ workshop. 'My Mate fancies you', promoting happy, healthy, safe relationships.            Keeping good friendships and avoiding toxic ones.            Love and relationships. Falling in love and dealing with new feelings.            Bullying or banter? Why do people bully each other and how can we help stop this?            What is cyberbullying? Why do people bully online?            How do we keep safe and positive relationships(on and offline)?            Online grooming            Marriage</p>
8	<p>Consent, law, boundaries.            Tolerance and respect            Being a great man            Gender equality            Gender stereotypes</p>
9	<p>Loudmouth performance/ workshop 'Trust Me', Examining relationships and sexual health (including forms of contraception)            What are domestic violence and abusive relationships?            CSE- how are children and young people lured into dangerous relationships and what do these look like?            What is peer-pressure – why is it so powerful and how can we overcome this?            Who are the LGBTQ+ community and what would they like us to know?            Misogyny</p>
KS4	<p>Sexual harassment            Pornography            Same sex relationships (LGBTQ+)            Gaslighting and emotional abuse            Stalking, harassment and the law            Relationship break ups            Relationship types and sexuality            Loudmouth performance and workshop KS4 – spotting the signs of abusive relationships and CSE.</p>

## Relationships and Sex Education (RSE) Policy

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TOPIC	PUPILS SHOULD KNOW
Online and media	<ul style="list-style-type: none"><li>• Their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online</li><li>• About online risks, including that any material someone provides to another has the potential to be shared online and the difficulty of removing potentially compromising material placed online</li><li>• Not to provide material to others that they would not want shared further and not to share personal material which is sent to them</li><li>• What to do and where to get support to report material or manage issues online</li><li>• The impact of viewing harmful content</li><li>• That specifically sexually explicit material e.g. pornography presents a distorted picture of sexual behaviours, can damage the way people see themselves in relation to others and negatively affect how they behave towards sexual partners</li><li>• That sharing and viewing indecent images of children (including those created by children) is a criminal offence which carries severe penalties including jail</li><li>• How information and data is generated, collected, shared and used online</li></ul>

## Relationships and Sex Education (RSE) Policy

TOPIC	PUPILS SHOULD KNOW
<p>Year group</p> <p>7</p> <p>8</p> <p>10</p> <p>11</p>	<p>Online and media. Lesson details:</p> <p>What is cyberbullying? Why do people bully online? How can we enjoy social media but keep accounts safe and private?</p> <p>What is sexting and why is it so risky to send personal images? Internet safety- what is online grooming and why is it important that we know about it? Cyberbullying and online trolls.</p> <p>What is Fake News and why do we need critical thinking skills? Do we have healthy or unhealthy relationships with our role models?</p> <p>Internet safety – the Dark web What is cyber crime?</p>
<p>Being safe</p>	<ul style="list-style-type: none"> <li>• The concepts of, and laws relating to, sexual consent, sexual exploitation, abuse, grooming, coercion, harassment, rape, domestic abuse, forced marriage, honour-based violence and FGM, and how these can affect current and future relationships</li> <li>• How people can actively communicate and recognise consent from others, including sexual consent, and how and when consent can be withdrawn (in all contexts, including online)</li> </ul>

## Relationships and Sex Education (RSE) Policy

TOPIC	PUPILS SHOULD KNOW
<p>Year:</p> <p>7</p> <p>8</p> <p>9</p> <p>KS4</p>	<p>Being safe. Lesson details:</p> <p>FGM – what is this and why is it so dangerous?</p> <p>What is consent and why is it important we know about it?</p> <p>Loudmouth ‘trust me’ workshop/ performance. Sexual consent.</p> <p>Loudmouth performance and workshop – spotting the signs of abusive relationships and CSE.</p> <p>Safe and Sound – Loudmouth performance. Exploring teenage relationship abuse/ domestic abuse. Consent. Power and control in relationships.</p>
<p>Intimate and sexual relationships, including sexual health</p>	<ul style="list-style-type: none"> <li>• 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</li> <li>• That all aspects of health can be affected by choices they make in sex and relationships, positively or negatively, e.g. physical, emotional, mental, sexual and reproductive health and wellbeing</li> <li>• The facts about reproductive health, including fertility and the potential impact of lifestyle on fertility for men and women</li> <li>• That there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others</li> <li>• That they have a choice to delay sex or to enjoy intimacy without sex</li> <li>• The facts about the full range of contraceptive choices, efficacy and options available</li> <li>• The facts around pregnancy including miscarriage</li> <li>• That there are choices 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)</li> <li>• How the different sexually transmitted infections (STIs), including HIV/AIDs, are transmitted, how risk can be reduced through safer sex (including through condom use) and the importance of and facts about testing</li> <li>• About the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment</li> <li>• How the use of alcohol and drugs can lead to risky sexual behaviour</li> <li>• How to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment</li> </ul>

## Relationships and Sex Education (RSE) Policy

TOPIC	PUPILS SHOULD KNOW
Year:	Intimate and sexual relationships, including sexual health lessons:
7	Healthy lifestyle including impact on fertility
	My mate fancies you – Loudmouth performance/ workshop. Promoting happy, healthy, safe relationships.
8	Contraception and STIs
9	Trust me – Loudmouth workshop. Loudmouth ‘trust me workshop/ performance. Sexual consent, STIs. Happy, healthy, safe relationships.
	How do we keep good sexual health and avoid STIs?
KS4	Sexual health nurse. STIs and forms of contraception. The facts about pregnancy.
	What is Chem sex and what do we mean when we talk about safe sex?
	What is binge drinking? What are the risks and why do people do it? Relate to sexual consent.

### Appendix 3: Parent form: Withdrawal from sex education within RSE

TO BE COMPLETED BY PARENTS			
Name of child		Class	
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	

### Appendix 4: DfE RSE Statutory Guidance Suggested Resources

Link to Annex B (page 46) in DfE Relationship Education, Relationships and Sex Education and Health Education guidance – Suggested resources:

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/805781/Relationships Education Relationships and Sex Education RSE and Health Education.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/805781/Relationships_Education_Relationships_and_Sex_Education_RSE_and_Health_Education.pdf)



### Appendix 5: Letter to Parents (Prep School)

Dear Parents and Carers,

#### PSHE Scheme: RSE

As part of our PSHE provision to pupils, we deliver a comprehensive Relationships and Health Education curriculum. Our main goal is to ensure that all children learn about different relationships, diverse families, physical and mental health, and the importance of staying safe. As part of our RSE curriculum, we have four main aims:

1. Enable children to understand and respect their bodies.
2. Help children develop positive and healthy relationships appropriate to their age and development.
3. Support children in building positive self-esteem and a healthy body image.
4. Empower them to be safe and safeguarded in their daily lives.

Each year group will be taught according to their age and developmental stage, ensuring that nothing inappropriate is introduced at any point. If a child asks a question that is deemed too mature or explicit for their age group, our teachers will handle it discreetly and communicate with you, the parents or carers. Below is a summary of the RSE coverage within the scheme for each year group:

- Foundation Stage - Growing up: how we have changed since we were babies.
- Year 1 - Boys' and girls' bodies; naming body parts and respecting privacy (which parts of the body are private and why this is).
- Year 3 - How babies grow and how boys' and girls' bodies change as they grow older.
- Year 5 - Internal and external reproductive body parts, body changes in girls and menstruation. Puberty for boys and girls.
- Year 6 - Puberty for boys and girls and understanding conception to birth of a baby (science curriculum).

We want to emphasise that parents and carers do not have the right to withdraw their children from lessons that cover statutory Relationships and Health Education objectives or national curriculum science objectives. This ensures that all children have access to essential information on puberty and how the human body changes.

Our Relationships, Health, and Sex Education is fully inclusive to meet the needs of all our pupils. We firmly believe that all children should learn about these important life skills in an open, honest, and safe environment, tailored to their age group.

I would encourage you to reach out to your child's class teacher if you would like more information about our curriculum. Additionally, you can view our Relationships and Sex Education Policy on our school website.

As a school, we believe in maintaining a strong partnership with parents and carers. We will always communicate the topics being taught through termly curriculum plans. If you have any questions or would like further support to discuss the objectives taught with your children at home, we are here to provide the necessary resources and guidance.

Thank you for your ongoing support in ensuring our children receive a well-rounded education that equips them with essential life skills.

Kind regards,

Miss Leanne Crump  
Prep PSHE Coordinator

### Appendix 6: Letter to Parents (Senior School)

Dear Parents & Carers

You will be aware that, as part of your child's education, we aim to promote personal wellbeing and development through a comprehensive programme of Personal, Social and Health Education (PSHE). We aim to give all our pupils the knowledge, understanding, attitudes and practical skills to live healthy, safe, productive and fulfilled lives both now and the future. This is delivered through our PSHE curriculum, with lessons delivered both by academic teachers and nurses from the school's surgery team.

We are writing to let you know that your child will be taking part in lessons this academic year which will focus on both PSHE (Personal, Social and Health Education) and Relationships and Sex Education (RSE) topics.

Lessons will be appropriate to the age and year group of the pupils and will include topics such as:

- positive relationships
- health and wellbeing
- family life
- forming and maintaining relationships
- consent
- contraception and sexual health
- living in the wider world
- peer pressure
- bullying and abuse
- managing conflict
- sexual orientation and gender identity
- staying safe online

PSHE and RSE lessons are delivered in Years 7-10 and are monitored and reviewed regularly. Year 11 will not have a timetabled lesson; key content will be delivered as required. For more detail about our PSHE curriculum offer, please visit:

<https://www.hydesville.com/senior-school/senior-school-curriculum/>

All teaching in PSHE takes place in a safe learning environment and is underpinned by our school's values. A variety of opportunities will be provided for pupils to ask questions in order to prepare them for relationships in the modern world.

We have always provided a personal development programme for our pupils. However, since Summer 2021 all secondary school children **must** be taught Relationships, Sex and Health education. We have therefore attached a guide for parents provided by the Department for Education, which includes further information about the new RSE curriculum and your rights as a parent:

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/907640/RSE\\_secondary\\_schools\\_guide\\_for\\_parents.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/907640/RSE_secondary_schools_guide_for_parents.pdf)

We would also like to invite you to read our Relationships and Sex Education policy to find out more about what your child will learn and to discover how you can best support your child to discuss these topics at home. A link to the policy is below:

<https://www.hydesville.com/parents/school-policies/>

Relationships and sex education is part of all pupils' education, and it is hoped that all will participate. The school however acknowledges that, under the DFE Sex and Relationship Guidance for 2020, parents have the right to withdraw their children from the non-statutory components of sex education within RSE up to and until 3 terms before the child turns 16. After this point, if the child wishes to receive sex education rather than being withdrawn, the school will arrange this teaching in one of those three terms (unless there are exceptional circumstances). Requests for withdrawal should be put in writing by emailing [raj.samra@hydesville.com](mailto:raj.samra@hydesville.com) or completing a withdrawal form that can be obtained from the school office.

## Relationships and Sex Education (RSE) Policy

<b>Ownership and consultation</b>	
Document sponsor (role)	Group Director of Wellbeing
Document author (name)	Beth Kerr/PSHE Leads
Consultation February 2020	Consultation with the following:  Alison Barnett, Regional Safeguarding Lead (RSL)SL/Danuta Tomasz, DE
Review – June 2022	Nicola Lambros – Director of Education for Europe Alison Barnett – Regional Safeguarding Lead for Europe

<b>Audience</b>	
Audience	All school staff

<b>Document application and publication</b>	
England	Yes
Wales	Yes
Spain	TBC

<b>Version control</b>	
Implementation date	September 2023
Review date	September 2025

<b>Related documentation</b>	
Related documentation	Curriculum Policy SEND Policy EAL Policy Prevent Duty Early Years Policy, where relevant Safeguarding and Child Protection Policy and Procedures Independent School Standards