

Policy Lead: Helen Lowe, ALT	Published on Website:
Date Approved: June 2022	Review Date: June 2024

Introduction

The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019, made under sections 34 and 35 of the Children and Social Work Act 2017, make Relationships and Health Education (RHE) and Relationships, Sex and Health Education (RSHE) compulsory for all pupils receiving secondary education.

Stoke College:

- Ensures that every student is provided with relationships sex and health education, except when a student may be excused as described below.
- Consults parents of all student at College before making or revising the policy and that the content reflects the views of teachers and student.
- Will ensure that when a student's parent requests that a student is wholly or partially excused from sex education provided as part of the relationships, sex and health education, the student is excused until the request is withdrawn, unless or to the extent that the Principle of Stoke College considers that the student should not be so excused.

Relationships, Sex and health Education (RSHE), and Relationships and Health Education

This policy reflects the College understanding that in order to create a happy and successful adult life, students need knowledge that will enable them to make informed decisions about their wellbeing, health and relationships and to build their self-efficacy. Students can also put this knowledge into practice as they develop the capacity to make sound decisions when facing risks, challenges and complex decisions. Everyone faces difficult situations in their lives, the subjects covered in RSHE can support young people to develop resilience, to know how and when to ask for help, and to know where to access support.

The curriculum plan for RSHE at Stoke College will encourage high quality, evidence-based and age-appropriate teaching which will help prepare students for the opportunities, responsibilities and experiences of adult life.

Statutory Requirements and Government Guidance

Stoke College is committed to fulfilling all statutory requirements and aspires to best practice. As a school we have welcomed the higher profile (and the statutory requirement) of Relationship and Sex education. The College has always recognised the need to embrace the challenge of steering our students towards a

happy and successful adult life. The College sees the provision of high quality, evidence-based and age-appropriate teaching of RSHE as playing a hugely important role in enabling them to make informed decisions about their wellbeing, health and relationships, and to build their self-efficacy, especially when making the right decisions in the face of risks and challenges, particularly in the extremely complex situations and contexts presented in the modern world.

This policy has been steered by the Government guidance for RSE, the ISI guidance and the PSHE Association advice for creating RSEH policies in schools.

Consultation

This policy was produced through the collaboration between the RSHE Co-Ordinator, the Deputy Head Pastoral, the Principle of Stoke College and ongoing feedback from pastoral teams.

Parents were also consulted via a questionnaire sent out as this policy was being prepared.

Relationship, Sex and Health Education (RSHE) is most effective when the approaches taken at school and at home complement one another. As such, Stoke College work with parents and carers to build an appropriate and well-rounded RSHE curriculum. We recognise that there are a variety of views on how, what and when topics should be taught, and we welcome hearing these. However, we hope that parents trust and respect the content of the planned curriculum and understand that a large proportion of the curriculum is dictated primarily by our statutory obligations, which sit well with the needs of our students.

Learning Objectives in RSHE

The RSHE curriculum (complemented by other curricular areas and aspects of The Stoke Approach) is designed to develop critical thinking, engagement, global competency, attributes, values and personal qualities, and to provide understanding of a range of topic areas.

Our RSHE curriculum aims to encourage the development of students to become happy, confident, caring, resilient young people, who are encouraged to be independent, able to thrive, negotiate risk and make good life choices.

Creating a Safe and Supportive Learning Environment

Because RSHE deals with sensitive and mature topics, it is essential to establish a safe learning environment. In Years 7-11, clear lesson rules are established that help students to express and explore their ideas, knowledge and feelings without feeling judged and showing respect for others. Class rules ensure students understand, for a Safeguarding reason that, there are some things that cannot be kept confidential.

Safeguarding and Disclosures

In all Years we shall ensure that students indicate they may be vulnerable and at risk; consequently, based on the content of RSHE curriculum, they will get appropriate support from the Designated Safeguarding Lead.

Owing to the nature of RSHE, students may seek advice or support on a specific personal issue. Any such conversations will always be recorded on MyConcern and passed on to the Deputy Head Pastoral.

Our RSHE curriculum aims

RSHE aims to help students to develop an increased understanding and knowledge of:

- **Health Issues:** Drugs, sex education, mental health, healthy lifestyle and work/play balance.

- **Personal issues:** goal setting, self-awareness, self-esteem, relationships, emotional wellbeing and mental health interventions, duty of care, child protection, safety and safeguarding, including specific coverage of online issues such as cyber bullying.
- **Social issues:** relationships including family, friends, workplace and teams. An understanding of the Equality Act of 2010, workplace law and legislation and specific learning and engagement around Fundamental British Values (FBV).
- **Emotional literacy:** supporting personal and social development by encouraging resilience, positive self-esteem, and confidence. The moral and ethical aspects of issues are discussed to enable students to explore their own feelings and thoughts, as well as developing emotional empathy.
- **Economic Wellbeing:** managing personal finance, banking, credit lending, interest, etc.

Teaching and Learning Methodology

Students will undoubtedly bring differing levels of knowledge and understanding to the issues explored through RSHE. We are mindful of the fact that we should make no assumptions about how much, or how little, our students may already know. Stoke College approaches this in both an educational and supportive sense.

Stoke College is committed to making absolutely clear the potentially negative consequences of certain lifestyle choices, it is important to remain broadly positive in tone. For example, young people frequently overestimate how often their peers take part in risky behaviours and feel that they are the 'odd ones out' if they don't do the same. It is important that they are reassured that the majority of young people actually make good, healthy lifestyle choices.

Teaching of RSHE aims to enable students in making connections between the learning they receive in RSHE and their current and future 'real life' experiences. The skill of critical reflection is, therefore, at the heart of learning in RSHE.

Curriculum Design

Years 7-11

In Years 7-11, students will receive a weekly taught RSHE lesson during the extended afternoon tutor period, in addition to 4 'Drop Down Days', spread out throughout the year. These are specifically aimed to deliver Sex Education, among other topics, from a range of external specialists, such as Brook and Suffolk and Essex Police force. Each Year group is taught at exactly the same time.

Although RSHE is delivered by non-specialists, staff will approach lessons with the same professionalism as they would their academic subject(s), familiarising themselves with the lesson plan and subject material prior to each lesson. Support is always available from the RSHE Co-Ordinator.

Years 12 & 13

In Years 12 and 13, RSHE sessions are delivered weekly, during the tutor period, by the Head of Sixth Form and the Sixth Form tutor team. The sessions are planned by the Head of Sixth Form and Sixth Form tutors.

Right to Withdraw

Parents have the right to request that their child is withdrawn from some or all the sex education elements of the curriculum delivered as part of the statutory RSHE. However, parents do not have the right to withdraw their child from the relationship and health education part of the curriculum. Students will also

have the right to opt into sex education from their 15th birthday (specifically three academic terms before they turn 16) even if it is against their parents'/carers' wishes.

Before granting any such request, parents or careers will need to discuss it with the Principle or Deputy Head Pastoral to ensure that their wishes and the best interests of the student are understood.

If a student is withdrawn from Sex Education, the College will ensure the student receives a purposeful education during the period of withdrawal. The College will also keep a record of all such decisions.

Appendix A

Websites for parents wishing to increase their understanding of the RSHE curriculum and enable them to feel informed for discussions with their children.

BBC Advice:

<https://www.bbc.co.uk/programmes/p0215sgv>

· Support, advice and information on a broad range of topics. Coverage is broad, ranging from bullying to body image, social media to sexual relationships.

BBC Bitesize:

<https://www.bbc.co.uk/bitesize/subjects/z7f3cdm>

· Advice and information shared through a variety of educational video clips. Coverage is broad, ranging from careers to confidence, puberty to peer-pressure.

Bullying UK:

<https://www.bullying.co.uk/>

· Support, advice, and information on a range of topics beyond the confines of bullying, including, for example, pregnancy, communicating with teenagers, divorce and much more.

Childline:

<https://www.childline.org.uk/>

· Support, advice, and information on a vast array of PSHCEE topics titled: bullying, abuse, safety and the law, you and your body, your feelings, friends, relationships and sex, home and families, school, college and work.

Frank:

<https://www.talktofrank.com/>

· Support, advice, and information on a vast array of topics related to all kinds of substance consumption and abuse – legal and illegal drugs, alcohol and tobacco.

Mind:

<https://www.mind.org.uk/>

· Support, advice, and information upon a vast array of topics related to mental health.

Oxfam

<https://www.oxfam.org.uk/>

· Information on a range of topics from hunger, climate change, health and education and women's rights.

School Wellbeing

<https://www.schoolwellbeing.co.uk/>

· Information and resources on a range of topics such as healthy eating, being active, mental health etc. Also useful as a central hub with links to specialist sites.

Young Citizens

<https://www.youngcitizens.org/>

· Outlines what citizenship means in a school context.

Young Minds:

<https://youngminds.org.uk/>

- Support, advice, and information upon a wide variety of topics related to mental health.

LGBT Foundation

<https://lgbt.foundation/>

- Advise, support and information services to lesbian, gay, bisexual and trans communities.

Appendix B

RSHE: Student enrichment days

	RSHE day 1	RSHE day 2	RSHE day 3	RSHE day 4
Yr 7	RSE day: <ul style="list-style-type: none"> ● Establishing ground rules ● Transitions ● Friendships ● Personal targets 	RSE day: <ul style="list-style-type: none"> ● Healthy lifestyles: exercise and eating ● Health risk and peer influence: tobacco, vaping and alcohol ● Sex and relationships 	RSE day: <ul style="list-style-type: none"> ● Rights and responsibilities to diversity and bullying ● Relationships – friends and families ● Characteristics of health relationships (inc boundaries & friendships) ● Effects of relationships on mental well being ● Puberty – emotional changes and personal hygiene 	RSE day: <ul style="list-style-type: none"> ● Online safety ● Grooming ● Prevent ● Heathy body and mind (in relation to social media)
Yr 8	RSE day: <ul style="list-style-type: none"> ● Consumer choices and consumer rights ● Economic understanding: financial risk/rewards ● Business understanding and enterprise skills 	RSE day: <ul style="list-style-type: none"> ● Diversity, prejudice, racisms and discrimination ● Relationships: marriage and civil partnerships ● Sex and relationships 	RSE day: <ul style="list-style-type: none"> ● Frist aid and life-saving skills ● Recognising and reducing risk ● Healthy lifestyle and risk: alcohol and drugs (cannabis) 	RSE day: <ul style="list-style-type: none"> ● Online safety ● Grooming ● Prevent ● Cyber bulling ● Toxic friendships
Yr 9	RSE day: <ul style="list-style-type: none"> ● Rights and responsibilities ● Diversity and discrimination, focusing on age, gender, disabilities ● Homophobia 	RSE day: <ul style="list-style-type: none"> ● Personal identity: self-asteem, confidence and assertiveness ● Healthy lifestyles: Peer influence, body image and eating disorders ● Risk, minimising harm and getting help ● Sex and relationships 	RSE day: <ul style="list-style-type: none"> ● Thinking about career ● Opportunity in learning and work ● GCSE options ● Study and research skills 	RSE day: <ul style="list-style-type: none"> ● Online safety ● Grooming ● Prevent ● Effects of toxic relationships ● How does pornography effect views of sex?

Yr 10	RSE day: <ul style="list-style-type: none"> ● Assertiveness ● What is effective communication ● Negotiation skills ● Understanding individual differences 	RSE day: <ul style="list-style-type: none"> ● Sex and relationships ● Family life and parenting ● Separation and divorce ● Bereavement 	RSE day: <ul style="list-style-type: none"> ● Healthy lifestyle: coping with stress ● Emotional and mental health and wellbeing 	RSE day: <ul style="list-style-type: none"> ● Online safety ● Grooming ● Prevent ● Healthy body and mind (in relation to social media) ● Personal identity and risk: Body images and health implications ● Strengths, confidence and self-esteem
Yr 11	RSE day: <ul style="list-style-type: none"> ● Challenging offensive behaviour ● Healthy lifestyles: Risk and choices ● Healthy lifestyles: taking responsibility 	RSE day: <ul style="list-style-type: none"> ● Sex and relationships ● Healthy and unhealthy relationships ● Diversity and discrimination 	RSE day: <ul style="list-style-type: none"> ● Post -16 options ● Developing personal identity and career progression 	Managing exam stress: <ul style="list-style-type: none"> ● Preparing for your exams ● Managing stress ● Effective revisions techniques <p>Subject surgery</p>

Appendix C

Term	Year 7	Year 8	Year 9	Year 10	Year 11
Autumn 1	My New School	Drugs & Alcohol	Online Safety	Drugs & Alcohol	Careers Education
Autumn 2		Relationships	My Future plans	Relationships	Mental health & wellbeing
Spring 1	Puberty & Hygiene	Online Safety	GCSE options – decision making	Crime	Staying Safe
Spring 2	Friendships & Bullying	LGBTQ+	Moral Thinking	Mental Health	Effective Revision
Summer 1	Healthy Living	British Heroes	Welcome to the real world	Exploring World Issues	
Summer 2	Desert Island Living	British Heroes	Essential life skill	Rights and Responsibility	

Appendix D

RSHE Opt out letter

Dear Parent/Carer

You may or may not be aware, that due to Government legislation, all schools in the UK are now required to offer Sex and Relationship Education to all students as part of a fully comprehensive Personal, Social and Health Education curriculum; this came into effect from September 2020.

As part of the school's Personal, Social and Health Education programme, your child will soon receive teaching on key concepts including:

- Relationships/Healthy Un-Healthy Relationships
- Drugs and Alcohol and their effects
- Mental Health and Well-Being
- Internet Safety/Consent and the dangers of digital content
- Sex Education/Sexual Health
- Human Rights
- Family/Types of family
- Citizenship
- Your Community
- Careers and Life Skills

Relationship Education is based around the key principals of safe and healthy relationships based on love and respect. This is to encourage the eventual development of safe and healthy relationships in later life. Some specific units will develop understanding and attitudes which will help pupils to form relationships in a responsible and healthy manner and to appreciate the value of stable family life, including the responsibilities of parenthood and marriage/co-habitation. The PSHE Programmes for all year groups will be introduced to the variety of families and relationships including LGB relationships (Lesbian, Gay and Bisexual) and Adoption rights for LGBT parents.

It will be possible for you to withdraw your child/children from the teaching of Sex Education (with the exception of that which is taught in the science National Curriculum), but not from the teaching of Relationship Education. The teaching of sex education will be delivered, mainly from external professionals, such as Brook, the local police force and Childnet among others, during our termly 'drop down days'.

If you wish to withdraw your child from the lessons on sexual health and Sex Education would you please complete the google form, which can be found by following this link

<https://docs.google.com/forms/d/1fpUSMmrNw2Qn18gKAsWpX4iSMobic5t1wZqGIDx9-Q/edit>

Yours sincerely,

Helen Lowe

Academic Leadership Team and RSHE Co-Ordinator