

# RELATIONSHIP, SEX AND HEALTH EDUCATION (RSHE) POLICY

History of document: To be reviewed annually and re-approved by the Local Governing Body every three years, or sooner if deemed necessary.

<u>Author</u>	<u>Member of staff responsible</u>	<u>Date approved</u>	<u>Date of renewal</u>	<u>Notes</u>
M. Gee	M. Gee	06/22 (content)	06/25	The content of the policy was approved by Curriculum Governors in June 2022. The content was transferred to the new template in November 2023.

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## 1. Introduction

Every student at St. Aidan's Church of England High school should benefit from a comprehensive and rigorous PSHE programme covering the following strands. RSHE forms the statutory part of this PSHE programme.

- Relationships and Sex Education
- Physical Health and Wellbeing
- Mental Health and Wellbeing
- Financial Literacy and Careers
- Citizenship and Political Literacy

All planned provision of RSHE is mindful of:

- The Equalities Act 2010 [www.legislation.gov.uk/ukpga/2010/15/contents](http://www.legislation.gov.uk/ukpga/2010/15/contents)

## 2. Theological underpinning

RSHE at St. Aidan's is underpinned by these key Bible passages:

- *"So God created humankind in his image, in the image of God he created them"*  
(Genesis 2:7)
- *"I have come in order that you might have life - life in all its fullness"* (John 10:10)

At St Aidan's Church of England High School, everyone will be treated with dignity as all people who are made in the image of God and are loved equally by God. All pupils have a right to an education which enables them to flourish and is set in a learning community where differences of lifestyle and opinion (within that which is permissible under UK law) are treated with dignity and respect; where bullying of all kinds is eliminated; and where they are free to be themselves and fulfil their potential without fear.

We undertake to follow the principles in the Church of England *Charter for faith sensitive and inclusive relationships education, relationships and sex education (RSE) and health education (RSHE)*.

## 3. Definitions

### 3.1. Defining health education

Health education is learning about physical health and mental wellbeing so that pupils can make wise choices to ensure their own flourishing and the flourishing of others.<sup>1</sup>

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<sup>1</sup> See *Mental Health and Wellbeing: Towards a Whole School Approach* (March 2018)

### 3.2. Defining relationship and sex education

Relationships education is learning about the physical, social, legal and emotional aspects of human relationships including friendships, intimate, sexual and committed relationships and family life. Relationships education supports children to be safe, happy and healthy in their interactions with others now and in the future. Relationships and sex education (RSE) is about giving young people the information they need to make choices that will help them to form healthy and appropriate relationships of all kinds, including intimate relationships. RSE will support people throughout their lives to develop safe, fulfilling and healthy sexual relationships at the appropriate time. <sup>2</sup>

## 4. Legal positions

### 4.1. The right to withdrawal from sex education

Parents do have the right to excuse their children from this aspect of RSHE and can do so by making concerns known and applying in writing to the headteacher. The school will invite any enquiring parents or legal guardians to talk through concerns. An explanation of the rationale for RSHE will be given; an opportunity will be offered to review the intended materials and consider the impact of not receiving sex education with peers.

Withdrawing a child from sex education remains a statutory right as a parent or legal guardian up until three terms before the child turns 16 years of age. After that point, if the child wishes to receive sex education rather than be withdrawn, the school should make arrangements to provide the child with sex education during one of those terms. If a pupil is excused from sex education, it is the school's responsibility to ensure that the pupil receives appropriate, purposeful education during the period of withdrawal. There is no right to withdraw from relationships education or health education. The school will document this process to ensure a record is kept.

### 4.2. Department for Education RSHE framework

These are the requirements for RSHE from the [Department for Education](#).

## 5. Curriculum

### 5.1. Organisation

RSHE will be delivered professionally and as an identifiable part of PSHE curriculum within tutor time with contributions from other curriculum areas. The RSHE programme will also include relevant drop-down days and assemblies.

There will be a planned programme delivered in a carefully sequenced way. Pupils with SEND will have had the content made accessible to them by the Learning Support Department. The Department of Education review of effective practice includes the is reflected in St. Aidan's approach [appendix 1].

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<sup>2</sup> Sex Education Forum definitions 2020 ([sexeducationforum.org.uk](https://sexeducationforum.org.uk) | [Working together for quality relationships and sex education](#))

### 5.2. Ethos

- RSHE will be delivered in a way that affords dignity and shows respect to all who make up our diverse community. It will not discriminate against any of the protected characteristics in the Equality Act and will be sensitive to the faith and beliefs of those in the wider school community.
- RSHE will seek to explain fairly the tenets and varying interpretations of religious communities on matters of sex and relationships and teach these viewpoints with respect. It will value the importance of faithfulness as the underpinning and backdrop for relationships.
- RSHE will encourage pupils to develop the skills needed to disagree without being disagreeable, to appreciate the lived experience of other people and to live well together.
- RSHE will seek to build resilience in our pupils to help them form healthy relationships, to keep themselves safe and resist the harmful influence of the excesses of media in all its forms.
- RSHE will promote healthy resilient relationships set in the context of character and virtue development that sits within the schools Christian vision and values; values such as honesty, integrity, self-control, courage, humility, kindness, forgiveness, generosity and a sense of justice.

### 5.3. Staff training

All staff teaching this sensitive and important subject will have received training. This training will be regularly reviewed and revisited. St Aidan's Church of England High School RSHE is taught by confident trained staff and some elements will be enriched by outside agencies (such as First Aid). It is important that pupils have confidence in the teacher and that a 'safe space' is created where pupils feel confident and can ask age-appropriate questions.

### 5.4 Monitoring and evaluation

As part of the PHSE curriculum, RSHE will follow the same monitoring and evaluation processes used throughout the school for other subjects i.e. pupil surveys, curriculum reviews, and learning walks.

## 5.5 Curriculum implementation

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	Transition and safety My New School	Careers	Diversity Friendship & bullying		Healthy Living Living Well	Study skills Preparing for exams Desert Island Living CITIZENSHIP curriculum Science curriculum: puberty
Year 8	Substance use Drugs, smoking & alcohol	Careers	Relationships Identity, consent & relationships	Study skills Preparing for exams	E-safety & Digital citizenship Online safety inc. grooming and sexting	
Year 9	British Society CITIZENSHIP curriculum Culture & politics (inc. British values)	Substance use: impact County Lines & gangs	Study skills Preparing for exams	Careers	Relationships Consent and relationships	Employability skills CITIZENSHIP curriculum Welcome to the real world
Year 10	health and wellbeing Mental & physical health		Relationships Managing healthy and unhealthy relationships RS curriculum: Theme B: Religion & Life	Careers	Study skills Preparing for exams	Extremism CITIZENSHIP curriculum Prevent & British Values HEALTH DAY
Year 11	Addiction: Drugs, alcohol, gambling, gaming, pornography RS curriculum: Theme A: Relationships & families	Study skills Preparing for exams	Careers	Crime and criminality CITIZENSHIP curriculum The Justice system (inc. British values)		

## 6. Policy review

This policy has been produced by consultation with the Diocese of Bristol, the Church of England Education office, the St. Aidan's Governor Welfare Committee, and the St. Aidan's Curriculum Committee.

It has been produced in consultation with parents and will be reviewed in consultation with parents. It must, however, be recognised that the law specifies that what is taught and how it is taught is ultimately a decision for the school.

### ASSOCIATED POLICIES

- Safeguarding policies
- Bullying policy
- Equality, Diversity and Inclusion Policy
- Prevent statement

APPENDIX 1

Review of effective practice:	St Aidan's practice:
<ul style="list-style-type: none"> <li>taking a whole-school approach, engaging pupils across the curriculum while creating an environment, through the school ethos, which fosters good relationships and well-being for pupils and teachers alike;</li> </ul>	<ul style="list-style-type: none"> <li>Whole school ethos embedded throughout all social interactions.</li> </ul>
<ul style="list-style-type: none"> <li>include lessons which are interactive, participative and engaging; pupils' views should be sought and older children can be involved in the development of curriculum programmes;</li> </ul>	<ul style="list-style-type: none"> <li>RS programme in Year 9 Choices.</li> <li>RS RSE delivery.</li> <li>Tutor time resources and activities (once a week).</li> </ul>
<ul style="list-style-type: none"> <li>have lessons with clear objectives, taught by someone who is trained and comfortable in their role;</li> </ul>	<ul style="list-style-type: none"> <li>All form tutors trained in Year Team meetings about PSHE topics and resources.</li> <li>Resources regularly reviewed by Deputy Head and Assistant Head for Personal Development.</li> </ul>
<ul style="list-style-type: none"> <li>be inclusive of difference, including other cultures, ethnicity, disability, faith, age, sexual orientation and gender identity;</li> </ul>	<ul style="list-style-type: none"> <li>Whole school ethos embedded through Thought for the Week and PSHE topic Assemblies planned annually.</li> </ul>
<ul style="list-style-type: none"> <li>start early and take a developmental approach; relevant to pupils' depending on their age and maturity;</li> </ul>	<ul style="list-style-type: none"> <li>Spiralled PSHE Tutor Time programme beginning in Year 7 and inclusive of Years 12 and 13.</li> </ul>
<ul style="list-style-type: none"> <li>ensure coherence, teamwork - including involvement from other agencies (where appropriate), parents, governors and members of the wider community;</li> </ul>	<ul style="list-style-type: none"> <li>Drop-down days focusing on key topics e.g. KS 4 Health Day.</li> <li>Extra-curricular activities and events including Careers events.</li> </ul>
<ul style="list-style-type: none"> <li>have support from the head teacher and senior management team, which reflects a respect for PSHE education and PSHE coordinators within their school;</li> </ul>	<ul style="list-style-type: none"> <li>Deputy Head and Assistant Head lead regular review of PSHE programmes.</li> </ul>
<ul style="list-style-type: none"> <li>an element of evaluation and monitoring of both pupil and teachers' perceptions of what leads to increased knowledge and engagement and, where possible, attempt to assess longer term outcomes.</li> </ul>	<ul style="list-style-type: none"> <li>QA of PSHE delivery by Heads of Year and Assistant Head for KS3/4.</li> </ul>