

# KING EDWARD VII

## SCHOOL POLICY



# Relationships and Sex Education (RSE)

### Document Adopted by Governing Board

Date: September 2023

Signed (Chair):

A handwritten signature in blue ink, appearing to read 'Peter Dickson', with a horizontal line underneath.

Print Name: Peter Dickson

Leadership Team Responsibility: Linda Gooden, Headteacher and  
Michelle Kemp, PSHE Curriculum Leader

# **Relationships and Sex Education (RSE) Policy 2023**

## **Introduction**

In 2020 new guidance was issued by the Department of Education (DoE) to increase the level of provision of Relationships and Sex Education (RSE) across UK schools. Part of the requirement of schools is to engage parents in the development of their RSE Policy and curriculum. This document outlines what and how we deliver RSE at King Edward VII School and asks for your feedback and any possible concerns.

Relationships and Sex Education (RSE) is compulsory for all secondary schools. It builds upon RSE that is taught at primary school (where it is compulsory to teach relationship education, and recommended to teach sex education beyond the existing national curriculum for Science). It does not promote early sexual activity or any particular sexual orientation, nor does it discriminate against any sexual orientation. This policy follows the guidance set out by the Department for Education – Relationships Education, Relationships and Sex Education (RSE) and Health Education, as shown below

<https://www.gov.uk/government/publications/relationships-education-relationshipsand-sex-education-rse-and-health-education>

## **Statutory Guidance**

This policy should be read alongside other key documents, including:

- Keeping Children Safe in Education 2023: for schools and college
- Equality Act 2010
- The School's Equality Act Policy Statement
- Safeguarding and Child Protection Policy (incorporating the Self-Harm Policy)
- Special Educational Needs and Disability Policy 2023

## **What is Relationship and Sex Education (RSE)?**

Relationships and Sex Education (RSE) is lifelong learning about physical, emotional, moral, spiritual, sexual and cultural development. It is about the understanding of the importance of caring, stable and loving relationships, respect and care for family life.

RSE includes learning about the emotional, social and physical aspects of growing up, relationships, sex, human sexuality and sexual health. It equips young people with the information, skills and positive values to have safe, fulfilling relationships, to enjoy their sexuality and to take responsibility for their sexual health and well-being (as and when they choose to).

## **Our RSE programme aims to prepare students for adult life in which they can:**

- Make informed and personal decisions about their present and future lifestyles
- Have the confidence and self-esteem to value themselves and others while respecting individual choices
- Impart accurate knowledge and information
- Understand their own sexual development and view it as a positive aspect of their whole development
- Develop the range of personal skills needed for relationships. For example: negotiation, decision making, listening and assertiveness skills
- Be respected and able to encourage respect for others
- Understand the responsibility and importance of building up trusting relationships
- Understand the arguments for delaying sexual activity
- Understand the consequences of their actions and behave responsibly within sexual and platonic relationships
- Avoid being exploited or exploiting others or being pressured into unwanted or unprotected sex
- Communicate effectively by using appropriate terminology for sex and relationship issues
- Challenge discriminatory behaviour related to homophobia, sexual identity, gender identity, sexism and prejudice in order to promote equality, diversity and inclusion
- Develop a critical awareness of messages about gender, appearance and sexuality within the media and elsewhere
- Understand the significance and prevention of sexually transmitted infections, including HIV
- Be aware of information sources and develop the skills and confidence to access confidential health services, advice, support and treatment if necessary
- Understand how the law applies to sexual relationships
- Understand the term consent and be able to articulate their consent and understand consent from others in a variety of situations.
- Understand how consent applies to the law.
- Understand the risks and most common scenarios of being a perpetrator or victim of sexual assault.
- What to do and how to access support if you experience a sexual assault or sexual abuse.
- Know the protected characteristics and understand the law in relation to these

## **How is RSE delivered at King Edward VII School?**

RSE has always sat within the Personal, Social and Health Education (PSHE) Department. King Edward VII School has had a well established dedicated PSHE department for decades. The quality of our PSHE lessons is reflected in student feedback and attendance. PSHE was very well attended online during lockdowns. The Governing Board and Headteacher have protected PSHE's position on the timetable for many years. The curriculum and excellent teaching are central to the inclusive and supportive atmosphere in the School. It supports students' safety, resilience and wellbeing. It allows space for students to explore issues and develop compassion in our diverse community. It is central

to our preventative safeguarding strategy.

The content required by the Department for Education (DfE) has been delivered in King Edward VII School for over a decade. Newer elements such as sexual consent and the impact of pornography have been introduced as culture and technology has changed and awareness of issues have come to the foreground. So it is business as usual at King Edward VII School. We are proud that our students have long been receiving this important content to improve their future safety and relationship health.

The PSHE Curriculum Lead (previously a science teacher and currently on sabbatical leave) was asked in 2020 to write and share RSE lessons and to deliver staff training to all Sheffield and Rotherham schools through Learn Sheffield. She continues to deliver training to other providers.

Students receive a lesson of PSHE a week throughout Years 7 to 11 (with the exception of Year 10 when the lesson is split between RE and PSHE). This allows space for specialist teachers to deliver this sensitive content comprehensively and well.

Online safety is also covered in Key Stage 3 by the IT department. The biological facts of human sexual reproduction are part of the National Curriculum and are taught in Science.

From September 2022 PSHE provision was extended to Post 16 students and is called Adult Life Skills. These are timetabled sessions delivered by experts in the field.

External visitors support the delivery of the PSHE curriculum e.g. Senior Lecturer in Law, session on consent for Year 9 students.

RSE sits within the wider context of a broad and balanced PSHE curriculum. Topics are delivered progressively with time to ask questions, explore myths and think deeply about issues. The diagram below summarises the curriculum, colour coded by year groups and showing progression through our core strands of citizenship, equality, family, emotional wellbeing, RSE, safety and finance (including careers).

## PSHE Topic Progression chart

1 hr /week  
Specialist teachers

NB: units vary in numbers of lessons

|       |  |                           |                       |                                      |   |                                 |                         |                       |
|-------|--|---------------------------|-----------------------|--------------------------------------|---|---------------------------------|-------------------------|-----------------------|
|       |  |                           |                       |                                      | Healthy relationships                   |                                 |                         |                       |
|       |  |                           |                       |                                      | Sexual consent                          |                                 |                         |                       |
|       |  |                           |                       | Thinking styles                      | Self examination                        | Travelling safely               |                         |                       |
|       | How laws are made                      |                           |                       | Managing anxiety                     | Pregnancy, birth, fertility             | Drink and drugs                 | Student finance         |                       |
|       | Homelessness                           |                           |                       | Getting help/supporting others       | Intimate communication & boundaries     | Driving safely                  | Taxes                   |                       |
|       | Environmental crisis                   |                           |                       | Managing exam stress                 | Impact of pornography                   | Sexual Harassment               | Applying for jobs       |                       |
| Y13   | Protest/campaigning                    | Race/gender inc Incels    |                       | Eating disorders                     | Break ups                               | Drugs, risks & impacts          | Money and relationships |                       |
| Y12   | Being a responsible and active citizen | Disability                | Parenting styles      | Maintaining good mental health       | Abusive/healthy relationships           | Child sexual exploitation       | Transport cost/impacts  |                       |
| Y11   | Human rights                           | Sexuality                 | Pregnancy/birth       | Self care                            | Contraception/ STIs                     | Bullying - face to face, online | Buying/renting property |                       |
| Y10   | Refugees                               | Gender                    | Needs of a baby/child | Importance of physical/mental health | Child sexual exploitation               | Child sexual abuse/ FGM         | Budgeting               |                       |
| Y9    | British Values                         | Race, inc BLM lessons     | Bereavement           | Expressing feelings safely           | Sexual consent                          | Social media impacts            | Salaries                | Managing screen time  |
| Y8    | Structure of government                | More in common            | Separation            | Samaritans                           | Basic birth control, STI risk & consent | Online threats                  | Career routes           | CV building           |
| Y7    | How politics is relevant to us all     | Protected Characteristics | Partnerships          | Safely expressing strong emotions    | Puberty                                 | First aid                       | Managing money          | Choosing a course/job |
| Topic | Citizenship                            | Equality                  | Family                | Emotional Wellbeing                  | RSE                                     | Safety                          | Finance                 | Other                 |

## Key features of PSHE at King Edward VII School

- Taught entirely by trained, dedicated and experienced PSHE teachers
- Taught in an age appropriate way
- Inclusive and sensitive to all types of people, regardless of faith, SEND, and LGBTQ+
- Equips students to be safe, communicate well, listen, and to read non-verbal signals
- Emphasis on equality, mutual respect and mutual pleasure
- Challenges messages from the media and pornography
- No graphic photographs or videos are used; we use scientific diagrams to teach to about sexual anatomy
- Does not promote any particular lifestyle
- Encourages students to listen to themselves and to make informed decisions about what is right for them in their relationships

## Monitoring

RSE is monitored and evaluated regularly through student feedback, teacher feedback, lesson visits and evaluation. Lessons are also quality assured via the School. Evaluating and Evidencing the Quality of Education processes and procedures. The Leadership Team and the full Governing Board receive information from PSHE and have the opportunity to discuss, challenge and evaluate the subject.

At a curriculum level we have regular department meetings ensuring that we take a consistent, considered and up to date approach ahead of delivering topics which are often sensitive in nature.

## **Safeguarding**

One of the four specialist PSHE teachers is the Safeguarding and Inclusion Lead at King Edward VII School. The PSHE curriculum forms a very important preventative part of our safeguarding strategy.

The curriculum is developed with safeguarding and promoting student safety and wellbeing at the very heart of it. Students are made safer by:

- Understanding what a healthy relationship is and is not
- Understanding their bodies and those of the opposite sex
- Knowing how to access medical care and support
- Knowing how to communicate their boundaries and understand other people's.
- Understanding UK laws around sex

PSHE staff regularly liaise with pastoral managers to gauge whether any students may be affected by topics and need extra support. Pastoral managers have an insight into the curriculum and are made aware of sensitive topics delivered during half term.

## **SEND students**

Lessons are written to be accessible for students with different needs and to all levels of knowledge and understanding. We do not assume any prior knowledge or experience. Trained staff are aware of SEND students and their needs in each class.

Lessons specifically support neurodiverse students with communication difficulties, helping them understand non-verbal signals and equipping them with appropriate questions/ language to use to facilitate consensual happy relationships. This in turn supports all students to the same end.

## **Right of withdrawal of students from RSE**

Parents will continue to have a right to request to withdraw their child from sex education delivered as part of RSE in secondary schools which, unless there are exceptional circumstances, should be granted up to three terms before their child turns 16. At this point, if the child themselves wishes to receive sex education rather than be withdrawn, the School should make arrangements for this to happen in one of the three terms before the child turns 16 - the legal age of sexual consent. That is except for those parts included in the statutory National Curriculum (i.e. Science lessons).

Over the years we asked for parents' and carers' comments at information evenings and consultation evenings, and have adjusted our teaching in response to this feedback. We find parents to be highly supportive of our approach.

Parents and carers can contact the Curriculum Leader of PSHE via her email address: [mkemp@kes.sheffield.sch.uk](mailto:mkemp@kes.sheffield.sch.uk) to discuss their concerns and request withdrawal from those specific parts of the curriculum.

We hope you agree that RSE is a vital part of students' learning in King Edward VII School. Below is a summary of our curriculum.

### Summary of RSE curriculum for each year group

|   |
|---|
| <b>Y7 - Puberty - 4 lessons</b>   |
| How will you change in becoming an adult, physically, mentally and emotionally? |
| Diverse bodies, why our bodies are amazing. How to love them.                   |
| Anonymous question and answer session   |
| <b>Y8 - Relationship safety - 3 lessons</b>                                     |
| Social media risks  |
| Pregnancy and sexually transmitted infection prevention                         |
| Emergency contraception   |
| Going to the doctor for advice  |
| Key messages about the importance of sexual consent                             |
| Not rushing, not feeling pressured  |
| <b>Y9 - Respectful relationships - 8 lessons</b>                                |
| Different types of relationships (not only sexual)                              |
| What are healthy versus abusive/toxic relationships?                            |
| Child sexual exploitation/ grooming   |
| Intimacy/sex/pleasure means different things for different people               |
| Understanding our bodies  |

|  |
|--|
| Messages about sex in the media are not always real                              |
| Sexual consent (2 lessons)   |
| Sexually transmitted infections, staying safe, getting tested, being responsible |
| Contraception, different types, getting advice                                   |
| How to safely use a condom   |
| Pregnancy choices and support  |

|   |
|---|
| <b>Y10 - Sexual health, media and endings - 4 lessons</b>                       |
| What services are available at the sexual health clinic?                        |
| What is the impact on pornography on relationships?                             |
| Self examination - breasts and testicles  |
| When a relationship ends - how to end one and how to recover.                   |
| <b>Y11 - Sexual biology, reproduction, fulfilling relationships - 6 lessons</b> |
| Fertility   |
| Pregnancy and birth   |
| Arousal, the brain, the body  |
| Sexual hormones   |
| Male and female sexual anatomy  |
| Intimate communication: verbal, non-verbal                                      |
| Boundaries  |
| Important questions to ask yourself in a relationship                           |
| Intimacy in long term relationships   |
| How to be a good partner/spouse   |



## Y12 - Sexual consent and unhealthy relationships

Sexual consent

What makes a relationship healthy/unhealthy

### Monitoring and evaluation of the RSE Policy

It is the responsibility of the PSHE Curriculum Lead, Ms C Perry, to oversee and organise the monitoring and evaluation of the RSE Policy in the School.

This will be done in consultation with :

- The Safeguarding Team
- School governors
- The Leadership Team
- The Learning Support Department
- Parents and carers

This policy will be monitored and evaluated annually. Any suggested amendments will be taken into account and adopted where appropriate.

OFSTED is required to evaluate and report on the spiritual, moral, social and cultural development of students. This includes evaluating and commenting upon King Edward VII School's RSE Policy, in addition to commenting upon support, staff development, training and delivery.

### Complaints

If parents or carers have any concerns or complaints about the lessons and teaching in PSHE they should contact the Curriculum Leader of PSHE, Ms M Kemp first, on [mkemp@kes.sheffield.sch.uk](mailto:mkemp@kes.sheffield.sch.uk). The PSHE team are eager to address any issues that arise.

If parents or carers are not satisfied with the outcome of the initial contact with the Curriculum Leader of PSHE, the School's complaint procedure can be accessed via the website and followed.