

Relationships Sex and Health Education (RSHE) Policy

Introduction

The purpose of teaching RSHE at Newfield School is to embrace the challenges of creating a happy and successful adult life. Pupils need knowledge that will enable them to make informed decisions about their wellbeing, health and relationships and to build their self-efficacy. Pupils can also put this knowledge into practice as they develop the capacity to make sound decisions when facing risks, challenges and complex contexts. Everyone faces difficult situations in their lives. These subjects can support young people to develop resilience, to know how and when to ask for help, and to know where to access support. (DfE 2021) As pupils at Newfield all have learning disabilities we adopt a careful and considered approach to teaching the Sex Education element of our curriculum, with a focus on a bespoke approach, tailored to the needs and understanding of the individual learner. We ensure our teaching is *sensitive, age-appropriate, developmentally appropriate and delivered with reference to the law.* (DfE 2021)

Consultation

This policy was written in consultation with the PSHE lead, Governing Body and parents/carers. Please also refer to our PSHE policy.

Aims

Newfield School aims to provide children with age appropriate information, explore attitudes and values, and develop skills in order to empower them to make positive decisions about their health-related behaviour. This will take place with consideration of the qualities of relationships within families.

The policy has the following aims:

- To provide the knowledge and information to which the pupils are entitled
- To raise pupil's self-esteem and confidence, especially in their relationships with others.
- To help pupils to develop skills (language, decision making, risk assessment, assertiveness) and to make the most of their abilities.
- To develop pupils' understanding of the importance of a healthier safer lifestyle.
- To develop pupils' understanding of pressure from peers and social media, and their ability to resist these.
- To provide a description of how RSHE is delivered, monitored and evaluated in the school.
- To help pupils learn to respect and care for their bodies
- To prepare pupils for puberty and adulthood

- To help pupils learn how to gain access to information and support.

The RSHE policy will be made available to teaching and non-teaching staff, community partners and any outside visitors who may deliver aspects of RSHE and will be reviewed every two years by senior leaders in consultation with the above representatives.

Objectives

RHSE is delivered as part of the PSHE curriculum;

Many schools are choosing to deliver relationships or sex education as part of a timetabled PSHE programme, with good outcomes (DfE 2021)

A multi-agency approach that works in partnership with parents and carers is essential for ensuring pupils are safe. Therefore, pupils should learn the significance of marriage and stable relationships as key building blocks of community and society. Care needs to be taken to ensure that there is no stigmatisation of children based on their home circumstances.

RSHE is taught within the personal, social, health and economic (PSHE) education curriculum. Biological aspects of RSHE are taught within the science curriculum, and other aspects are included in religious education (RE).

Framework

All those who teach aspects of RSHE within school, including visitors, are expected to be guided by the following values framework which represents the values held in common by the whole school community. The teaching of RSHE will encourage students to:

- Value and respect themselves
- Value and respect others for who they are, not for what they have or what they can do
- Value healthy sexual relationships which are based on mutual respect, care and goodwill
- Value and respect differences in people's religion, culture, sexual orientation, physical and mental ability and social background
- Value and respect their own and other's rights to make choices in sexual relationships after having accepted responsibility for considering the consequences of those choices
- Value stable and loving relationships for the nurturing of children and as the basis of a society in which people care for one another.

The personal beliefs and attitudes of teachers will not influence the teaching of RSHE in this school.

Content

At Newfield School we use the PSHE Association's Planning Framework for Pupils with SEND to structure the delivery of RSHE, topics are broken down into developmental skills so that they are appropriate and accessible for our learners.

Topics are mapped via long term plans and are often re-visited to ensure full coverage and a spiral approach to learning.

Primary

For Primary pupils, the following topics are covered as part of PSHE and are inclusive of statutory Relationships and Health Education.

Areas of PSED	Coverage
Self Awareness	Kind and unkind behaviours People who are special to us Getting on with others Playing and working together
Self Care	Taking care of ourselves Keeping safe Trust Keeping safe online Public and Private
Managing Feelings	Identifying and expressing feelings
Changing and Growing	Changes at puberty Dealing with touch Different types of relationships Friendships
Healthy Lifestyles	Healthy Eating Taking care of physical health Keeping well
The World I Live In	Respecting differences between people

Secondary and Post 16

RSHE focuses on giving young people the information they need to help them develop healthy, nurturing relationships of all kinds and includes elements of Sex Education particular to the age and stage of the learners. There is a focus on equipping learners with the knowledge and skills they will need to enjoy successful and respectful adult relationships.

These areas of learning are taught within the context of family life, taking care to make sure that there is no stigmatisation of children based on their home circumstances (families can include single parent families, LGBT parents, families headed by grandparents, adoptive parents and 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).

We will also be mindful of the law and legal requirements, taking care not to condone or encourage illegal political activity, such as violent action against people, criminal damage to property, hate crime, terrorism or the illegal use of drugs.

Here is a break down of areas and topics covered in Key Stages 3 and 4 linked specifically to RSHE

PSED Coverage KS3

Autumn Year A

Area of PSED	Topic
The World I live In	Managing Finances
The World I live in	Taking Care of the environment

Spring Year A

Area of PSED	Topic
Self Awareness	Personal Strengths
Managing Feelings	Self Esteem and unkind comments
The World I Live In	Preparing for adulthood

Summer Year A

Area of PSED	Topic
Changing and growing	Puberty Healthy and unhealthy relationship behaviour Intimate relationships, consent and contraception
Managing Feelings	Romantic feelings and sexual attraction Expectations of relationships

PSED Coverage KS3

Autumn Year B

Area of PSED	Topic
Self Awareness	Playing and working together
The World I Live in	Diversity, rights and responsibilities

Spring Year B

Area of PSED	Topic
Changing and growing	Friendships
Healthy Lifestyles	Healthy eating

Summer Year B

Area of PSED	Topic
Healthy Lifestyles	Mental Wellbeing
The World I Live In	Taking care of the environment

PSED Coverage KS4
Autumn Year A

Area of PSED	Topic
Healthy Lifestyles	Drugs, alcohol, tobacco and medicinal drugs
Self Care	Gambling

Spring Year A

Area of PSED	Topic
Self Care	Keeping Safe online Public and Private (online)
The World I Live In	Managing online information
The world I Live In	Taking care of the environment

Summer Year A

Area of PSED	Topic
Changing and growing	Puberty Healthy and unhealthy relationship behaviour Intimate relationships, consent and contraception
Managing Feelings	Romantic feelings and sexual attraction Expectations of relationships

PSED Coverage KS4
Autumn Year B

Area of PSED	Topic
Healthy Lifestyle	Physical activity Body image
Self Care	Feeling unwell, feeling frightened/worried

Spring Year B

Area of PSED	Topic
Self-Awareness	Prejudice and discrimination Managing pressure
Changing and Growing	Friendships Long term relationships

Summer Year B

Area of PSED	Topic
Self-Care	Accidents and risks Emergency situations
Self-Awareness	Skills for learning
Healthy Lifestyles	Healthy eating

Cross-curricular links and methodology

RSHE is taught within the PSHE curriculum.

A range of teaching methods which involve pupil's full participation are used to teach RSHE. These include use of small group work, the media, discussion, case studies, drama and role plays. Ground rules and distancing techniques are used to establish a safe environment to facilitate discussion and students are encouraged to reflect on their learning. Many aspects of RSHE are delivered in mixed gender groups but there are occasions when single gender groups are more

appropriate and relevant. The updated programme content will be agreed in consultation with governors, parents/carers, and teaching staff.

Body Awareness Sessions

Pupils are chosen to take part in small group, gender specific Body Awareness sessions. These are run by the school counsellor along with a healthcare assistant from the nursing team. The purpose of these sessions is to offer bespoke, stage appropriate learning about their own and others' bodies, appropriate feelings and behaviours and keeping safe. Parents are involved in the content of the sessions.

Working with other professionals

Visitors to school, such as health professionals and specialist community disability nurses, may be invited to plan and contribute to RSHE lessons. They will be given a copy of this policy and will be expected to work within the ethos of the school and in line with the learning outcomes of the school's RSHE programme. A teacher will be present during the lesson.

Safeguarding

Staff will always work within school guidance and policy when teaching RSHE. The school acknowledges that the curriculum content delivered to students must be individualised and consider the students' levels of understanding, cultural sensitivities and personal circumstances. Teachers and support staff will use the anatomically correct language for body parts, while acknowledging common terms used by some people.

Ground Rules

Ground rules are essential to provide an agreed structure to answering sensitive or difficult questions. This framework facilitates the use of an anonymous question box as a distancing technique. Teachers will endeavour to answer questions as honestly as possible, but if faced with a question they do not feel comfortable answering within the classroom, provision would be made to meet the individual child's needs. This may require involving their parent/carer, school health advisor/school nurse or community nurse to offer additional support.

Resources

Teaching and resources will be differentiated as appropriate to address the range of individual needs of the pupils to ensure they have full access to the content of RHSE.

Monitoring and Evaluation

RSHE monitoring is carried out through tracking individualised targets and via our internal assessment systems/ Individual Scheme of Work and parent/carer views are invited at parent consultation sessions.

Parents/Carers

The school will inform parents/carers when aspects of the RSE programme are taught (this may be in the home/school diary or by letter in some instances) and will provide opportunities for parents/ carers to view the videos and resources being used.

Parents will be informed of their legal right to withdraw their child from Sex Education (but not Relationships or Health) via the school prospectus. They will also receive a letter prior to the delivery of any Sex Education work/instruction. Any parent wishing to withdraw their child will be encouraged to make an appointment with a member of the senior leadership team to discuss the matter. Students cannot be withdrawn from any part of RSHE which falls within Statutory National Curriculum Science. Any complaints about the content and delivery of RSHE should be addressed to the headteacher (see Complaints Policy).

Equal Opportunities

All pupils are entitled to receive RSHE regardless of ability, gender, race, religious belief or grouping. Through RHSE we seek to develop a positive view of female and male sexuality. It is our intention that all children have an opportunity to experience a programme of RSHE at a level which is appropriate for their age and physical development, with differentiated provision if required.

Objective discussion about the diversity of personal, social and sexual preference in relationships will take place in RSHE and prejudiced views will be challenged in order to encourage tolerance. Any bullying around sexual behaviour or perceived sexual orientation arising from this prejudice will be dealt with as a serious matter.

Child Protection/Safeguarding

Teachers and support staff need to be aware that effective RSHE, which brings an understanding of what is and what is not acceptable in a relationship, may lead to disclosure of a child protection issue. Under common law, young people are entitled to the same duty of confidence as adults. Personal information about them should not be shared without their permission except for the purposes of child protection (see Child Protection and Safeguarding Policies). If staff are concerned about any issues raised or discussed, they should immediately inform the head teacher (Designated Senior Lead for safeguarding/child protection in line with the LA procedures for child protection. A member of staff cannot promise confidentiality if concerns exist.

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