



Croydon High School GDST

Senior School Relationships & Sex Education Policy

Responsibility: Deputy Head (Pastoral)
Last review: September 2023
Next review: September 2024

This policy has been drawn up according to guidance provided by the PSHE Association and with regard to **Relationships Education, Relationships and Sex Education (RSE) and Health Education Guidance (DfE, 2019)**. It relates to the Senior School. Please see the separate Junior School policy as necessary.

Definition of RSE – from the Sex Education Forum

Relationships and Sex Education (RSE) is learning about the emotional, social and physical aspects of growing up, relationships, sex, human sexuality and sexual health. It should equip children and 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 wellbeing.

Croydon High School takes its responsibility to provide relevant, effective and responsible Relationships and Sex Education (hereafter, RSE) to all pupils as part of the school's taught PSHE curriculum, and implicitly in other pastoral interactions/sessions. We want parents, guardians and pupils to feel assured that sex education will be delivered at a level appropriate to both the age and development of pupils. This teaching is not intended to replace advice or guidance which is ideally received at home, but simply to augment it, broadening pupils' knowledge and understanding.

We invite all parents to read the RSE policy and encourage them to ask questions by contacting the Head of PSHE.

Aims and Objectives of RSE

“Effective sex and relationship education is essential if young people are to make responsible and well-informed decisions about their lives.”

(Sex and Relationship Education Guidance, DfE: July 2000)

Our RSE curriculum seeks to address issues in an age appropriate manner, whilst bearing in mind that the necessary information and time for consideration is better provided in advance of pupils' individual needs, if their decision making is indeed going to be 'informed'.

Particular aims of RSE, therefore, include:

- Providing accurate information about, and increase understanding of relationships and sex related issues.

- Dispelling myths surrounding sex related issues.
- Exploring a range of attitudes around sex related issues and help pupils to reach their own informed opinions.
- Promoting core values of mutual respect, non-violence, self-confidence, compromise and care, alongside managing conflict in relationships of all forms.
- Developing skills in communication, risk assessment, decision making, assertiveness, conflict management, seeking advice and helping others.

The RSE programme is firmly embedded in PSHE as opposed to being taught in a “stand alone” fashion. It is important for young people to understand the motivations of others, as well as learning to respect themselves, and move with confidence from childhood, through adolescence to adulthood.

Knowledge must be taught alongside a proper consideration of values, attitudes and beliefs which in turn are closely related to the development of personal and social skills and the acquisition and understanding of accurate and unbiased information.

RSE Curriculum Objectives

- Relationships and Sex Education is set within a broader base of self-esteem and responsibility for the consequences of one’s actions.
- Teaching is focused on relationships, love and care, and the responsibilities of parenthood, as well as sexual relationships.
- Pupils are taught all topic areas taking into account the specific characteristics included in the Equality Act. This includes learning about and being sensitive to LGBTQ+, sex/gender, disability, race and religious differences.
- Pupils are taught about personal responsibility, how to “say no”, and how to talk to other people about situations with which they feel uncomfortable and a clear understanding of the arguments for resisting pressure.
- Teaching is about boys as well as girls.
- RSE examines the taking on of responsibility, assessing risk and the consequences of one’s actions in relation to sexual activity and parenthood.
- RSE provides young people with information about different types of contraceptives, safer sexual practices and how to access local sources of further advice and treatment.
- RSE explores links with issues of peer pressure and other, non-sexual, risk-taking behaviour, such as drugs, smoking and alcohol.
- Pupils learn how the law applies to sexual relationships.
- RSE aims to promote young people’s skills in reviewing the impact and influence of the media and pornography whilst helping them to stay safe in an increasingly sexualised society.

Delivery of the RSE curriculum

The Head of PSHE is responsible for coordinating RSE lessons (within the C&W curriculum) in the Senior school. The curriculum is delivered by those teachers with the particular interest/experience and confidence to deliver particular topics. This aids consistency of delivery in the important areas. Topics use scenario-based learning and anonymous input responses from pupils to approach the more sensitive topics. Particular issues may include the use of external speakers to facilitate an even more open discussion.

When delivering RSE lessons, teachers recognise that young people vary in attitudes, values, experience, levels of maturity, home environments and religious/cultural backgrounds. As with

all classroom teaching, lessons are delivered and respect such guidance to schools on the Equality Act (2010). Teachers ensure accessibility of content for all pupils, including those with and SEND, G&T and EAL is taken into account. RSE educators use a range of strategies to bring about effective learning, including establishing ground rules (agreed by pupils themselves), using “distancing” techniques (role-plays, games and videos), and making use of discussion, project-based learning and encouraging reflection.

Selection of RSE resources

The Citizenship and Wellbeing curriculum uses a range of resources (videos, card games, photographs, posters, newspaper articles etc...) from a variety of trusted sources, adapted as necessary for the age of the class. In keeping with the school ‘Every Girl, Every Day’ motto, these resources are curated for pupils and are refreshed/edited based on teacher observation review.

Maintaining Relevance of RSE

The RSE policy will be reviewed annually and updated as necessary. Pupil views from the recorded session feedback, teacher evaluation, any parent feedback and statutory updates will form part of the review process. The policy will then be reviewed by SLT and approved by the Deputy Head (Pastoral).

Governors receive training on RSE and PSHE, and bring real world considerations to the matters included, as with other areas of school operation.

Evaluation & Reporting

The RSE programme is evaluated annually by both teaching staff and pupils. Pupil views are recorded electronically to judge learning outcomes by topic, and pupil input sought at the end of each half term or theme to inform future delivery. Where this evaluation suggests there is need for review or further information, tutor times are used to deliver this.

Reporting is done annually, and pupils are given the necessary tools to consider their understanding of the topics across the year and reflect on aspects most important to them. This is included in the end of year tutor report.

Our Partnership with Parents & Guardians

The school aims to keep parents informed about all aspects of the RSE curriculum (taught and more incidental). RSE is a vital part of the school curriculum and supports the whole development of the child.

Parents have the right to withdraw their children from sex education. Any parents considering withdrawing their child should contact the Head of PSHE to discuss their concerns. According to Relationships Education, Relationships and Sex Education (RSE) and Health Education Statutory Guidance paragraph 41-43, pupils themselves can opt into sex education from three terms before their 16th birthday.

There is no right to withdraw from Relationships Education at primary or secondary as we believe, in accordance with DfE guidelines the contents of these subjects – such as family, friendship, safety (including online safety) – are important for all children to be taught.

All resources used are available to view on the Firefly Citizenship and Wellbeing page. Parents and Guardians are emailed the topic lists in the week prior to lessons taking place.

Safeguarding & RSE

The school has comprehensive safeguarding policies in place. Teachers follow these in the event of a concern or a disclosure following or during a lesson on RSE. Establishing consistent ground rules for lessons creates an appropriate atmosphere in which teachers and pupils feel comfortable so that even sensitive and/or potentially embarrassing issues can be considered. Distancing techniques (defined above) are employed by staff as well as opportunities for pupils to ask questions anonymously. Pupils are reminded regularly of appropriate avenues of support if they have concerns for themselves or a peer.

Use of Visitors/External Agencies

The use of visitors from external agencies is sometimes invaluable in the delivery of RSE. The school's Visiting Speakers Risk Assessment is adopted as normal in such circumstances, and includes consideration of materials to be used and supervision of the session by school staff.

Dissemination of the RSE policy

The RSE policy is available to all pupils on the school website and the lesson resources available on GClassroom pages should they wish to refer back to information at a later date.

The RSE policy is available to all pupils/parents/staff on the school website.

Parents are welcome to arrange a meeting with the Head of PSHE at any time to discuss the RSE program of study.

Staff Training on RSE

The RSE policy is available to all staff in the Staff Handbook which is updated annually. Citizenship & Wellbeing teachers have access to relevant CPD, and we regularly share examples of good practice.

Appendix 1: Overview of RSE Coverage

The table below provides an indication of when RSE topics are covered in Wellbeing and Citizenship lessons. The topics listed do not stand alone but sit as part of a broader theme in the

‘Relationships & Me’ units of work. As our RSE curriculum is responsive, timings may vary. If that is the case, we will inform parents and guardians accordingly.

Year	Topic	Timing
Year 7	Online safety (‘Sexting’)	Spring 2
	Consent	Spring 2
	Brain changes in puberty	Summer 2
Year 8	Intimate relationships	Spring 2
	Pornography	Summer 2
	Sexuality	Summer 2
Year 9	Intimate relationships	Autumn 1
	Consent	Autumn 1
	Sexual exploitation	Autumn 1
	Pornography	Spring 2
	Contraception	Summer 1
	STIs	Summer 1
Year 10	Sexual health	Spring 2
	Pornography	Summer 1
	Sexual identity and risk	Summer 2
Year 11	Consent	Autumn 2
	Law on pornography, sexting	Autumn 2
	STIs	Spring 2
	Sexual pressure	Spring 2
	Fertility, contraception	Spring 2
	Pregnancy	Spring 2
	Connotations of sex	Summer 1
	Sexual experimentation	Summer 1

In the Sixth Form, RSE is delivered as part of the ‘Strands’ programme and mainly consists of external speakers on such topics as HIV/AIDS/STIs, consent and coercive relationships, and sexual health from the local National Health Service school’s outreach division.