

Relationships and Sex Education Policy

Torfield and Saxon Mount Federation RSE Policy

Approved by: AAB

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1. Aims

The aims of relationships and sex education (RSE) at our schools are to:

- › Provide a framework in which sensitive discussions can take place
- › Prepare pupils for puberty, and give them an understanding of sexual development and the importance of health and hygiene
- › Help pupils develop feelings of self-respect, confidence and empathy
- › Create a positive culture around issues of sexuality and relationships
- › Teach pupils the correct vocabulary to describe themselves and their bodies

2. Statutory requirements

As a primary school we must provide relationships education to all pupils as per section 34 of the [Children and Social work act 2017](#).

However, we are not required to provide sex education but we do need to teach the elements of sex education contained in the science curriculum.

In teaching RSE, we must have regard to [guidance](#) issued by the secretary of state as outlined in section 403 of the [Education Act 1996](#).

At Torfield School we teach RSE as set out in this policy.

As a secondary special school and part of an academy trust we must provide RSE to all pupils as per section 34 of the [Children and Social work act 2017](#).

In teaching RSE, we are required by our funding agreements to have regard to [guidance](#) issued by the secretary of state as outlined in section 403 of the [Education Act 1996](#).

At Saxon Mount School we teach RSE as set out in this policy.

This follows the Relationships Education, and Sex Education (RSE) and Health Education statutory guidance for schools issued September 2021

3. Policy development

This policy was written in consultation with staff, pupils and parents. The consultation and policy development process involved the following steps:

1. Review – a member of staff or working group pulled together all relevant information including relevant national and local guidance
2. Staff consultation – all school staff were given the opportunity to look at the policy and make recommendations
3. Parent/stakeholder consultation – parents and any interested parties were invited to offer any feedback
4. Pupil consultation – we investigated what exactly pupils want from their RSE

Ratification – once amendments were made, the policy was shared with governors and ratified

This policy was updated in consultation with members of SLT at both schools.

4. Definition

In Torfield School -

RSE is about the emotional, social and cultural development of pupils, and involves learning about relationships, sexual health, sexuality, healthy lifestyles, keeping safe online, learning our bodies are our own, how to seek help when needed, diversity and personal identity.

RSE involves a combination of sharing information, and exploring issues and values.

RSE is not about the promotion of sexual activity.

In Saxon Mount School –

RSE is about the emotional, social and cultural development of pupils, and involves learning about healthy relationships, bodily changes and behaviours, sexual health, sexuality, healthy lifestyles, online safety, avoiding risk taking behaviours, how to seek help when needed, diversity and personal identity.

RSE involves a combination of sharing information, exploring issues and values, understanding socio-economic factors and cultural perceptions

RSE is not about the promotion of sexual activity but intends to give the pupil the knowledge to be able to engage in healthy relationships and be able to keep themselves and others safe.

5. Curriculum

Our curriculum is set out as per Appendix 1 but we may need to adapt it as and when necessary.

We have developed the curriculum in consultation with parents, pupils and staff, taking into account the age,

needs and feelings of pupils. If pupils ask questions outside the scope of this policy, teachers will respond in an appropriate manner so they are fully informed and don't seek answers online.

6. Delivery of RSE

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

Secondary age pupils also receive stand-alone sex education sessions delivered by a trained professional including the delivery of the SAS program (Safe Around Sex).

At Torfield School

Relationships education focuses on teaching the fundamental building blocks and characteristics of positive relationships including:

- › Families and people who care for me
- › Caring friendships
- › Respectful relationships
- › Online relationships
- › Being safe

For more information about our RSE curriculum, see Appendices 1 and 2.

At Saxon Mount School

RSE focuses on giving young people the information they need to help them develop healthy, nurturing relationships of all kinds including:

- › Families
- › Respectful relationships, including friendships
- › Online and social media influences
- › Being safe
 - › Intimate and sexual relationships, including sexual health
 - › LGBTQ+ issues

For more information about our RSE curriculum, see Appendices 1 and 2.

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

7. Roles and responsibilities

7.1 The Academy Advisory Board

The Academy Advisory Board will approve the RSE policy, and hold the Headteacher to account for its implementation.

7.2 The Headteacher

The Headteacher is responsible for ensuring that RSE is taught consistently across the school, and for managing requests to withdraw pupils from components of RSE (see section 8).

7.3 Staff

Staff are responsible for:

- › Delivering RSE in a sensitive way
- › Modelling positive attitudes to RSE
- › Monitoring progress
- › Responding to the needs of individual pupils and any safeguarding concerns
- › Responding appropriately to pupils whose parents wish them to be withdrawn from the components of RSE

Staff do not have the right to opt out of teaching RSE. Staff who have concerns about teaching RSE are encouraged to discuss this with the Headteacher.

7.4 Pupils

Pupils are expected to engage fully in RSE and, when discussing issues related to RSE, treat others with respect and sensitivity.

8. Parents' right to withdraw

Torfield School

Parents do not have the right to withdraw their children from relationships education.

Parents have the right to withdraw their children from the components of sex education within RSE.

Requests for withdrawal should be put in writing using the form found in Appendix 3 of this policy and addressed to the Headteacher.

Alternative work will be given to pupils who are withdrawn from sex education.

Saxon Mount School

Parents have the right to withdraw their children from the [non-statutory/non-science] components of sex education within RSE up to and until 3 terms before the child turns 16. After this point, if the child wishes to receive sex education rather than being withdrawn, the Headteacher will arrange this.

Requests for withdrawal should be put in writing using the form found in Appendix 3 of this policy and addressed to the Headteacher.

A copy of withdrawal requests will be placed in the pupil's educational record. The Headteacher will discuss the request with parents and take appropriate action.

Alternative work will be given to pupils who are withdrawn from sex education.

9. Training

Staff are trained on the delivery of RSE as part of their ongoing continuing professional development including INSET as required.

The Headteacher may also invite visitors from outside the school, such as school nurses or sexual health professionals, to provide support and training to staff teaching RSE PSHE leads may also attend local hub meetings to further their professional knowledge.

10. Monitoring arrangements

The delivery of RSE is monitored by Rochelle Abraham and other members of the SLT at Torfield School and Caroline Higgins and other members of the SLT at Saxon Mount School through: Lesson Observations, learning walks, book monitoring, planning, curriculum monitoring, assemblies, use of Rainbow Awards and MAPPM and assessment data.

~~Pupils' development in RSE is monitored by class teachers as part of our internal assessment systems.~~

This policy will be reviewed by Rochelle Abraham and Caroline Higgins. At every review, the policy will be approved by the Academy Advisory Board, the Executive Headteacher and the respective Headteachers

Appendix 1: Curriculum map

Relationships and sex education curriculum map

At Torfield the theme is the same each term and the content develops as the children move through the school. Early Years covers Reception and some Year 1 children who might stay at the Early Years site, Key Stage 1 includes Year 2 children in the transition class at Croft Road, Lower Key Stage 2 includes Year 3 and 4 and Upper Key Stage 2 includes Year 5 and 6. The RSE curriculum is an identifiable part of the PSHE curriculum.

YEAR GROUP	TERM	TOPIC/THEME DETAILS
Early Years	2	<p>My Family: people who care for me</p> <ul style="list-style-type: none"> • I know who cares for me. • I can identify a family. • How do my family make me feel?
Early Years	5	<p>Introduce Body Parts</p> <ul style="list-style-type: none"> • I can name some body parts. • It's my body.
Key Stage 1	1	<p>Feelings: Naming and explaining</p> <ul style="list-style-type: none"> • I can identify feelings. • I can link feelings to situations. • I can identify behaviours and physical responses to feelings. <p>What does "no" feel like? Other people can make me have different feelings.</p>

Key Stage 1	2	<p>Caring Families</p> <ul style="list-style-type: none">• I can identify members of my family and who cares for me.• I can listen to others talk about their families.• I am beginning to understand that not all families are the same.• How do my family show they care?
Key Stage 1	3	<p>Caring Friendships: Similarities and Differences.</p> <ul style="list-style-type: none">• I can identify differences and similarities between myself and others.• I can name my friends.• I am beginning to understand what I can do to be a good friend.• What does a good friend do to make me feel good?

YEAR GROUP	TERM	TOPIC/THEME DETAILS
Key Stage 1	4	<p>Safety: likes and dislikes.</p> <ul style="list-style-type: none"> • I know what to do if I see something I do not like (also online). • I can choose what I like to do and don't like to do (also online). • I understand that adults who look after me can help keep me safe. • When am I safe? What can I do if someone tries to make me do something I don't want to do?
Lower Key Stage 2 Year A	2	<p>Asking for help</p> <ul style="list-style-type: none"> • I can identify members of my family and who cares for me. • I can identify people who I can go to for help. • Who can help me at home and school?
Lower Key Stage 2 Year A	3	<p>Caring Friendships: Working together.</p> <ul style="list-style-type: none"> • I can name my friends. • I know that my friends should make me feel happy. • I know what I can do if a friend makes me unhappy. • What can I resolve with my friend between us? When should I talk to an adult?
Lower Key Stage 2 Year A	4	<p>Safety: My body belongs to me</p> <ul style="list-style-type: none"> • I can identify public and private areas. • I can identify personal space. • I know that I need permission to enter someone's personal space. • How does it feel when someone is too close? What should I do?

YEAR GROUP	TERM	TOPIC/THEME DETAILS
Lower Key Stage 2 Year A	5	<p>My Body: Body Parts</p> <ul style="list-style-type: none"> • I can identify and position the main parts of the body. • I know that some parts are private. • The private areas of my body are my private areas.
Lower Key Stage 2 Year B	2	<p>Different Families</p> <ul style="list-style-type: none"> • I know that there are different types of family. • I know what marriage is. • I know that marriage is a choice. • I know that some people choose not to get married. • Revisit idea of consent.
Lower Key Stage 2 Year B	3	<p>Caring Friendships:</p> <ul style="list-style-type: none"> • Falling out and making up • I can listen to friends when they talk to me. • I can listen to a friend's problem. • I know what to do if I have a disagreement with a friend. • Revisit ideas of consent and safety.
Lower Key Stage 2 Year B	4	<p>Online Safety: Online friends aren't always nice</p> <ul style="list-style-type: none"> • I know that online friends are not the same as real life friends. • I can identify real life friends and online friends. • How can I be safe online? Should I do what people online tell me to do? •

Lower Key Stage 2 Year B	6	<p>Feelings: managing my body</p> <ul style="list-style-type: none"> • I can identify how my body responds to feelings. • I can identify ways to help when my body is uncomfortable.
Upper Key Stage 2 Year A	1	<p>Emotional Responses</p> <ul style="list-style-type: none"> • I know how I can respond to overwhelming or strong emotions. • I know how Puberty might affect my emotions. • I know what can make my emotions change. <p>How can I keep my changing body safe?</p>

YEAR GROUP	TERM	TOPIC/THEME DETAILS
Upper Key Stage 2 Year A	2	<p>Caring Families</p> <ul style="list-style-type: none"> • I can identify different ways families care for each other. • I recognise some children and young people may be young carers at some points in their lives. • I understand that care is at the heart of a happy family.
Upper Key Stage 2 Year A	3	<p>Friendships and Peer Pressure</p> <ul style="list-style-type: none"> • I know that I cannot trust everyone. • I know what to do if a friendship makes me uncomfortable or unhappy. • How do others make me feel unhappy and unsafe?
Upper Key Stage 2 Year A	4	<p>Identity and Personal Information</p> <ul style="list-style-type: none"> • I know some features that make me special. • I know that other people are different to me. • I can accept that others are different. • I am in charge of me and my decisions.
Upper Key Stage 2 Year A	5	<p>Year 5</p> <ul style="list-style-type: none"> • My Body: Puberty • I know that my body will change. • I am aware of the physical and emotional changes during Puberty. • How can I keep my changing body safe? <p>Year 6</p> <ul style="list-style-type: none"> • How a Baby is Conceived and Born • I know the correct terms for the male and female sexual organs. • I know what sexual intercourse is.

YEAR GROUP	TERM	TOPIC/THEME DETAILS
Upper Key Stage 2 Year B	1	<p>Managing Challenges and Change</p> <ul style="list-style-type: none"> • I know what might make my emotions stronger e.g. difficult life events. • I know what to do if I am struggling with my emotions. • I know who is in my support network. <p>My choices are my own.</p>
Upper Key Stage 2 Year B	2	<p>Safe homes</p> <ul style="list-style-type: none"> • I can identify factors which make a family safe and happy. • I can list safe people and places if I need help. • I know that running away from home is dangerous.
Upper Key Stage 2 Year B	3	<p>Peer Pressure</p> <ul style="list-style-type: none"> • I can identify who is my friend. • I know how to tell a friend if I don't want to do something. • I can identify who to tell if a friend makes me uncomfortable. <p>When am I unsafe? What can I do about it? Who can I talk to?</p>
Upper Key Stage 2 Year B	4	<p>Online Data Sharing</p> <ul style="list-style-type: none"> • I know that I need permission to share things online. • I know that some people online are not who they say they are. <p>What do I do if I see or read things that make me feel unsafe?</p>

YEAR GROUP	TERM	TOPIC/THEME DETAILS
Upper Key Stage 2 Year B	5	<p>Year 5 My Body: Puberty</p> <ul style="list-style-type: none"> • I know that my body will change. • I am aware of the physical and emotional changes during Puberty. • How can I keep my changing body safe? <p>Year 6 How a Baby is Conceived and Born</p> <ul style="list-style-type: none"> • I know the correct terms for the male and female sexual organs. • I know what sexual intercourse is.

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Appendix 2: By the end of primary school pupils should know

TOPIC	PUPILS SHOULD KNOW
Families and people who care about me	<ul style="list-style-type: none">• That families are important for children growing up because they can give love, security and stability• The characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives• That others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care• That stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up• That marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong• How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed
Caring friendships	<ul style="list-style-type: none">• How important friendships are in making us feel happy and secure, and how people choose and make friends• The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties• That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded• That most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right• How to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed

TOPIC	PUPILS SHOULD KNOW
Respectful relationships	<ul style="list-style-type: none"> • The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs • Practical steps they can take in a range of different contexts to improve or support respectful relationships • The conventions of courtesy and manners • The importance of self-respect and how this links to their own happiness • That in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority • About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help • What a stereotype is, and how stereotypes can be unfair, negative or destructive • The importance of permission-seeking and giving in relationships with friends, peers and adults
Online relationships	<ul style="list-style-type: none"> • That people sometimes behave differently online, including by pretending to be someone they are not • That the same principles apply to online relationships as to face-to face relationships, including the importance of respect for others online including when we are anonymous • The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them • How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met • How information and data is shared and used online
Being safe	<ul style="list-style-type: none"> • What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context) • About the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe • That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact • How to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know • How to recognise and report feelings of being unsafe or feeling bad about any adult • How to ask for advice or help for themselves or others, and to keep trying until they are heard • How to report concerns or abuse, and the vocabulary and confidence needed to do so • Where to get advice e.g. family, school and/or other sources

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YEAR GROUP	TERM	TOPIC/THEME DETAILS
Year 7	1	Introducing PSHE education Identity Friendship Emotions
	2	Risk and Safety Stranger Danger
	3	Relationship and sex education: Puberty
	4	Personal hygiene
	5	Effects of Alcohol and Smoking
	6	CPR Training

YEAR GROUP	TERM	TOPIC/THEME DETAILS
Year 8	1	Identity Emotional wellbeing
	2	Risk and Safety Personal Safety
	3	Relationship and sex education: Feelings
	4	Relationship and sex education: Contraception
	5	Drugs
	6	CPR Training Basic First Aid

YEAR GROUP	TERM	TOPIC/THEME DETAILS
Year 9	1	Identity Emotional wellbeing
	2	Risk and Safety Gangs and Gun crime
	3	Relationship and sex education: Feelings and healthy relationships
	4	Relationship and sex education: STIs
	5	Drugs And The Law
	6	CPR Training Basic First Aid

Appendix 2: By the end of secondary school pupils should know

TOPIC	PUPILS SHOULD KNOW
Families	<ul style="list-style-type: none"> • That there are different types of committed, stable relationships • How these relationships might contribute to human happiness and their importance for bringing up children • What marriage is, including their legal status e.g. that marriage carries legal rights and protections not available to couples who are cohabiting or who have married, for example, in an unregistered religious ceremony • Why marriage is an important relationship choice for many couples and why it must be freely entered into • The characteristics and legal status of other types of long-term relationships • The roles and responsibilities of parents with respect to raising of children, including the characteristics of successful parenting • How to: determine whether other children, adults or sources of information are trustworthy: judge when a family, friend, intimate or other relationship is unsafe (and to recognise this in others' relationships); and, how to seek help or advice, including reporting concerns about others, if needed
Respectful relationships, including friendships	<ul style="list-style-type: none"> • The characteristics of positive and healthy friendships (in all contexts, including online) including: trust, respect, honesty, kindness, generosity, boundaries, privacy, consent and the management of conflict, reconciliation and ending relationships. This includes different (non-sexual) types of relationship • Practical steps they can take in a range of different contexts to improve or support respectful relationships • How stereotypes, in particular stereotypes based on sex, gender, race, religion, sexual orientation or disability, can cause damage (e.g. how they might normalise non-consensual behaviour or encourage prejudice) • That in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including people in positions of authority and due tolerance of other people's beliefs • About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help • That some types of behaviour within relationships are criminal, including violent behaviour and coercive control • What constitutes sexual harassment and sexual violence and why these are always unacceptable • The legal rights and responsibilities regarding equality (particularly with reference to the protected characteristics as defined in the Equality Act 2010) and that everyone is unique and equal

TOPIC	PUPILS SHOULD KNOW
Online and media	<ul style="list-style-type: none"> • Their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online • About online risks, including that any material someone provides to another has the potential to be shared online and the difficulty of removing potentially compromising material placed online • Not to provide material to others that they would not want shared further and not to share personal material which is sent to them • What to do and where to get support to report material or manage issues online • The impact of viewing harmful content • That specifically sexually explicit material e.g. pornography presents a distorted picture of sexual behaviours, can damage the way people see themselves in relation to others and negatively affect how they behave towards sexual partners • That sharing and viewing indecent images of children (including those created by children) is a criminal offence which carries severe penalties including jail • How information and data is generated, collected, shared and used online
Being safe	<ul style="list-style-type: none"> • The concepts of, and laws relating to, sexual consent, sexual exploitation, abuse, grooming, coercion, harassment, rape, domestic abuse, forced marriage, honour-based violence and FGM, and how these can affect current and future relationships • How people can actively communicate and recognise consent from others, including sexual consent, and how and when consent can be withdrawn (in all contexts, including online)

TOPIC	PUPILS SHOULD KNOW
Intimate and sexual relationships, including sexual health	<ul style="list-style-type: none"> • How to recognise the characteristics and positive aspects of healthy one-to-one intimate relationships, which include mutual respect, consent, loyalty, trust, shared interests and outlook, sex and friendship • That all aspects of health can be affected by choices they make in sex and relationships, positively or negatively, e.g. physical, emotional, mental, sexual and reproductive health and wellbeing • The facts about reproductive health, including fertility and the potential impact of lifestyle on fertility for men and women • That there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others • That they have a choice to delay sex or to enjoy intimacy without sex • The facts about the full range of contraceptive choices, efficacy and options available • The facts around pregnancy including miscarriage • That there are choices in relation to pregnancy (with medically and legally accurate, impartial information on all options, including keeping the baby, adoption, abortion and where to get further help) • How the different sexually transmitted infections (STIs), including HIV/AIDs, are transmitted, how risk can be reduced through safer sex (including through condom use) and the importance of and facts about testing • About the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment • How the use of alcohol and drugs can lead to risky sexual behaviour • How to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment

Appendix 3: TASMAT Parent form: withdrawal from sex education within RSE

TO BE COMPLETED BY PARENTS			
Name of child		Class	
Name of parent		Date	
Reason for withdrawing from sex education within relationships and sex education			
Any other information you would like the school to consider			
Parent signature			

TO BE COMPLETED BY THE SCHOOL	
Agreed actions from discussion with parents	