

GOSFORTH GROUP



RELATIONSHIP AND SEX EDUCATION (RSE) POLICY

Introduction/Aims

Relationship and Sex Education (RSE) and Health Education have always been an integral part of our work at Jesmond Park Academy to help students to be physically, socially, and emotionally healthy. We believe the effective teaching of RSE and Health Education is important if young people are to make responsible and well informed decisions about their lives.

We also aim to provide a frame work for RSE that allows discussion to take place within a positive culture around issues of sexuality and relationships. In doing this we aim to prepare students for puberty, give them an understanding of sexual development and the importance of health and hygiene, and while helping them to develop feelings such as self-respect, confidence and empathy.

Requirements for schools regarding RSE and Health education and the law

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

In teaching RSE and Health Education, 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](#).

The Department of Education informed all state secondary schools that from September 2020 the teaching of RSE and Health Education would be compulsory.

The guidance for schools was published in 2019

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

In support of this decision the Secretary of State for Education stated the following.

‘Today’s children and young people are growing up in an increasingly complex world and living their lives seamlessly on and offline. This presents many positive and exciting opportunities, but also challenges and risks. In this environment, children and young people need to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way.

This is why we have made Relationships Education compulsory in all primary schools in England and Relationships and Sex Education compulsory in all secondary schools, as well as making Health Education compulsory in all state-funded schools. The key decisions on these subjects have been informed by a thorough engagement process, including a public call for evidence that received over 23,000 responses from parents, young people, schools and experts and a public consultation where over 40,000 people contacted the Department for Education’.

What is Relationships and Sex Education and Health Education?

There are two themes within the guidance for Secondary students – both are statutory.

1. Relationships and Sex Education
2. Health and wellbeing

Relationships and Sex Education (RSE) is learning about the emotional, social and physical aspects of growing up, respectful relationships including friendships, sex, human sexuality, Intimate and sexual relationships, keeping safe including sexual health, online media and being safe, healthy lifestyles, families, diversity and personal identity. See appendix for detail

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.

All content and delivery is age appropriate and is not about the promotion of sexual activity. Content will be made accessible to students with SEND through appropriate teaching methods and resources used.

The religious and cultural backgrounds of all of our students will be taken into account in the planning a delivery of RSE and Health Education.

The Law - as in all schools, our content and delivery will reflect the law as it applies to relationships, so that young people can clearly understand what the law allows, and does not allow, and the wider legal implications of decisions they may make. This will include laws relating to -

- Marriage
- Consent – including the age of consent
- Violence in relationships – including coercion
- Online behaviours – image and information sharing
- Pornography
- Abortion
- Sexuality
- Equality – protected characteristics
- Gender identity
- Substance misuse
- Violence and exploitation by gangs
- Extremism and radicalisation
- Criminal exploitation
- Hate crime
- Female Genital Mutilation - FGM

Who will deliver Relationships and Sex and Health Education?

Delivery of RSE and Health Education will be carried out by Jesmond Park Academy teaching staff who teach Citizenship and Personal Development.

At Key Stage 3 Citizenship lessons encompass the National Curriculum requirements for Citizenship, statutory Careers Education, the new statutory RSE and Health Education and non-statutory additional PSHE content. Some aspects will also be delivered across the curriculum in subjects such as PE, Technology, Science and RE.

At Key Stage 4 Personal Development lessons encompass the National Curriculum requirements for Citizenship, statutory Careers Education, statutory RE, the new statutory RSE and Health Education and non-statutory additional PSHE content.

Staff will be supported by NHS school nurses; either in the classroom or through the school assembly programme.

How will delivery of the content be made accessible to all pupils, including those with special educational needs (SEND)?

Teaching staff will tailor the delivery of the Citizenship/Personal Development curriculum to meet the needs of all their students, differentiating lesson plans where appropriate, to take account of the age, the sensitivity and maturity of the students in their care. Teaching staff will take particular note of student information provided by the school's SEND co-ordinator.

When and how often will RSE and Health education be taught at Jesmond Park Academy?

RSE and Health Education will be taught as part of the once weekly Citizenship lessons at KS3 and the once weekly Personal Development lessons at KS4.

A scheme of work giving details of the RSE and Health Education content is set out in this policy. Although there are dedicated lessons given to the delivery of RSE and Health Education, the subject matter of RSE and Health education will, from time to time, be integrated into the wider teaching of Citizenship, PSHE and that some aspects will also be delivered across the curriculum in subjects such as PE, Technology, Science and RE. The delivery will also be supported through the school assembly programme.

What are the monitoring arrangements for delivery of RSE and Health Education?

The delivery will be monitored as part of Jesmond Park Academy's planned lesson monitoring program. This will be conducted by the Head of Citizenship, the Head of RE (for KS4 PD) and the Senior leadership Team.

The Head of Citizenship and Head of RE (for KS4 PD) will review the Programme of Study in the Summer Term.

How is the RSE policy produced?

Jesmond Park Academy's RSE policy has been produced in discussion with Jesmond Park Academy Citizenship/PD teaching staff, Newcastle City Council and feedback from parents and students.

Parents have been invited to comment on the policy and their views have been taken into account.

Likewise, the school's student voice representatives from all year groups have contributed.

How it will the RSE policy be kept under review?

The RSE policy will be reviewed in the Summer term of each academic year.

How often will the RSE policy be updated?

The policy will be updated if required based on the review of the policy each Summer term of the academic year.

Parents' right to withdraw their child from RSE.

Parents have the right to request that their child be withdrawn from some or all of **Sex Education** delivered as part of statutory RSE. The content that we, at Jesmond Park Academy, determines to be **Sex Education** will be made clear in the curriculum overview- see Appendix.

Withdrawal would be from lessons where that curriculum objective was being addressed - not from the whole topic itself. At the beginning of the topics in year 8 and 11, a letter will be sent to parents, detailing the content of each lesson and which we determine to contain **Sex Education**.

There is no right to withdraw from Relationships Education or Health Education or areas of the Sex Education content when covered in Science lessons as part of their curriculum.

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.

Before granting any such request we at Jesmond Park Academy believe it would be good practice for the Head teacher and Head of Citizenship to discuss the request with parents and, as appropriate, with the child to ensure that their wishes are understood and to clarify the nature and purpose of the curriculum. Head teacher and Head of Citizenship, will discuss with parents the benefits of receiving this important education and any detrimental effects that withdrawal might have on the child's social and emotional wellbeing, as well as the likelihood of the child hearing their peers' version of what was said in the classes, rather than what was directly said by the teacher.

Once those discussions have taken place, except in exceptional circumstances, the school will respect the parents' request to withdraw the child, up to and until three terms before the child turns 16. After that point, if the child wishes to receive sex education rather than be withdrawn, the school will make arrangements to provide the child with sex education during one of those terms.

This process is the same for pupils with SEND. However, there may be exceptional circumstances where the Head teacher and Head of Citizenship may want to take a pupil's specific needs arising from their SEND into account when making this decision.

Approval of the RSE policy

Approval of the RSE policy will be given by the trustees of the school.

Relationship and sex education (RSE) curriculum

Appendix 1

Wording from DfE Statutory Guidance on RSE	Relationships Education	Sex Education	Health Education	Uk laws being taught	Content also taught in other subjects	Year 7 CZ	Year 8 CZ	Year 9 CZ	Year 10 PD	Year 11 PD
HEALTH AND WELLBEING										
<u>Mental / emotional wellbeing</u> • how to talk about their emotions.			Yes			Topic 1- Introduction to CZ Topic 2– Friendships	Topic 1-Healthy Lifestyles Topic 2–Addiction Topic 3-RSE	Topic 1-Equality Topic 3-Law, life and global citizenship		Topic 1- RSE
• that happiness is linked to being connected to others.			Yes			Topic 1- Introduction to CZ	Topic 1-Healthy Lifestyles Topic 3 - RSE	Topic 1-Equality Topic 3-Law, life and global citizenship		Topic 1- RSE
• how to recognise the early signs of mental wellbeing concerns.			Yes			Topic 1- Introduction to CZ	Topic 1-Healthy Lifestyles			
• common types of mental ill health			Yes				Topic 1-Healthy Lifestyles			
• actions that have a positive or negative effect on their own or others’ mental health.			Yes			Topic 1- Introduction to CZ	Topic 1-Healthy Lifestyles Topic 2-Addiction Topic 3 - RSE	Topic 1-Equality		Topic 1 - RSE
• benefits and importance of physical exercise			Yes		PE		Topic 1-Healthy Lifestyles			
<u>Physical health and fitness</u> • the positive associations between physical activity and promotion of mental wellbeing			Yes		PE Science		Topic 1-Healthy Lifestyles			
• the characteristics and evidence of what constitutes a healthy lifestyle			Yes		PE		Topic 1-Healthy Lifestyles			
• about the science relating to blood, organ and stem cell donation.			Yes		Science		Topic 1-Healthy Lifestyles			
<u>Healthy eating</u> • how to maintain healthy eating - links between a poor diet and health risks			Yes		Science Food Technology		Topic 1-Healthy Lifestyles			
<u>Health and prevention</u> • personal hygiene, germs including bacteria, viruses, how they are spread, treatment and prevention of infection, and about antibiotics.			Yes		Science		Topic 1-Healthy Lifestyles			
• dental health and the benefits of good oral hygiene			Yes		Science		Topic 1-Healthy Lifestyles			
• the benefits of regular self-examination and screening.			Yes		Science		Topic 1-Healthy Lifestyles			Topic 1 - RSE
• the facts and science relating to immunisation and vaccination.			Yes		Science		Topic 1-Healthy Lifestyles			

• the importance of sufficient good quality sleep			Yes				Topic 1-Healthy Lifestyles	Exam Skills	Exam Skills	Exam Skills
Drugs, alcohol and tobacco • the facts about legal and illegal drugs and their associated risks			Yes		Science		Topic 2-Addiction		Topic 2-drugs and alcohol	
• the law relating to the supply and possession of illegal substances.			Yes	Yes			Topic 2-Addiction		Topic 2-drugs and alcohol	
• the physical and psychological risks associated with alcohol consumption			Yes		Science		Topic 2-Addiction		Topic 2-drugs and alcohol	
• the physical and psychological consequences of addiction, including alcohol dependency.			Yes		Science		Topic 2-Addiction		Topic 2-drugs and alcohol	
• awareness of the dangers of drugs which are prescribed			Yes		Science		Topic 2-Addiction		Topic 2-drugs and alcohol	
• the facts about the harms from smoking tobacco the benefits of quitting and how to access support to do so.			Yes		Science		Topic 2-Addiction		Topic 2-drugs and alcohol	
Managing risk and personal safety • the similarities and differences between the online world and the physical world.			Yes		IT	Topic 1 - Introduction to CZ Topic 2 - Friendships	Topic 1-Healthy Lifestyles Topic 3 - RSE	Topic 1 - Equality		Topic 1 - RSE
• how to identify harmful behaviours and how to report them			Yes		IT	Topic 1 - Introduction to CZ Topic 2 - Friendships	Topic 1-Healthy Lifestyles Topic 2-Addiction Topic 3 - RSE	Topic 1-Equality Topic 3-Law, life and global citizenship		Topic 1 - RSE
Basic first aid • basic treatment for common injuries.			Yes				Topic 1-Healthy Lifestyles			
• life-saving skills - how to administer CPR.			Yes				Topic 1-Healthy Lifestyles			
• the purpose of defibrillators			Yes				Topic 1-Healthy Lifestyles			
Puberty • key facts about puberty, the changing adolescent body and menstrual wellbeing			Yes		Science		Topic 3 - RSE			Topic 1 - RSE
• the main changes which take place in males and females, and the implications for emotional and physical health.			Yes		Science		Topic 3 - RSE			Topic 1 - RSE
RELATIONSHIPS AND SEX EDUCATION										
Families • that there are different types of committed, stable relationships.	Yes					Topic 1 - Introduction to CZ Topic 3-Family and Relationships	Topic 1-Healthy Lifestyles Topic 3 - RSE			Topic 1 - RSE
• how these relationships might contribute to human happiness and their importance for bringing up children.	Yes					Topic 1 - Introduction to CZ Topic 2 - Friendships	Topic 1-Healthy Lifestyles Topic 3 - RSE			Topic 1 - RSE

						Topic 3-Family and Relationships				
• what marriage is – the law and legal status	Yes			Yes		Topic 3-Family and Relationships	Topic 3 - RSE	Topic 1 - Equality		Topic 1 - RSE
• why marriage is an important relationship choice for many couples - why it must be freely entered into.	Yes			Yes		Topic 3-Family and Relationships	Topic 3 - RSE			Topic 1 - RSE
• other types of long-term relationships.	Yes			Yes		Topic 3-Family and Relationships	Topic 3 - RSE	Topic 1-Equality		Topic 1 - RSE
• the roles and responsibilities of parents.	Yes			Yes		Topic 3-Family and Relationships	Topic 1 - RSE			Topic 1 - RSE
• how to determine whether sources of information are trustworthy and judge when a relationship is unsafe and, how to seek help or advice.	Yes					Topic 1 - Introduction to CZ Topic 2 - Friendships Topic 3-Family and Relationships	Topic 1-Healthy Lifestyles Topic 3 - RSE	Topic 1-Equality Topic 3 – Law, life and global citizenship		Topic 1 - RSE
Respectful relationships, including friendships • the characteristics of positive and healthy friendships – off and on-line	Yes		Yes			Topic 1 - Introduction to CZ Topic 2- Friendships	Topic 1-Healthy Lifestyles Topic 2-Addiction Topic 3 - RSE			Topic 1 - RSE
• steps they can take in a range of different contexts to improve or support relationships	Yes					Topic 1 - Introduction to CZ Topic 2 – Friendships Topic 3-Family and Relationships	Topic 1-Healthy Lifestyles Topic 3 - RSE			Topic 1 - RSE
• how stereotypes, in particular stereotypes based on sex, gender, race, religion, sexual orientation or disability, can cause damage	Yes			Yes		Topic 1 - Introduction to CZ Topic 2 - Friendships Topic 3 - Family and Relationships	Topic 1-Healthy Lifestyles Topic 3 - RSE	Topic 1-Equality		Topic 1 - RSE
• being treated with and treating others with respect	Yes					Topic 1 - Introduction to CZ Topic 2 - Friendships Topic 3 - Family and Relationships	Topic 1-Healthy Lifestyles Topic 2-Addiction Topic 3 - RSE	Topic 1-Equality Topic 3 – Law, life and global citizenship		Topic 1 - RSE
• about different types of bullying (including cyberbullying), the impact of bullying, reporting bullying and how and where to get help	Yes					Topic 2 - Friendships	Topic 1-Healthy Lifestyles Topic 3 - RSE	Topic 1-Equality		Topic 1 - RSE
• that some types of behaviour within relationships are criminal, including violent behaviour and coercive control.	Yes			Yes			Topic 1-Healthy Lifestyles Topic 3 - RSE	Topic 1-Equality		Topic 1 - RSE

• what constitutes sexual harassment and sexual violence and why these are always unacceptable.	Yes			Yes						Topic 1 - RSE
• 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.	Yes			Yes		Topic 1 - Introduction to CZ Topic 2 - Friendships	Topic 1-Healthy Lifestyles Topic 3 - RSE	Topic 1-Equality Topic 3-Law, life and global citizenship		Topic 1 - RSE
Online and media • their rights, responsibilities and opportunities online	Yes		Yes	Yes	IT	Topic 1 - Introduction to CZ Topic 2 - Friendships	Topic 1-Healthy Lifestyles Topic 3 - RSE		Building My skills	Topic 1 - RSE
• risks of material shared online and the difficulty of removing potentially compromising material placed online.	Yes		Yes		IT	Topic 1 - Introduction to CZ	Topic 1-Healthy Lifestyles Topic 3 - RSE		Building My skills	Topic 1 - RSE
• the law and impact of sharing information or passing on personal material which is sent to them.	Yes		Yes	Yes	IT	Topic 1 - Introduction to CZ Topic 2 - Friendships	Topic 1-Healthy Lifestyles Topic 3 - RSE	Topic 3-Law, life and global citizenship	Building My skills	Topic 1 - RSE
• what to do and where to get support to report material or manage issues online.	Yes		Yes		IT	Topic 1 - Introduction to CZ Topic 2 - Friendships	Topic 1-Healthy Lifestyles Topic 3 - RSE	Topic 3-Law, life and global citizenship	Building My skills	Topic 1 - RSE
• the law and impact surrounding the viewing harmful content.	Yes			Yes	IT		Topic 3 - RSE			Topic 1 - RSE
• that specifically sexually explicit material 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.(pornography)	Yes	Yes								Topic 1 - RSE
• that sharing and viewing indecent images of children (including those created by children) is a criminal offence.	Yes			Yes	IT	Topic 1 - Introduction to CZ Topic 2 - Friendships	Topic 1-Healthy Lifestyles Topic 3 - RSE			Topic 1 - RSE
• how information and data is generated, collected, shared and used online.	Yes			Yes	IT	Topic 1 - Introduction to CZ Topic 2 - Friendships	Topic 3 - RSE		Building My Skills	Topic 1 - RSE
Being safe • 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.	Yes			Yes		Topic 1 - Introduction to CZ Topic 3 - Family and Relationships	Topic 1 - Healthy Lifestyles Topic 3 - RSE	Topic 1-Equality Topic 3 – Law, life and global citizenship		Topic 1 - RSE
• how people can actively communicate and recognise consent from others and how and when consent can be withdrawn.	Yes						Topic 3 - RSE			Topic 1 - RSE

Intimate relationships - including sexual health • how to recognise the characteristics and positive aspects of healthy one-to-one relationships	Yes		Yes				Topic 3 - RSE			Topic 1 - RSE
• that all aspects of health can be affected by choices they make in sex and relationships	Yes	Yes – Sti's	Yes		Science		Topic 3 - RSE			Topic 1 - RSE
• the facts about reproductive health, including fertility, and the potential impact of lifestyle on fertility for men and women and menopause.	Yes		Yes		Science		Topic 3 - RSE			Topic 1 - RSE
• that there are a range of strategies for identifying and managing pressure, including understanding peer pressure, resisting pressure and not pressurising others.	Yes		Yes			Topic 1 - Introduction to CZ Topic 2 - Friendships Topic 3-Family and Relationships	Topic 1-Healthy Lifestyles Topic 2-Addiction Topic 3 - RSE		Topic 2-drugs and alcohol	Topic 1 - RSE
• that they have a choice to delay sex or to enjoy relationships without sex.	Yes						Topic 3 - RSE			Topic 1 - RSE
• the facts about the full range of contraceptive choices, efficacy and options available.	Yes	Yes	Yes		Science		Topic 3 - RSE			Topic 1 - RSE
• the facts around pregnancy including miscarriage.	Yes		Yes		Science					Topic 1 - RSE
• the choices in relation to pregnancy	Yes		Yes	Yes	RE					Topic 1 - RSE
• 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.		Yes	Yes		Science		Topic 3 - RSE			Topic 1 - RSE
• about the prevalence of some STIs , the impact they can have on those who contract them and key facts about treatment.		Yes	Yes		Science		Topic 3 - RSE			Topic 1 - RSE
• how the use of alcohol and drugs can lead to risky sexual behaviour.	Yes		Yes				Topic 2-Addiction Topic 3 - RSE			Topic 1 - RSE
• how to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment.	Yes		Yes	Yes			Topic 3 - RSE			Topic 1 - RSE

Date approved: September 2020

Signed:

Date to be reviewed: September 2021