



Relationships and Sex Education Policy

Hopewell School & motorvations@hopewell

Policy Date:	September 2023
Date Ratified by Governors:	September 2023
Next Review:	September 2024

Introduction

AT HOPEWELL We believe that teaching pupils to make healthy choices is crucial in supporting them to develop personally, morally and socially.

RELATIONSHIPS AND SEX EDUCATION (RSE) is about the emotional, social and cultural development of pupils, and involves learning about relationships, sexual health, sexuality, healthy lifestyles, diversity and personal identity..

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

RSE is one way in which we ensure the curriculum pays regard to all the protected characteristics, including sex, gender reassignment, sexual orientation, marriage and civil partnership and pregnancy and maternity. n RSE in no way promotes sexual activity.

We are committed to adhering to the statutory RSHE guidance in full.

CONTENT: HOW AND WHEN IT IS TAUGHT

RSE is taught within the schools' personal, social, health and citizenship education (PSHCE) curriculum

Through the science curriculum biological aspects are covered

PSHE lessons are taught on a weekly basis across the school by the PSHE lead.

At Key Stage 2 Relationships Education **is** taught by the Primary team. It 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

At Secondary 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 media

Being safe

Intimate and sexual relationships, including sexual health

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

Inclusivity

We will teach about these topics a way that is mindful of:

Is sensitive to all pupils' experiences

During lessons, makes pupils feel:

- Safe and supported
- Able to engage with the key messages

We will also:

Make sure that pupils learn about these topics in an environment that's appropriate for them, for example in:

- A whole-class setting
- Small groups or targeted sessions
- 1-to-1 discussions
- Digital formats

Give careful consideration to the level of differentiation needed

At Key Stage 4 pupils follow a nationally recognised qualification which has SRE content.

We formally teach Relationships Education (RE) to Key Stage 1–2 pupils and Relationships and Sexual Education (RSE) to our Key Stage 3 pupils and cover national statutory guidance which aims to:

- a) help pupils develop an understanding of the different types of relationships, including family relationships
- b) help pupils to develop skills in forming, respecting and maintaining relationships with others, including their peers
- c) help pupils develop understanding of online relationships, being safe and the media
- d) d)teach pupils about the changes to their body that occur during puberty
- e) teach pupils about reproduction, intimate and sexual relationships, including same-sex relationships, sexual health and gender identity (secondary only).

An outline of our programme for RE and SRE is included at the end of our policy.

MONITORING AND EVALUATING RE/SRE:

The Senior Leadership Team regularly monitor the overall quality of education delivered across both the school and the motorvations site. RSE is monitored through planning and intervention meetings, as well as learning walks, lesson observations, book scrutiny, moderations and pupil and teacher meetings.

As part of their responsibilities the Governing body also regularly monitor the quality of education delivered at Hopewell.

KEEPING PARENTS/CARERS UP TO DATE

We will always inform families, in advance, of when the RSE programme is being taught and will provide information on and a subject overview, which includes content and lesson resources on a termly basis.

Families can also request the RSE subject overview from the Deputy Head (School site) at any time. Families have the right to withdraw their child from some or all of sex education delivered as part of statutory RSE.

Requests for withdrawal should be directed to the Deputy Head (Quality of Education) based at the school site, who will then discuss the request with families and take appropriate action.

This policy and all policies will be reviewed and updated by the leadership team & governing body as per our policy review cycle.

RSE Overview

RSE is taught across the whole school and encourages healthy relationships and sexual health. Due to the nature of our students and their personal circumstances a lot have missed out on the basics of RSE and require lessons that they need acknowledgment in these subjects. These subjects may be revisited and adjusted to suit each pupil/class. This then helps Students to be able to develop their understanding through revisited lessons which become more detailed and increases their knowledge through their time at Hopewell.

Key stage	Subjects	Teaching	Learning intentions and Overall outcomes
2	Relationships	Incorporating role play strategies, class discussions, videos and marked work focusing on the variations of family dynamics and what a healthy relationship looks like (e.g., trust, respect, honesty)	Pupils to have a deeper knowledge on how/why relationships may differ from one another and the impact positive and negative relationships can have on individuals.
	Health and Wellbeing	To deliver lessons on the importance of physical and mental health. Children to understand that mental health is part of our day-to-day life, just as much as our physical health. Utilising Twinkl, creative resources and class discussions.	Children to be able to express and articulate how they are feeling and be able to address physical and mental health concerns. Children to recall important phonelines by memory: Childline 08001111, police service 999
	Diversity and Inclusion	Using videos, observing case studies and class discussions to understand what it means to have an identity, the differences between banter and bullying, understanding tolerance regarding the difference of others and understanding equality, diversity and inclusion.	For children to obtain cultural sensitivity and accepting and understanding people's differences. Being able to identify prejudices, racism and discrimination.

Key stage	Subjects	Teaching	Learning intentions and Overall outcomes
3	Healthy and unhealthy relationships	using scenarios, discussion in class and worksheets. Students will be able to hear others' views and understand from the scenarios what is healthy and unhealthy.	Pupils will be able to identify what aspects in a relationship are healthy and unhealthy. Looking at different types of relationships and how they all should have the same aspects and be able to understand this in their own relationships. How to ask for help and advise if they are in an unhealthy relationship.
	Different relationships!	Using video clips and discussion Pupils can see and understand there are different types of relationships.	Pupils to understand that relationships are different and may be more than what they have seen. Speaking about the LGBTQ community and equality. Where to go for support and advice.
	Puberty and changes	Using diagrams and video clips. This can often help lessen the pupil's anxiety and the felling of embarrassment to then be open to discuss any concerns	Pupils to be able to understand the different stages of puberty and recognise the changes in both body and emotions. Pupils to understand the importance of personal hygiene.
	Male and female genitals	Using diagrams and video clips. This can often help lessen the pupil's anxiety and the felling of embarrassment to then be open to discuss any concerns	Pupils to be able identify different areas of both male and female genitals and understanding the function of each part.
	Reproductive system	Using Diagrams and video clips for pupils to visualise the birthing journey	Pupils to understand the reproductive system in both male and female and the birth cycle.
	Contraceptives	Using Work sheets and discussion pupils can see the different types of contraceptives in pictures	Pupils to be able to understand the different types of contraceptives and where to go for help and advice.
	Peer pressure	Using Discussion, scenarios and worksheet Pupils can hear others views and understand different scenarios.	Pupils to understand peer pressure, when this can be healthy and unhealth. To be able to feel confident in acting on the unhealthy peer pressure and how to get help and advice.
	Self esteem	Using Scenarios, discussion and video clips Students can get an idea of how self-esteem effects different people.	Pupils to recognise that its ok to feel certain ways but how they can seek help and advice to improve their self esteem and mental health.
	Consent	Using Video clips, scenarios and discussion Pupils can understand the difference in what consent means.	Pupils to be able to understand consent in all different scenarios throughout life. To understand

			the consequences and how to get help and advice.
	Sexual harassment	Using Video clips, scenarios and discussion Pupils can see different types of sexual harassment, who can give and receive harassment.	Pupils to be able to understand sexual harassment within boy and girls at school, work, and normal life. To understand the consequences if boundaries are crossed and the effects it can have on others.

Key stage	Subjects	Teaching	Teaching
4	Healthy and unhealthy relationships	using scenarios, discussion in class and worksheets. Students will be able to hear others' views and understand from the scenarios what is healthy and unhealthy.	Pupils will be able to identify what aspects in a relationship are healthy and unhealthy. Looking at different types of relationships and how they all should have the same aspects and be able to understand this in their own relationships. How to ask for help and advice if they are in an unhealthy relationship.
	Different Romantic and Sexual relationships.	Using video clips and discussion Pupils can be aware of different romantic	Pupils to be able to recognise the different types of romantic and sexual relationships between men and women and through the LGBTQ communities. To understand equality in all genders. Where to seek advice and support.
	Expectations in a relationship	Using Scenarios and video clips Pupils can understand what expectation should be and see others' views.	Pupils to be able to understand the expectations of a romantic relationship and pressures that may arise. To be able to understand feeling and emotions and how to manage those. To be able to know where to go for advice and support.
	Body image	Using diagrams and video clips Pupils can understand the pressure put out there in social media ect.	Pupils to be able to understand pressure on body image, where the pressures come from and the feelings and emotions around this pressure. Pupils to know how to seek support and help
	Male and female genitals	Using Diagrams and video clips Pupils can recap and be able to label the different areas.	Pupils to recap and be able identify different areas of both male and female genitals.
	Reproductive system	Using Diagrams and video clips Pupils can recp on the different areas and their uses. The be able to see the birthing journey and outcome.	Pupils to recap on the reproductive system in both male and female and the birth cycle.
	STIs	Using worksheets Students can label and see the different STIs, how they are contracted and how to treat them.	Pupils to be able to understand and recognise the different STIs , how they are contracted and how to seek medical advice and help.
	Contraceptives	Using Work sheets and discussion Pupils can understand the different types and how they are used. Using a condom demonstrators Pupils can feel confident in touching and putting on a condom.	Pupils to be able to understand the different types of contraceptives and to be able to confidently use a condom. where to go for help and advice.

	Peer pressure	Using Discussion, scenarios and worksheet Pupils can understand others' views when being pressured in to sex and the different scenarios this may occur in.	Pupils to understand peer pressure especially around relationships and sex. To be able to feel confident to say no and how to get help and advice.
	Self esteem	Using Scenarios, discussion and video clips Pupils can see and hear views in how a romantic/sexual relationship can alter your self-esteem.	Pupils to recognise how being in a romantic relationship and thinking about sex can alter their self-esteem, understanding these feelings and how to get support.
	Consent	Using Video clips, scenarios and discussion students can see the different scenarios where it is important to be clear on consent especially around sex.	Pupils to be able to understand consent in all different scenarios throughout life. To understand the importance when in situations and being in a romantic relationship. How things can be blurred lines and how to stay safe. To understand the consequences and how to get help and advice.
	Sexual harassment	Using Video clips, scenarios and discussion Pupils can be aware of how certain behaviours and language can be sexual harassment	Pupils to be able to understand sexual harassment within boy and girls at school, work, relationships and normal life. To understand the consequences if boundaries are crossed and the effects it can have on others.