



RSE, Health Education and Citizenship (RSHE+C) Policy

2023-26

Approved by:	The RPHS Governing Body	Date:	November 2023
Last reviewed on:	November 2023		
Next review due by:	November 2026		

Relationships & Sex Education
(including Health Education & Religious Education within PSHCE)

Ethos Statement:

At Raynes Park High School, we believe that Relationships and Sex Education (RSE), Health Education and PSHCE (Personal, Social, Health, Citizenship Education) makes an important contribution to the health and wellbeing of every student. We recognise this provides lifelong learning about physical, moral, and emotional development. We work together to create a successful and happy community where we celebrate achievement and support each other through mutual respect and trust. A key part of the work we do to achieve this aim is delivered and embedded through our RSHE+C lessons, which incorporates Relationship & Sex Education, Health Education and Citizenship within a programme of study. Through a process of consultation, the curriculum has been developed to embed the values below and is promoted and encouraged through the delivery of the curriculum. These values support the ethos and core values of Raynes Park High School to:

- Respect oneself and others
- Take responsibility for one's actions in all situations
- Demonstrate honesty and loyalty in relationships
- Focus on the importance and responsibilities of the family unit for all members
- Show sensitivity towards the needs and views of others
- Recognise the physical, emotional and moral implications of certain types of behaviour
- Recognise the risks associated with certain types of behaviour
- Recognise and accept the differences of others

Aims:

- To enable our students to make responsible and informed decisions regarding their own sexuality by presenting the knowledge, attitude and skills that will allow them to do so in a sensitive, objective and balanced manner
- To promote an understanding of the importance of loving and caring relationships as part of our students' personal and social development and so help them prepare for the transition to adult and working life
- To design schemes of work that are all inclusive of all students regardless of faith, ethnicity, gender or sexual orientation

Objectives:

The ethos of our school promotes co-operation and tolerance. Every student in the school will have access to the RSHE+C programme of study which combines RSE, Health Education and Citizenship Education within subject areas and the designated RSHE+C lesson time which is delivered in KS3 RSHE+C lessons, and KS4 drop down days.

The relationships element within RSE is a central aspect in the delivery of the RSHE+C programme of study. The subject content will be age-appropriate, building knowledge and life skills over time in a way that prepares students for issues they will soon face, focusing on:

- different types of relationships, including friendships, family relationships, dealing with strangers and, at secondary school, intimate relationships; LGBTQ+
- how to recognise, understand and build healthy relationships, including self-respect and respect for others, commitment, tolerance, boundaries and consent, and how to manage conflict, and also how to recognise unhealthy relationships;
- how relationships may affect health and wellbeing, including mental health;
- healthy relationships and safety online; and
- factual knowledge, at secondary school, around sex, sexual health and sexuality, set firmly within the context of relationships

Based on the above our RSE, Health Education and Citizenship Programme proposes to:

- Generate an atmosphere where questions of a sexual nature can be discussed openly without embarrassment, and trust and confidentiality are ensured
- Enable students to develop knowledge, communication skills and understanding in order to facilitate personal decision-making
- Enable students to understand the impact of external factors, such as the media, social media, the Internet and peer groups, and retain independent decision-making
- Enable students to be aware of personal, psychological, emotional and physical changes in themselves and others
- Enable students to understand the process of human reproduction
- Emphasise the role and value of family life including marriage
- Enable students to know the legality or otherwise of matters relating to sexual activity
- Inform students about the wide range of information, advice and guidance available to them
- Teaching is delivered in ways that are accessible to all students with SEND

Legislation

We are required to teach RSE and Health Education as part of statutory guidance that states from September 2020, all schools must deliver Relationships and Sex Education in secondary schools. The parental right to withdraw students from RSE remains for aspects of sex education which are not part of the Science curriculum.

Documents that inform the school's policy include:

- Education Act (1996)
- Learning and Skills Act (2000)
- Education and Inspections Act (2006)
- Equality Act (2010)
- Supplementary Guidance SRE for the 21st century (2014)
- Children and Social Work Act (2017)
- Keeping Children Safe in Education (2023)

The Prevent Duty

Part of the UK Government's Prevent strategy for tackling extremism (both violent and non-violent) and for curbing potential terrorism is the Prevent Duty. Guidance for schools recommends building students' resilience to radicalisation by providing a safe environment for debating controversial issues helping them to understand how they can influence and participate in decision-making. We meet these

requirements through RSE, Health Education and PSHE themes that are embedded into lessons and schemes of work.

- **Community:** Community Cohesion, Diversity – race, gender, religious belief, valuing difference.
- **Democracy:** Democracy Vs Dictatorship, Identity and voice, *migration/asylum/refugees*.
- **Diversity and Discrimination:** Diversity, Discrimination, Rights, Challenging stereotypes, Extremism Intolerance, Discrimination in the workplace, Human Rights.
- **Personal Identity and Values:** Shared identity/shared experience, challenging discrimination, Discrimination through invisibility, Diverse and conflicting values.
- **Morals and Ethics:** Morals and ethics in a modern World-Human Rights, Current affairs, Debate, Taking an informed approach.

British Values

All maintained schools must meet the requirements set out in section 78 of the Education Act 2002 and promote the spiritual, moral, social and cultural (SMSC) development of their students. Through ensuring students' SMSC development, schools can also demonstrate they are actively promoting fundamental British values of Democracy, Rule of Law, Individual Liberty, Mutual Respect and Tolerance. British Values is embedded within our PSHCE programmes of study. Specific units in RSHE+C foster these themes throughout.

How do we meet these at RPHS?

- **Democracy:** Students are given many opportunities to take on responsibilities, develop leadership skills and become actively involved in the democratic process through RSHE+C lessons. In order to develop potential in all members within our school we hold elections for student leadership team, school council, and form group responsibilities
- **Rule of Law:** The importance of laws, whether they be those that govern the class, the school or the country as a whole are consistently reinforced throughout the school day through our behaviour for learning policy, assemblies and the curriculum, particularly in Citizenship and PSHE where students are taught about our laws, where they came from and our criminal justice system. We foster strong community links with local authorities such as the Police
- **Individual Liberty:** We strive to prepare students to enter the world as independent, confident citizens that have a life-long passion for learning and making informed choices throughout their lives. Students are encouraged to know, understand and exercise their rights, responsibilities and personal freedoms and receive advice and support about how to exercise these safely, for example, through our teaching of E-safety in ICT lessons, and during tutor time as well as through assemblies
- **Mutual Respect and Tolerance:** Through our curriculum and pastoral support systems everyone in our school community can learn and thrive together in an environment of high standards, courtesy and consideration. The House System facilitates the promotion of mutual respect and support between students across different year groups where they work together to achieve goals. Mutual respect and tolerance of diversity is embraced throughout our curriculum through, for example, lively debate from different perspectives in Sociology where students are safe to disagree with each other in a safe and supportive environment. In addition, there is a broad and balanced study of different religions in Religious Studies, investigations of our cultural diversity in Citizenship and learning about the development of a multi faith, multi-cultural and multi-ethnic society in History and Geography lessons.

Monitoring and Evaluation:

The Governing Body must oversee and review the operation of the RSE, Health Education and PSHCE Policy throughout the school. Additionally, there is a duty under Curriculum 2000 to ensure that the required programmes of study are in place and that the policy is published for the attention of staff, parents and students.

The Headteacher/Senior Leadership Team must monitor and evaluate the effects of the Policy and guidance and ensure that action is taken to address any issues arising.

Heads of Year/ Assistant Heads of Year must reinforce the values promoted in this policy and monitor, support and evaluate the delivery of the RSE, Health Education and Citizenship programme.

Teaching and Support Staff must ensure the delivery of the course within subject areas and helps students acquire the knowledge, skills and values that will contribute to their personal development.

Teaching and Support Staff may not offer or guarantee confidentiality to students in any matter relating to abuse, under-age sexual intercourse or pregnancy. At the same time, students will be offered sensitive and appropriate support. In the case of a student disclosing possible abuse, the school’s Child Protection Procedures will be used with staff passing documentation detailing any concerns and action taken to date to the Designated Safeguarding Lead (DSL).

Students must play their part as responsible members of the school community contributing to their own and the learning of others and support each other as part of a caring community.

Parents must play their part by discussing the programme of study with their child and seeking advice via their GP if appropriate. Parents’ have the right to withdraw their child from sex education within RSE (other than sex education in the National Curriculum as part of Science); this is because parents should have the right to teach this themselves in a way which is consistent with their values.

The RSE Programme: Content, Organisation and Delivery within PSHCE:

RSE content which incorporates physical health and mental wellbeing (Health Education) will be delivered throughout Key Stage 3 and 4. This will be delivered through the Science, PE, Computer science, DT and RSHE+C lessons. In addition, assemblies and drop downs will support the delivery.

By the end of Key stage 4 students should know:

Health Education: Physical and Mental Health & Wellbeing

Mental wellbeing	<p>Students should know</p> <ul style="list-style-type: none"> ▪ how to talk about their emotions accurately and sensitively, using appropriate vocabulary ▪ that happiness is linked to being connected to others ▪ how to recognise the early signs of mental wellbeing concerns ▪ common types of mental ill health (e.g. anxiety and depression) ▪ how to critically evaluate when something they do or are involved in has a positive or negative effect on their own or others’ mental health ▪ the benefits & importance of physical exercise, time outdoors, community participation & voluntary & service-based activities on mental wellbeing & happiness
Internet safety and harms	<p>Students should know</p> <ul style="list-style-type: none"> ▪ the similarities and differences between the online world and the physical world, including: the impact of unhealthy or obsessive comparison with others online (including through setting unrealistic expectations for body image), how people may curate a specific image of their life online, over-reliance on online relationships including social media, the risks related to online gambling including the accumulation of debt, how advertising and information is targeted at them and how to be a discerning consumer of information online

	<ul style="list-style-type: none"> ▪ how to identify harmful behaviours online (including bullying, abuse or harassment) and how to report, or find support, if they have been affected by those behaviours
Physical health and fitness	<p>Students should know</p> <ul style="list-style-type: none"> ▪ the positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress ▪ the characteristics and evidence of what constitutes a healthy lifestyle, maintaining a healthy weight, including the links between an inactive lifestyle and ill health, including cancer and cardio-vascular ill-health ▪ about the science relating to blood, organ and stem cell donation
Healthy eating	<p>Students should know</p> <ul style="list-style-type: none"> ▪ how to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer
Drugs, alcohol and tobacco	<p>Students should know</p> <ul style="list-style-type: none"> ▪ the facts about legal and illegal drugs and their associated risks, including the link between drug use, and the associated risks, including the link to serious mental health conditions ▪ the law relating to the supply and possession of illegal substances ▪ the physical and psychological risks associated with alcohol consumption and what constitutes low risk alcohol consumption in adulthood ▪ the physical and psychological consequences of addiction, including alcohol dependency ▪ awareness of the dangers of drugs which are prescribed but still present serious health risks ▪ the facts about the harms from smoking tobacco (particularly the link to lung cancer), the benefits of quitting and how to access support to do so
Health and prevention	<p>Students should know</p> <ul style="list-style-type: none"> ▪ about personal hygiene, germs including bacteria, viruses, how they are spread, treatment and prevention of infection, and about antibiotics ▪ about dental health and the benefits of good oral hygiene and dental flossing, including healthy eating and regular check-ups at the dentist ▪ the benefits of regular self-examination and screening (late secondary)
Basic first aid	<p>Students should know</p> <ul style="list-style-type: none"> ▪ basic treatment for common injuries ▪ life-saving skills, including how to administer CPR ▪ the purpose of defibrillators and when one might be needed
Changing adolescent body	<p>Students should know</p> <ul style="list-style-type: none"> ▪ key facts about puberty, the changing adolescent body and menstrual wellbeing ▪ the main changes which take place in males and females, and the implications for emotional and physical health

Relationships and Sex Education

Families	<p>Students should know</p> <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	<p>Students should know</p> <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
Online/media	<p>Students should know</p> <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

	<ul style="list-style-type: none"> ▪ 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	<p>Students should know</p> <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)
Intimate and sexual relationships, including sexual health	<p>Students should know</p> <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 and menopause. ▪ 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

	<ul style="list-style-type: none"> ▪ how to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment
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In addition to this, students will learn across the curriculum:

Key Stage 3

Science:

- Aspects of physical growth in adolescence and reproduction
- Human reproduction and how offspring are protected and nurtured
- Reproductive patterns in humans and animals
- Physical changes during adolescence and the menstrual cycle

RSHE+C:

- Emotional and physical changes during adolescence
- Human relationships, education for parenthood and family life
- Agencies that provide help and support
- The role of gender
- Arguments for delaying sexual activity.
- Contraception, protected sex (The physical aspects of sexual behaviour are always dealt with in the context of relationships, parenthood and family life)

PE:

- Development of the body
- Effects of exercise on the body
- Health, hygiene and gender specific sports
- Communication and team work within groups

Key Stage 4

Science:

- Hormonal control of the menstrual cycle and fertility treatment
- Sexual reproduction in Year 11

Social, moral, spiritual and cultural perspectives on:

- Emotional and ethical dimensions of sexual attitudes and morals
- Pornography, Social media and 'Sexting'
- Sexually transmitted infections including HIV/AIDS
- Sex before marriage
- Adultery
- Contraception
- Abortion
- Purpose of marriage
- Prejudice/discrimination due to gender/sexuality

PE (GCSE):

- Body systems
- Gender issues in sport

- Development of the body
- Effects of exercise on the body
- Health and hygiene
- Communication and team work within groups

Much of the Relationship and Sex Education takes place within RSHE+C lessons, enabling students to explore their feelings and relationships to promote self-knowledge, self-respect, self-esteem and respect for others.

Specialist teachers generally deliver RSE and Health Education within RSHE+C lessons with support from professionals where appropriate. Form Tutors deliver the Character programme resources once a week during tutor time.

Resources and Skills

The RSE and Health Education curriculum within PSHCE is delivered through use of a variety of resources throughout KS3 and KS4 and varied techniques to achieve successful teaching and learning outcomes. Teachers are encouraged to use a repertoire of flexible, active methods including:

- Developing high order questioning skills
- Learning to understand others' points of view
- Encouraging team building and working in groups
- Developing strategies leading to consensus building
- Constructive use of discussion and debate
- Learning skills and techniques useful for problem solving
- Working constructively with emotions and imagination
- Effective use of drama and role play
- Learning how to gather and share information
- Critical techniques for identifying mendacious information
- Devising effective starting and ending strategies
- Skills of reflection, review and evaluation
- Use of a variety of accredited outside speakers

Assessment

The assessment of students' RSE and Health Education within PSHCE are skills based. There is no formal assessment in this subject that is reflected in a grade. We do monitor students' effort and contributions through termly unit reflections within RSHE+C lessons which will enable the RSE, Health and Citizenship Coordinator to continuously monitor the impact of the programme of study and to form a basis for the development of the programme.

Embedding Character education through RSE, Health Education & PSHCE

Character education is an umbrella term to describe the teaching of students in a manner that will help them develop as moral, good mannered, behaved, non-bullying, healthy, critical, successful, and socially acceptable beings. At RPHS students' character is fostered through our delivery of Learning for Life lessons, pastoral structures, assemblies and drop down days.

Character education is fostered and developed through various subjects and areas across the school:

- Tutor slide key quote on kindness
- RSHE+C KS3 Lessons
- House Events
- Assemblies
- Student Leadership
- Students rewarded for acts of kindness and showing respect specifically.
- Investors in Careers CEIAG
- Mental Health Award
- Personal Development Drop Down Days

Parental Rights and the Curriculum

Parents do not have the right to withdraw their child from the RSE element of the National Science Curriculum. This is the biological aspects of human growth and reproduction. Information on sex and relationships, skills development and values clarification are taught within the PSHE curriculum.

Parents do have the right to withdraw their child from some elements of RSE. If a parent wishes to withdraw their child from the *sex education* aspects of the RSE programme, then they need to get in contact with the allocated HOY or RSHE+C lead to discuss their concerns and reasons for withdrawal from the programme with the relevant teaching staff in the school. The specific units are highlighted in bold in the table on page 6 of this document and are included within the sex education aspects of the curriculum. The school will ensure that the student receives appropriate, purposeful education during the period of withdrawal. Parents do not have the right to withdraw their child from the Relationships units or any other content from the RSE, Health Education and Citizenship Education.

The new legislation brought in through the Children and Social Work Act 2017 brought important changes in relation to parental rights to withdraw children from school RSE:

1. Parents will not be able to withdraw their child from *relationships education aspects* in primary school or secondary school.
2. At secondary school, parents will be able to withdraw their child from *sex education aspects* (other than the sex education which sits in the National Curriculum as part of science in maintained schools). However, a child will also have a right to opt into sex education from their 15th birthday (specifically three academic terms before they turn 16).

Religious Education

Religious Education follows the Merton Agreed Syllabus (SACRE) which all state-maintained schools must adhere to. Religious Education units and themes are taught at KS3 & KS4 within our RSHE+C programme. Parents have the right to withdraw their child from receiving Religious Education partially or wholly within these units. Parents wishing to withdraw their child from Religious Education should inform their child's Head of Year and the Head of Religious Education.

Visitors contributing to RSE, Health Education and PSHCE:

As part of a planned topic, the school will invite in local experts on issues relating to RSE as well as using health and other professionals associated with the school for example, the school nurse. All school associated health and other professionals and visitors will be asked to confirm to the following:

- Visitors contributing to RSE will do so at the invitation of the school and will be qualified to make an appropriate contribution
- Visitors must agree with the aims of the school in delivering its policy on RSE and when in class visitors will be supervised by a teacher, who will be present at all times and adhere to their own professional codes of conduct
- Visitors will follow the school's safeguarding/child protection disclosure procedures if a disclosure occurs within the classroom setting

Dealing with sensitive issues:

Any RSE, Health Education and PSHCE lesson may consider questions or issues that some students will find sensitive. Before embarking on these lessons, ground rules are established which prohibit inappropriate personal information being requested or disclosed by those taking part in the lesson. When students ask questions, we aim to answer them honestly, within the ground rules established at the start of the lesson. When it is felt that answering a specific question would involve information at a level inappropriate to the development of the rest of the students, the question may be dealt with individually at another time.

- A member of staff can never promise confidentiality to any student
- If disclosures are made regarding suspected drug, alcohol or solvent abuse or dealing in these substances, then the Headteacher must be informed at once
- Allegations of sexual abuse and other child protection issues must be referred in the first instance to the Designated Safeguarding Lead (DSL) who will inform the Headteacher. The named person is stated in the staff handbook for reference by all staff. New staff are also informed through the induction programme

Monitoring and Review

Staff responsible	Assistant Headteacher: M. McCurdy	Monitoring & Evaluation by	Headteacher: K. Taylor
School Group Responsible	Pastoral team	Governors Committee Responsible	Standards & Quality
Date approved by Governors	November 2023	Review Date	November 2026