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## Relationship, Sex and Health Education Policy

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## **Statement of intent**

At Oak View, we understand that pupils must be provided with an education that prepares them for the opportunities, responsibilities and experiences of adult life. A key part of this relates to relationships education.

Relationships education focuses on giving pupils the knowledge they need to make informed decisions about their wellbeing, health and relationships, and to build their self-efficacy. Health education focuses on equipping pupils with the knowledge they need to make good decisions about their own health and wellbeing. At Oak View, this is all done at a developmentally appropriate time for individual pupils, to recognise their varying starting points and needs.

We understand our responsibility to deliver high-quality, age-appropriate, needs-appropriate and evidence-based relationships, sex and health sessions for all our pupils when it is developmentally appropriate. This policy sets out the framework for our relationships, sex and health sessions.

## **Roles and responsibilities**

The governing board is responsible for:

- Ensuring all pupils make progress in achieving the individual expected educational outcomes of a pupil in line with their needs.
- Ensuring the sessions are well led, effectively managed and well planned.
- Ensuring teaching is delivered in ways that are accessible to all pupils with SEND.
- Providing clear information for parents on subject content and their rights to request that their children are withdrawn.
- Making sure the sessions are resourced appropriately.

The headteacher is responsible for:

- The overall implementation of this policy.
- Ensuring staff are suitably trained to deliver the sessions or identifying staff who are confident in the delivery of Relationships and Health Education including the School Nurse.
- Reviewing requests from parents to withdraw their children from RHE sessions.
- Discussing requests for withdrawal with parents.

- Reviewing this policy on an annual basis.

The appropriate teachers are responsible for:

- Delivering high-quality, needs-appropriate and age-appropriate relationships, sex and health sessions.
- Using a variety of teaching methods and resources to provide engaging sessions that meets the needs of all pupils.
- Ensuring they do not express personal views or beliefs when delivering sessions in this area.
- Modelling positive attitudes to relationships, sex and health education.
- Responding to any safeguarding concerns in line with the Child Protection and Safeguarding Policy.

## **Organisation of the sessions.**

Every school is required to deliver statutory relationships education and health education. The delivery of the relationships education and of health education coincide with one another and will be delivered as and when it becomes developmentally appropriate for the individual pupil.

For the purpose of this policy:

- “Relationships and sex education” is defined as teaching pupils about healthy, respectful relationships, focussing on family and friendships, in all contexts, including online, as well as developing an understanding of human sexuality. This is done in context with the pupil’s individual needs and cognitive understanding.
- “Health education” is defined as teaching pupils about physical health and mental wellbeing, focussing on recognising the link between the two and being able to make healthy lifestyle choices, again this is done in context with the pupil’s individual needs and cognitive understanding.

Any relationships and health activities has been organised in line with the statutory requirements outlined in the DfE (2019) ‘Relationships, Education, Relationships and Sex Education (RSE) and Health Education’ guidance.

All sessions are appropriate for the age and developmental stages of pupils within each class.

A parental workshop was held for parents during the time that new legislation was issued. The school will always be open to parents questions about the RSE curriculum.

## **Consultation with parents**

The school understands the important role parents play in enhancing their children’s understanding of relationships, sex and health. The school works closely with

parents by establishing open communication about all learning areas for our pupils, including Relationships, Sex and Health.

The individualised nature of RSE for our pupils means we discuss each pupil's RSE needs at the EHCP annual review.

### **Adaptation of RSE**

Pupils at Oak View are working at levels considerably below their age related peers and have special needs that potentially create barriers to learning. This greatly impacts pupils' social skills, emotional regulation and understanding of the world.

Therefore, Oak View will adapt the guidelines to make them appropriate and meaningful for our pupils. In practice, this means delivering learning and activities at a level that pupils can understand and at an appropriate time, taking account of pupils learning style and delivering content suitable to each pupil's needs.

We will ensure that the teaching is sensitive, age-appropriate, developmentally appropriate and delivered with reference to the law.

The statutory guidance is divided into different age groups:

<b>Statutory guidance – areas to be taught with age groups</b>	<b>Oak View adaptation</b>
Primary schools (R to year 6): relationship education & health education	Will deliver relationship education & health education to all according to their needs, taking parent's views into account.
Secondary schools (years 7 to 11): relationship and sex education & health education	Will deliver relationship and sex education & health education to all according to their needs, taking parent's views into account. Minimum age group: year 7 and above.
Post 16 (years 12 to 14): no statutory requirement. However, it is recommended post-16 provision supports pupils with their needs.	Will deliver relationship and sex education & health education to all according to their needs, taking parent's views into account. Minimum age group: year 12 and above

The following areas of RSE will be taught as part of the existing curriculum:

- Friends, families, growing up, strangers
- Respect, love and care.
- Social skills, appropriate language and actions (touching), public and private.
- Emotions, how to manage feelings
- Positive and negative influences from friends; peer pressure.

- How healthy relationships can benefit their own mental wellbeing and self-respect.
- Changes in our bodies, differences between people and genders.

The following areas of RSE will only be taught with the permission of parents and only if the pupil is at a suitable developmental stage:

- Sex education (inc. safer sex), pregnancy, babies.
- Laws around marriage, consent, pornography, abortion, radicalisation and gangs.
- Sexual health (HIV, AIDS and other STDs)
- Grooming, sexual exploitation and domestic abuse, coercive and controlling behaviour.
- Physical development, for example how our reproductive systems work,
- Physical and emotional damage caused by FGM
- The laws surrounding sex, sexuality, sexual health and gender identity

## **LEARNING OUTCOMES**

The DfE has defined pupil outcomes. OV has not defined 'deadlines' for when pupils should achieve these. Staff at Oak View are guided by a pupil's developmental stage and their cognitive ability to understand concept

## **Health education overview**

Our focus is teaching the characteristics of good physical health and mental wellbeing.

Learning will be through experiences and strategies that are appropriate to the pupil's needs. These topics will include mental wellbeing, internet safety, physical health and fitness, healthy eating, drugs alcohol and tobacco, keeping healthy, changing bodies and basic first aid.

## **Sex education**

The school is free to determine whether pupils should be taught sex education beyond what is required of the national curriculum. At our school, we do teach pupils sex education beyond what is required under the subject of Science if required. This is always done in accordance to the individual's needs and in discussion with parents.

## **Delivery of the curriculum**

The relationships, sex and health curriculum will be delivered as part of our existing SLD curriculum:

- Some learning will be part of day-to-day learning, for example, relationships, behaviour, respect, emotions and will happen as opportunities arise
- Some learning will be individual lessons.
- Some lessons may be regular lessons/activities as part of the general curriculum or topic.

It will be each teacher's judgement, with support of their managers, how each area is covered, at what level and at what pace.

Here are examples of how teachers may include RSE in their timetables:

<b>Area of RSE</b>	<b>Examples of how it may be taught</b>
Friends, families, growing up, strangers	<i>All about me (Autumn), circle time</i>
Emotions, how to manage feelings	<i>Circle time, using zones of regulation throughout the day.</i>
Social skills, appropriate language and actions (touching).	<i>Throughout the day, including pupil's EHC targets.</i>
Positive and negative influences from friends; peer pressure.	<i>All about me (Autumn), circle time</i>
Changes in our bodies, differences between people and genders.	<i>Sessions from school nurse or skilled teacher for select pupils.</i>
Respect, love and care.	<i>All about me (Autumn), circle time</i>
Sex education (inc. safer sex), pregnancy, babies.	<i>One-off sessions with selected older pupils.</i>
Sexual health (HIV, AIDS and other STDs)	<i>One-off sessions with selected pupils.</i>
Physical development, for example how our reproductive systems work,	<i>Sessions from school nurse or skilled teacher for select pupils.</i>
Emotions, how to manage feelings	<i>All about me (Autumn), circle time. Curriculum: Zones of regulation 5P plans, behaviour strategies</i>
How healthy relationships can benefit their own mental wellbeing and self-respect.	<i>PHSE sessions</i>

## **Equality and accessibility**

The school understands its responsibilities in relation to the Equality Act 2010, specifically that it must not unlawfully discriminate against any pupil because of their protected characteristics. These include:

- Age
- Sex or sexual orientation
- Race
- Disability
- Religion or belief
- Gender reassignment
- Pregnancy or maternity
- Marriage or civil partnership

The school is committed to making reasonable adjustments wherever possible to promote accessibility and inclusivity of the curriculum. The school recognise that pupils with SEND are entitled to learn about relationships, sex and health education, and the programme will be designed to be inclusive of all learners.

Teachers at Oak View understand that they have to adapt their planning and teaching methods and also may have to be more explicit in order to appropriately deliver the programme to pupils with SEND or other needs.

Provisions under the Equality Act 2010 allow our school to take positive action, where it can be evidenced to be proportionate, to respond to particular disadvantages affecting a group because of a protected characteristic.

When deciding whether support is necessary to support pupils with a particular protected characteristic, we will consider our pupils' needs, including the gender and age range of our pupils.

In order to foster healthy and respectful peer-to-peer communication and behaviour between all pupils, the school implements a robust Behavioural Policy, as well as a Child Protection Policy, which set out expectations of pupils.

The school understands that relationships, sex, and health education may include topics which are triggers for teaching staff, and could relate to historic, recent, or current trauma. If this is the case, the school encourages staff to approach their line manager or the school's designated wellbeing lead to discuss this.

## **Withdrawing from sessions.**

Relationships and health education are statutory at primary and parents do not have the right to withdraw their child from the subjects.

Parents have the right to request that their child be withdrawn from some or all of sex education delivered as part of statutory RSE (up to and until three terms before the child turns 16).

At Oak View, the Head Teacher will take a pupil's specific needs into account when making decisions about whether a pupil may be withdrawn.

The headteacher will keep a record of the discussion between themselves, the pupil and the parent. The parent will be informed in writing of the headteacher's decision.

Where a pupil is withdrawn from sex education, the headteacher will ensure that the pupil receives appropriate alternative education.

## **Confidentiality**

Confidentiality within the classroom is an important component of relationships, sex and health education, and teachers are expected to respect the confidentiality of their pupils as far as is possible. Teachers will, however, alert the headteacher about

any suspicions of inappropriate behaviour or potential abuse as per the school's Child Protection Policy.