



**SIR WILLIAM ROBERTSON
ACADEMY**

RELATIONSHIP AND SEX EDUCATION

DECEMBER 2021

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1. Aims

The aims of relationships and sex education (RSE) at our school 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
- Support Sir William Robertson Academy's culture of respect and tolerance

2. Statutory requirements

As a secondary academy school 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 Sir William Robertson Academy we teach RSE as set out in this policy.

A copy of Sir William Robertson's funding agreement is available upon request.

3. Definition

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 not about the promotion of sexual activity.

4. 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.

5. Delivery of RSE

RSE is taught within the personal, social, health and economic (PSHE) education curriculum. At Sir William Robertson Academy this is predominantly, though not exclusively, delivered through a weekly Personal Development session. Personal Development sessions are delivered to Base-Groups by their Base-Tutors who have a good understanding of the needs of children in their group. Base-Tutors will ensure that children with Special Educational Needs are supported in accordance with their IEPs (Individual Educational Plan) where required.

Biological aspects of RSE are taught within the science curriculum, and other aspects are included in religious education (RE).

Pupils also receive stand-alone sex education sessions delivered by visiting, trained, health professionals (eg Positive Health, Lincolnshire Stay Safe Partnership etc).

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

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, LGBT parents, families headed by grandparents, 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).

6. Roles and responsibilities

6.1 The governing board

The governing board will approve the RSE policy, and hold the headteacher to account for its implementation.

6.2 The headteacher

The headteacher, Mr Guest, is responsible for ensuring that RSE is taught consistently across the school. The day-to-day management and implementation of the RSE curriculum, including managing requests to withdraw pupils from non-statutory/non-science components of RSE is delegated to the Deputy Headteacher, Mr Grant.

6.3 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
- Responding appropriately to pupils whose parents wish them to be withdrawn from the non-statutory/non-science 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 Deputy Headteacher, Mr Grant.

6.4 Pupils

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

7. Parents' right to withdraw

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 school 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 deputy headteacher, Mr Grant, will discuss the request with parents and take appropriate action.

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

8. Training

Staff are trained on the delivery of RSE as part of their induction and it is included in our continuing professional development calendar.

The headteacher will also invite visitors from outside the school, such as school nurses or sexual health professionals, to provide support and training to staff teaching RSE.

9. Monitoring arrangements

The delivery of RSE is monitored by Mr Grant, Deputy Headteacher, and the Heads of Year through:

- Work Scrutiny
- Personal Development session learning walks
- Pupil Voice
- Feedback from Base-tutors.

Pupils' development in RSE is monitored by Base-tutors on an ongoing basis.

This policy will be reviewed by Mr Grant annually. At every review, the policy will be approved by Sir William Robertson Academy Local Governing Body.

Appendix 1: Curriculum map

Relationships and sex education curriculum map

YEAR GROUP	TOPIC/THEME DETAILS	RESOURCES
Year 7	<p>CELEBRATING DIFFERENCES · Multicultural Britain · What is your identity? · Nature vs. nurture debate · Equality Act 2010 · Breaking down stereotypes · Prejudice and discrimination · Challenging islamophobia</p> <p>PUBERTY AND BODY DEVELOPMENT · Intro to puberty · Puberty (Girls focus) · Puberty (Boys Focus) · Personal hygiene & Oral hygiene · Growing up - Beware of FGM · Assertiveness, consent & hormones · Self-esteem & Empowerment</p> <p>FRIENDSHIPS, RESPECT AND RELATIONSHIPS · Consent & Boundaries · Respect & Relationships · What makes a good friendship? · Friendships and managing them · Being positive & Self Esteem · Pressure and influence · What does it mean to be a man in 2021?</p>	Cre8tive Program
Year 8	<p>LGBTQ+ EXPLORED · Exploring LGBT+ & Associated key terms · Homophobia in schools · Supporting those that are LGBT+ · Challenging discrimination · Breaking down stereotypes · Transphobia · Coming out in 2021</p> <p>IDENTITY/RELATIONSHIP/SEX EDUCATION · Introduction to RSE · Healthy relationships · Dealing with conflict · Sexual orientation · Gender identity & Equality Act · Introduction to contraception · What is love? · Periods & Menstrual cycles</p> <p>PHYSICAL HEALTH AND MENTAL WELLBEING · Health & wellbeing · What is mental health? · Positive body image · Child abuse · Types of bullying · Healthy eating and cholesterol · Stress management</p>	Cre8tive program

YEAR GROUP	TOPIC/THEME DETAILS	RESOURCES
Year 9	<p>BODY CONFIDENCE · Self-esteem changes · What is a penis? · What is a vulva? · HBT – Bullying in all its forms · Dealing with grief and loss · Media and airbrushing · Cancer prevention · Healthy lifestyles</p> <p>SEX, THE LAW AND CONSENT · Sexual consent & the law · FGM & the law · Delaying sexual activity · Why have sex? · Relationships & partners · Pleasure & masturbation · What are STI's?</p> <p>CONTRACEPTION AND STI'S · STI lesson – the big STI game · Contraception methods available · How to put on a condom · Realities of using contraception · Sexual harassment & stalking · HIV & AIDS · HIV - discrimination & prejudice</p>	Cre8tive program
Year 10	<p>RIGHTS AND RESPONSIBILITIES · Marriage & family</p> <p>EXPLORING RELATIONSHIPS/SEX EDUCATION · Campaigning against FGM · Sexting nudes and dick pics · Porn life vs real life · Porn materials and attitudes · Domestic abuse and violence · Sexual violence · Sexualisation of the media</p> <p>MENTAL HEALTH WELLBEING · Child abuse (CSE) · Screen time & Mobile use · Mental health types · Self-harm · Suicidal thoughts & support · Promoting emotional wellbeing · Mental health & wellbeing</p> <p>VIOLENCE, CRIMES AND SEEKING SAFETY · Forced marriages · Social media validation</p>	Cre8tive program
Year 11	<p>ADULT HEALTH AND LOOKING AFTER YOURSELF · Organ donation & stem cell research · Blood donation · Teenage pregnancy choices · Abortion (morals, laws and thoughts) · Testicular & prostate cancer · Cervical, breast and ovarian cancer · Parenthood · Love & abuse are not the same</p> <p>SEXUAL HEALTH · Peer on peer bullying · Fertility and what impacts it · Alcohol and bad choices · Importance of sexual health · Revisiting contraception · Revisiting STI's · Respect and relationships</p>	Cre8tive program/external agencies
Year 12	<p>Risky Behaviour, HIV Awareness, Drugs Awareness, Relationships, Sex & Consent, Knife Crime.</p> <p>Relationship values, Forming and maintaining respectful relationships, Consent, Contraception and parenthood, Bullying, abuse and discrimination</p>	Cre8tive program/External agencies

YEAR GROUP	TOPIC/THEME DETAILS	RESOURCES
Year 13	Relationship values, Forming and maintaining respectful relationships, Consent, Contraception and parenthood, Bullying, abuse and discrimination	Cre8tive program/External agencies

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

TOPIC	PUPILS SHOULD KNOW
Families	<p>That there are different types of committed, stable relationships</p> <p>How these relationships might contribute to human happiness and their importance for bringing up children</p> <p>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</p> <p>Why marriage is an important relationship choice for many couples and why it must be freely entered into</p> <p>The characteristics and legal status of other types of long-term relationships</p> <p>The roles and responsibilities of parents with respect to raising of children, including the characteristics of successful parenting</p> <p>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</p>
Respectful relationships, including friendships	<p>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</p> <p>Practical steps they can take in a range of different contexts to improve or support respectful relationships</p> <p>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)</p> <p>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</p> <p>About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help</p> <p>That some types of behaviour within relationships are criminal, including violent behaviour and coercive control</p> <p>What constitutes sexual harassment and sexual violence and why these are always unacceptable</p> <p>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</p>

TOPIC	PUPILS SHOULD KNOW
Online and media	<p>Their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online</p> <p>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</p> <p>Not to provide material to others that they would not want shared further and not to share personal material which is sent to them</p> <p>What to do and where to get support to report material or manage issues online</p> <p>The impact of viewing harmful content</p> <p>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</p> <p>That sharing and viewing indecent images of children (including those created by children) is a criminal offence which carries severe penalties including jail</p> <p>How information and data is generated, collected, shared and used online</p>
Being safe	<p>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</p> <p>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)</p>

TOPIC	PUPILS SHOULD KNOW
<p>Intimate and sexual relationships, including sexual health</p>	<p>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</p> <p>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</p> <p>The facts about reproductive health, including fertility and the potential impact of lifestyle on fertility for men and women</p> <p>That there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others</p> <p>That they have a choice to delay sex or to enjoy intimacy without sex</p> <p>The facts about the full range of contraceptive choices, efficacy and options available</p> <p>The facts around pregnancy including miscarriage</p> <p>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)</p> <p>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</p> <p>About the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment</p> <p>How the use of alcohol and drugs can lead to risky sexual behaviour</p> <p>How to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment</p>

Appendix 3: 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	<i>Include notes from discussions with parents and agreed actions taken. Eg: Joe Bloggs will be taking part in all relationships lessons and during the sex education lessons, he will be working independently on a project in the Heads of Year area</i>