



ST ALBANS  
SCHOOL

# Relationship and Sex Education Policy

Date of review	April 2021
Effective date	July 2021
Date of next review	April 2022
Responsibility for Review	Head of PSHEE
Circulation	Governors, all staff, volunteers.
Status	Complies with the ISI Handbook for the Inspection of Schools Commentary on the Regulatory Requirements dated September 2020, Equality Act (2010) Working Together to Safeguard Children (2015), Keeping Children Safe in Education (September 2016 – 2021 updates), Sex and Relationship education guidance (2020)

## **Aims**

The aims of Relationship and Sex Education (RSE) at our school are to:

- Provide a framework in which sensitive discussions can take place
- Support pupils understanding of 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
- Promote inclusivity by an awareness and acknowledgement of diversity
- Allow students to make informed decisions about sex and relationships and contextualise these within the digital age

## **Statutory requirements**

At St Albans School we teach RSE as set out in this policy. This forms part of the Personal, Social, Health and Economic Education (PSHEE) curriculum and is in line with the government recommendations in the Relationship and Sex Education Guidance (Sept 2020) and has been developed in consultation with the governors and the parents of our pupils.

This policy has been developed in consultation with staff, pupils and parents.

The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019, made under sections 34 and 35 of the Children and Social Work Act 2017, make Relationships Education compulsory for all pupils.

## **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 does not promote sexual activity either directly or indirectly.

## **Delivery of RSE**

RSE is taught within the PSHEE curriculum and is a natural progression from Primary School RSE. Biological aspects of RSE are taught within the science curriculum in the First and Fifth Forms. Religious perspectives are included in Religion, Philosophy and Ethics (RPE) and online aspects in Computing, in Lower School.

PSHEE sessions, which will include RSE, are delivered weekly by tutors, as outlined in the scheme of work. In addition, there are termly PSHEE days, using specialist external speakers, who deliver content in line with the termly PSHEE themes, to include RSE topics.

Across all Key Stages, pupils will be supported with developing the following skills:

- Communication, including how to develop and manage changing relationships and emotions
- Understanding of human sexuality, including self-esteem and the need for consent
- Recognising and assessing potential risks, to include grooming, radicalisation, female genital mutilation (FGM) and forced marriage
- Understanding the impacts of watching pornography
- Seeking help and support when required
- Knowledge of the law
- Informed decision-making, including faith perspectives
- Self-respect, empathy and equality for others, including lesbian, gay, bisexual and transgender (LGBT) issues and the law

### **Roles and responsibilities**

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

The Headmaster is responsible for ensuring that RSE is taught consistently across the school, and for managing requests to withdraw pupils.

Tutors are responsible for:

- Delivering RSE in a sensitive way, ensuring it is inclusive and age-appropriate
- Maintaining professional boundaries
- Modelling positive attitudes to RSE
- Monitoring discussions and progress
- Reflecting on pupils' progress in RSE in their tutor report comments
- Answering pupils' questions in an age-appropriate manner
- Passing on any safeguarding concerns to the Designated Safeguarding Lead
- Responding to the needs of individual pupils, including special educational needs and disability (SEND) students
- Responding appropriately to pupils whose parents wish them to be withdrawn from sex education

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 Headmaster.

The Head of PSHEE is responsible for:

- Compilation of whole school scheme of work
- Provision of age-appropriate and inclusive RSE resources
- Support of tutors delivering RSE
- Monitoring of RSE delivery
- Assessing the effectiveness of the RSE programme

### **Parents' right to withdraw**

Parents have the right to withdraw their children from the non-Science components of Sex Education only. Relationship education is compulsory. Requests for withdrawal should be put in writing and addressed to the Headmaster. A copy of withdrawal requests will be placed in the pupil's educational record. The Headmaster will discuss the request with parents and take appropriate action. Alternative work will be given to pupils who are withdrawn from Sex Education. Parents can withdraw pupils up until their sixteenth Birthday.

### **Pupils' right to opt in**

Pupils are expected to engage fully in RSE and, when discussing issues related to RSE, treat others with respect and sensitivity. Pupils who have been withdrawn by their parents have a right to opt back into RSE up to three terms before their sixteenth Birthday.

### **Monitoring and Evaluation**

The delivery of RSE is monitored by the Head of PSHEE through the delivery of a set curriculum and termly learning walks. The content is evaluated by pupil focus groups and teacher feedback. Pupils' development in RSE is monitored by tutors, through discussion and reported on through twice-yearly tutor reports. A question on the wellbeing survey refers to healthy relationships, this and other relevant questions are analysed by the Head of PSHEE. An annual PSHEE exam is sat in the Summer Term by all pupils, this multiple-choice exam tests pupils' understanding of the key points covered that year and also gives space for self-reflection. The policy will be reviewed annually by the Head of PSHEE.