



PUTNEY
HIGH SCHOOL

GDST
GIRLS' DAY SCHOOL TRUST

Relationships and Sex Education Policy

Relationships and Sex Education Policy

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Relationships and Sex Education Policy (RSE) Policy

Putney High School's Relationships & Sex Education (RSE) below should be read in conjunction with the school's policies on British Values and Prevent Guidance, Citizenship Education, Preventing Radicalisation, PHSE Education Policy, Drug Education and Spiritual, Moral, Social and Cultural Development (SMSC).

Objective

The objective of Relationships and Sex Education (RSE) is to help and support young people through their physical, emotional, and moral development. It is about understanding the importance of stable and loving relationships, respect, love and care. It is also about the teaching of sex, sexuality, and sexual health.

Sex and relationships education has three main elements:

Attitudes and Values

- Learning the importance of values and individual conscience and moral considerations
- Learning the value of family life and stable and loving relationships for the nurture of children
- Learning the value of respect, love and care
- Exploring, considering, and understanding moral dilemmas
- Developing critical thinking as part of decision-making

Personal and Social Skills

- Learning to manage emotions and relationship confidently and sensitively
- Developing self-respect and empathy for others
- Learning to make choices based on an understanding of differences and with an absence of prejudice
- Developing an appreciation of the consequences of choices made
- Managing conflict
- Learning how to recognize and avoid exploitation and abuse

Knowledge and Understanding

- Learning and understanding physical development at appropriate stages
- Understanding human sexuality, reproduction, sexual health, emotions and relationships
- Learning about contraception and the range of local and national sexual health advice, contraception and support services
- Learning the reasons for delaying sexual activity and the benefits to be gained from such delay

- The avoidance of unplanned pregnancy

RSE at Putney High School

We appreciate that pupils show a wide range of physical and emotional maturity, and come from a broad range of religious, cultural, social and ethical backgrounds.

Aspects of sex education are covered both in the school curriculum and in the Tutorial/PHSE programmes. The various topics are addressed at carefully chosen stages in the physical, intellectual, and social development of the girls.

The Science Department contributes to the curricular part of the sex education programme through normal teaching periods.

The Religious Education Department also covers specific aspects of relationships education when looking at religious practices and differences.

The Tutorial/PSHE programme is designed to supplement the curricular component and to keep pupils informed and to stimulate discussion, with a view to preparing them for making informed choices on sexual behaviour as the need arises. The majority of RSE will be delivered by our school nurse who is trained and experienced in this area. Less complex issues will be taught by form tutors as they know their pupils well. However, where tutors feel uncomfortable doing this (e.g., as a male member of staff) specialist teachers will be used e.g., Heads of Section and PE staff.

The subject is monitored and evaluated by the PSHE Coordinator through a combination of staff training, lesson observations, student surveys before and after taught content, and assessment for learning activities.

We review the policy on a regular basis to ensure that it is in line with current Government guidance and legislation and to ensure that our RSE programme continues to meet the needs of our pupils. The next review date will be Wednesday 19 April 2023. Parents will be contacted for consultation as and when any changes are proposed to this policy.

Further information on Relationships and Sex Education can be found on the Department for Education website here:

<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education>

Parental right to request their child be excused from sex education

As outlined within the Statutory Guidance, parents/carers have the right to request their child be withdrawn from all or part of sex education lessons that are delivered as part of RSE.

Parents/carers do not have a right to withdraw their child from Relationships Education.

Parents/carers do not have the right to withdraw their child from any sex education delivered as part of the Science curriculum.

Parents do not have the right to withdraw their child from Health Education.

All children will have the right to opt into sex education three terms before they turn 16 and the school will make arrangements for this to happen. In practice, this means that when a child turns 15 they have the right to be taught sex education if they want to.

Although parents/carers have the right to request to withdraw their child from any or all of sex education as part of Relationships Education, it is our aim to encourage parents to see the value of RSE learning and its contribution to keeping children safe, developing their emotional, social and physical wellbeing and for promoting equality and social justice.

Should a parent decide that they do not wish their child to take part in any of these lessons, we would ask that they first speak to the headteacher to discuss their concerns. The headteacher will discuss the request with the parent/carer to fully understand and address any concerns/objections to the content of the curriculum. If parents/carers do decide to withdraw their child, they should inform the headteacher in writing and the school will keep a record of this.

Except in exceptional circumstances, we will respect the parents' request to withdraw their child up to and until three terms before the child turns 16. After that point, if the child wishes to receive sex education rather than be withdrawn, the school will make arrangements to provide the child with sex education during one of those terms. We will remind parents annually that the request to withdraw is still in place and invite them to confirm whether they still want it.

The following topics are covered in RSE at Putney High School:

Year 7

- Puberty and periods
- Gender identity and stereotypes
- Healthy and unhealthy relationships
- Romantic relationships
- Right to privacy
- Appropriate vs. inappropriate behaviour
- Online safety and sexting
- FGM

Year 8

- Introduction to identity
- Masculinity v femininity - gender stereotypes / norms and the impact
- Sex v gender v sexual orientation v gender expression
- LGBTQIA+ - what does this mean and why does it matter?
- Healthy relationships (including friendships)
- Defining how we want to be treated by people we care about
- Identifying positive and problematic relationship behaviours
- Improving negative relationship communication scenarios
- Introduction to ideas of 'contraception' and 'protection'

- What is 'sex', and what are some things people who have sex need to be aware of?
- Different types of sex
- Sexual values, consent, trust and respect

Year 9

- In-depth discussion of sexual consent:
- What we mean by 'consent', and what's the law?
- Supporting friends
- Parties: protecting friends
- Coercive control and peer pressure or peer abuse
- Introducing contraception and sexual health
- Preventing sexually transmitted infections and unwanted pregnancy
- Accessing sexual health services
- Body image: Exploring image ideals and the impact
- Tackling toxic body image ideals: reporting harmful ads, hiding Instagram feeds, following body positive pages, importance of self-care
- Body image and appearances; representation of sex; omission of consent in mainstream pornography

Year 10

- Exploring an inclusive definition of "sex"
- Female health
- Consent and communicating boundaries - verbal and non-verbal signs of consent and non-consent
- The law around consent, harassment and assault
- Exploring the key differences between sex/bodies online and in reality
- Body image and appearances; representation of sex; omission of consent in mainstream pornography
- Reinforcement of harmful racial and gender stereotypes in mainstream pornography.
- Nudes: the law and navigating social pressures
- Digital defence strategies: blocking and reporting on various platforms (both online and offline)
- Image-based abuse (sharing or threatening to share nudes without consent) - what you can do as an under 18
- Supporting others and avoiding victim-blaming (trying to be non-judgemental)
- Unwanted sexual advances online: understanding online interactions within a framework of consent and respectful relationships.
- Preventing pregnancy: what is contraception, when is it needed, what are the options
- Accessing sexual health services
- Emergency contraception and abortion

Year 11

- Sexual consent in practise

- Verbal and non-verbal signs of consent and non-consent – assertive communication
- Small-group discussion of consent scenarios
- Scenario-based analysis and discussion
- Relationship challenges and abuse
- The role of sexual pleasure in understanding consent
- Legal definitions: sexual harassment, sexual assault, rape and seeking help.
- Preventing STIs: when is there a risk, what are STIs, prevention (including barrier methods demo), screening and treatment
- Emergency contraception and unwanted pregnancy
- Understanding the difference between sex, gender, gender expression and sexual orientation
- Gender in society and stereotypes
- Marriage and forced marriage

Sixth Form

Year 12 and Year 13 students have their PSHE lessons together and the majority of these take the form of lectures or workshops from outside organisations.

- Peer-on-peer abuse, personal safety, risky behaviour
- Navigating life at university (peer pressure, alcohol, drugs, sexual activity)
- Navigating life in the workplace – personal safety and tackling inappropriate behaviour (rights and routes towards help)
- Women's health, STIs and unwanted pregnancy
- Safe travel, female health, including issues around safer sex
- HIV from a global perspective
- LGBTQIA+ and issues around human sexuality
- Tackling toxic body ideals online and in pornography
- Promoting healthy lifestyles

All year groups

Diversity Week

- LGBT Community awareness and celebration of difference

Related Policies

- Britishness
- British Values and Prevent Guidance
- Citizenship Education
- Drug Education
- Preventing Radicalisation
- Spiritual, Moral, Social and Cultural Development (SMSC)