PUTNEY
HIGH SCHOOL
GDST
GIRLS' DAY SCHOOL TRUST

Putney High School Policy

Relationships, Sex and Health Education (RSHE) Policy
(Senior School)

Putney High School Policy

Relationships, Sex and Health Education Policy (RSHE) Policy

Table of Contents

Page No

Introduction 3
Objective 3
Attitudes and Values 3
Personal and Social Skills 3-4
Knowledge and Understanding 4
RSHE at Putney High School 4-5
Parental right to request their child be excused from sex education 5-6
Topics covered by Year Group 6-8
Related policies 8

Relationships, Sex and Health Education Policy (RSHE) Policy

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

Objective

The objective of Relationships, Sex and Health Education (RSHE) 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.

Relationships, Sex and Health Education also support pupils to develop the knowledge, understanding and skills needed to navigate modern relationships and digital environments safely and responsibly. This includes understanding consent, online influences, healthy relationship behaviours, personal safety, the impact of pornography, and how to access appropriate support and health services when needed.

Relationships, Sex and Health Education have 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 relationships 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
- Developing the skills to challenge harmful stereotypes, misogyny and discriminatory behaviour

- Critically evaluating online content, including content generated through artificial intelligence, social media and online influencers
- Identifying sources of help and support for relationship, sexual and mental health concerns

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
- Understanding pregnancy choices, reproductive health and informed decision-making regarding contraception
- Understanding the impact of online content, including pornography and social media, on expectations of relationships and sexual behaviour
- Understanding menstrual, reproductive and gynaecological health across the lifespan
- Understanding how harmful online communities and ideologies can influence attitudes towards relationships and gender
- Understanding how and where to access confidential health advice and support services

RSHE at Putney High School

We appreciate that pupils show a wide range of physical and emotional maturity and come from a broad range of backgrounds. Our RSHE programme is designed to be inclusive, age-appropriate and responsive to the needs of our pupils.

RSHE is delivered through a planned programme of learning within PSHE, supplemented where appropriate by the Science and Religious Education curricula. The curriculum is carefully sequenced to develop pupils' knowledge, understanding, skills and confidence as they progress through the school.

Teaching supports pupils to develop healthy, respectful relationships; understand consent and personal boundaries; make informed decisions; recognise and challenge harmful behaviours and stereotypes; and access support when needed. Learning also reflects contemporary issues affecting young people, including online safety, social media influences, artificial intelligence, body image, sexual harassment and healthy relationships.

RSHE is a key component of the school's safeguarding programme. Teaching supports pupils to recognise unhealthy relationships, coercion, exploitation, abuse and harmful online

behaviours. Pupils are taught how to seek help, report concerns and access appropriate support both within school and from external agencies.

RSHE is delivered by school staff and, where appropriate, supported by carefully selected external specialists. Any external organisations contributing to the programme are quality assured by the school and their input is designed to complement, not replace, teaching delivered by school staff.

The programme is monitored and evaluated by the PSHE Lead through staff training, lesson observations, student voice, assessment activities and regular curriculum review to ensure that provision remains relevant, effective and compliant with current statutory guidance.

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.

Further information on Relationships, Sex and Health 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

Parents' right to request withdrawal from sex education

The school will consult with parents when reviewing and updating this policy and when making significant changes to the RSHE curriculum.

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 RSHE.

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/carers do not have the right to withdraw their child from health education.

In line with statutory guidance, pupils may choose to receive sex education during the three terms before their sixteenth birthday if they wish to do so, even where a parent/carer has previously requested withdrawal. Appropriate arrangements will be made by the school to facilitate this.

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 RSHE learning and its contribution to keeping children safe, developing their emotional, social and physical wellbeing and for promoting equality and social justice. The school believes that RSHE plays an important role in safeguarding, wellbeing, and preparing young people for adult life and therefore encourages all pupils to participate in the full programme.

Should a parent/carer 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 RSHE at Putney High School:

Year 7

- Puberty and periods
- Gender and stereotypes
- Healthy and unhealthy relationships (including friendships)
- Online safety
- Respectful vs. inappropriate behaviour
- Consent
- Developing assertive communication and personal boundaries
- Understanding trusted adults and how to seek support
- Introduction to misinformation and online influences

Year 8

- 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
- Family values and relationships

Year 9

- What we mean by 'consent', and what's the law?
- Supporting friends
- Coercive control and peer pressure or child on child abuse
- Contraception
- Sexual health
- Accessing sexual health services
- Body image: Exploring image ideals and its impact
- Tackling toxic body image ideals: reporting harmful ads, hiding Instagram feeds, following body positive pages, importance of self-care
- Focus on misogyny and online influencers
- Understanding the influence of AI-generated content, edited images and unrealistic online portrayals of relationships and appearance

Year 10

- Exploring an inclusive definition of "sex"
- Female health
- Menstrual health conditions including endometriosis and when to seek medical advice
- Understanding how to access healthcare and support for women's health concerns
- 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

Year 11

- Sexual consent and healthy sexual relationships
- Verbal and non-verbal signs of consent
- Scenario-based analysis and discussion
- Relationship challenges and abuse
- 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, unwanted pregnancy and abortion
- Gender in society and stereotypes
- Marriage and forced marriage
- Recognising harmful online communities and extremist misogynistic influences
- Building healthy attitudes towards relationships, equality and mutual respect
- FGM

Sixth Form

Year 12 and Year 13 students have their PSHE lessons together, and many of these take the form of lectures or workshops delivered with the support of external organizations and specialists.

- 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
- Accessing healthcare services independently and advocating for personal health needs
- Healthy adult relationships, communication and conflict resolution
- Menopause, fertility and reproductive health awareness.
- 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)
- Safeguarding and Child Protection
- Online Safety
- Equality, Diversity and Inclusion
- Mental Health and Wellbeing