



## Relationships and Sex Education Policy

This policy applies to all School departments, including EYFS

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### 1. Introduction

This policy was informed by: Relationships Education, Relationships and Sex Education (RSE) and Health Education Statutory Guidance (DfE 2019), Keeping Children Safe n Education (DfE 2020), Mental Health and Behaviour in Schools (DfE 2018). Promoting Fundamental British Values as part of SMSC in schools (DfE2014) and SMSC requirements for independent schools (DfE 2019). Nottingham Roman Catholic Diocesan Education Service guidance.

It should also be read in conjunction with our Curriculum Policy and the LSF Safeguarding Policy.

### 2. What is Relationships and Sex Education? (RSE)

Relationships and Sex Education (RSE) is learning about the emotional, social and physical aspects of growing up, relationships, sex, human sexuality and sexual health. It should equip young people with the information, skills and values to have safe, fulfilling and enjoyable relationships and to take responsibility for their sexual health and wellbeing.

### 3. RSE Aims

Our RSE programme aims to prepare pupils for an adult life in which they can:

- Develop positive values and attitudes within a Christian, moral framework that will guide their decisions, judgements and behaviour, having the confidence and self-esteem to value themselves and others and have respect for individual conscience and the skills to judge what kind of relationship they want.
- Avoid being exploited or exploiting others or being pressured into unwanted or unprotected sex.
- Communicate effectively by developing appropriate terminology for relationship and sex issues.
- Develop awareness of their sexuality and understand human sexuality; challenge sexism and prejudice, and promote equality and diversity.
- Understand the reasons for having protected sex and be able to access local sexual health services with confidence as appropriate.
- Know how the law applies to sexual relationships.

### 4. Principles and values by which RSE is taught

Loughborough Amherst School is committed to teaching RSE.

We are involved in relationships and sex education precisely because of our Christian beliefs about God and about the human person. The belief in the unique dignity of the human person made in the image and likeness of God underpins the approach to all education in a Catholic school. Our approach to RSE therefore is rooted in the Catholic Church's teaching of the human person and presented in a positive framework of Christian ideals.

At the heart of the Christian life is the Trinity; Father, Son and Spirit in communion, united in loving relationship and embracing all people and all creation. As a consequence of the Christian belief that we are made in the image and likeness of God, gender and sexuality are seen as God's gift, reflect God's beauty, and share in the divine creativity. RSE, therefore, will be placed firmly within the context of relationship as it is there that sexuality grows and develops.

Following the guidance of the Bishops of England and Wales and as advocated by the DFE (and the Welsh Assembly Government) RSE will be firmly embedded in the PSHCE framework as it is concerned with nurturing human wholeness and integral to the physical, spiritual, emotional, moral, social and intellectual development of pupils. It is centred on Christ's vision of being human as good news and will be positive and prudent, showing the potential for development, while enabling the dangers and risks involved to be understood and appreciated.

All RSE will be in accordance with the Church's moral teaching. It will emphasise the central importance of marriage and the family whilst acknowledging that all pupils have a fundamental right to have their life respected whatever household they come from. It will also prepare pupils for life in modern Britain.

## **5. Organisation and Content of RSE**

Relationships and Sex Education provides knowledge, and encourages the acquisition of skills and attitudes which help pupils develop mutually supportive relationships with friends, family and sexual partners, and manage their adult lives in a responsible and healthy way. RSE is taught in an age-appropriate manner throughout the school.

Our programme states clearly Catholic values relating to the importance of stable relationships, marriage and family life. It also promotes those virtues which are essential in responding to the God's call to love others with a proper respect for their dignity and the dignity of the human body. The following virtues will be explicitly explored and promoted: faithfulness, fruitfulness, chastity, integrity, prudence, mercy and compassion.

- RSE forms part of our PSHCE curriculum which has a timetabled lesson in every year group.
- Where possible we make use of experienced staff and outside speakers and health professionals.
- Parents/carers are informed of the RSE content and invited to discuss any questions or concerns.
- We deliver lessons where pupils feel safe and we encourage participation to develop critical thinking and relationship skills.
- We discuss real life issues appropriate to the age and stage of pupils, including families, consent, abuse, sexual exploitation and online safety.
- We foster gender equality and challenge any form of discrimination in RSE lessons and in everyday school life.
- We meet the needs of our pupils with their diverse experiences, including those with SEN and disabilities, recognising the importance of pupil voice within the classroom and also as part of an annual survey.

## **6. RSE by Key Stage**

Across all year groups, RSE has a focus on the development attitudes not just the acquisition of knowledge.

### **Early Years Foundation Stage**

Children learn about the concept of male and female and about young animals. In ongoing PSHCE work and the RE curriculum, they develop skills to form friendships and think about relationships with others. They reflect on being special and unique and are encouraged to wonder about these things.

Parents are advised of the nature content of the RSE programme.

### **Key Stage 1**

Through work in science children learn about life cycles of some animals, understand the idea of growing from young to old and learn that all living things reproduce. They learn about the importance of basic personal hygiene to maintain good health. In RE and PSHCE time children reflect on family relationships, different family groups and friendship including within the community. They learn about rituals and traditions associated with birth, marriage and death and talk about the emotions involved. They co-operate with others in work and play and begin to recognise the range of human emotions and ways to deal with them. They also learn about personal safety. They learn about ways to be safe at an age appropriate level and the scientific names of body parts.

Parents are advised of the nature content of the RSE programme. They

### **Key Stage 2**

In Science children build on their knowledge of life cycles.

Children are taught about the physical, emotional and social changes at puberty, which include personal hygiene. In RE and PSHCE, they continue to develop an understanding of relationships within a family, between friends and the community and that there are different patterns of friendship. In the lower part of Key Stage 2, they think about how friendships bring happiness but can break down and need to be repaired as well as the innate dignity that each of us have. They will develop skills needed to form relationships and to respect other people's emotions and feelings. Upper Key Stage 2 looks at puberty and changes in bodies in more detail preparing them to take care of themselves physically and emotionally as this happens to them. By Year Six, they also learn about how human life is conceived.

Parents are advised of the nature content of the RSE programme.

### **Key Stage 3-5**

RSE is delivered through the PSHCE programme, RE and Science lessons.

Much of the RSE takes place within PSHCE lessons which are timetable lessons of 30 minutes per week. The lessons are taught by form tutors with the support of the Head of PSHCE and Head of Year if necessary. Sex education takes place in tutor groups so that questions and discussion are encouraged and account is taken of the different levels of maturity within the group. Tutors know their groups well so can establish clear ground rules for sensitive discussion to take place. When pupils ask questions, we aim to be honest and open within the agreed ground rules. We never allow personal questions or comments. We allow pupils to put questions in a box anomalously which will be answered honestly and openly by the teachers. Where appropriate questions can be answered on an individual basis.

Many of the resources used are recommended by the PSHE association.

All tutors/ teachers are expected to teach RSE in accordance with the Catholic Ethos of the School.

The scientific aspects of reproduction and puberty and delivered by the staff in the Science department.

These lessons are more concerned with the physical aspects of development and reproduction, although the importance of relationships is included in the scheme of work.

## **7. Safeguarding**

We are aware that the content of RSE brings an understanding of what is not appropriate in a relationship, can lead to a disclosure of a safeguarding nature. The DLS/ deputy DSL are always available and staff are given annual training and how to deal with safeguarding issues.

## **8. Confidentiality, controversial and sensitive issues**

Teachers, including the school Matron, cannot offer unconditional confidentiality and pupils are made aware of this prior to any possible sensitive disclosure. However, teachers are not legally bound to inform parents of any disclosure unless the Head Teacher has specifically requested them to do so. School nurses (Matron) is subject to her own professional code of confidentiality which specifies that health and personal issues are kept confidential except where disclosure is required on matters regarding safeguarding.

## **9. Right of Withdrawal**

Parents have the right to request that their child be withdrawn from some or all of our sex education delivered as part of RSE (other than those which are part of the Science curriculum) up to and until three terms before their child turns 16.

All parents will be sent the schemes of work for PSHCE at the beginning of the academic year. For Senior Pupils, this clearly states the timings of RSE and how it fits into the scheme for the year. Parents of Pupils in the Preparatory School are informed by letter with more details about the exact content of the work being undertaken.

Before granting the request the Head Teacher will discuss the request with parents and, as appropriate, with their child, to ensure that their wishes are understood and to clarify the nature and purpose of the curriculum as well as review any RSE resources the school uses. Once these discussions have taken place, except in exceptional circumstances, then Loughborough Amherst School will respect the parents' request. After that point, if the pupil wishes to receive sex education rather than be withdrawn, we will make arrangements to provide them with sex education during one of those terms.

The process above is the same for pupils with SEND, however there may be exceptional circumstances where the school may want to take a pupil's specific needs arising from their SEND into account when making the decision.

If a pupil is withdrawn from sex education, we will ensure that the pupil receives appropriate, purposeful education during the period of withdrawal.

There is no right to withdraw from Relationships Education or Health Education.

## **10. Monitoring and Evaluation**

A pupil survey of the PSHCE provision (KS3-5) is undertaken annually towards the end of the course and informs curriculum changes for the following year.

This policy has been drawn up in conjunction with SLT, Head of PSHCE. It will be subject to annual review.

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This policy was approved by SLT:

Date: November 2024

Point of contact (Reviewer): P. Fender

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