



# Relationships and Sex and Health Education Policy (RSHE)

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<b>SLT Lead</b>	Headteacher
<b>Signed: Head Teacher</b>	_____
<b>Chair of RIB</b>	_____

Orion Academy is committed to providing high quality Relationships, Sex and Health Education (RSHE) and guidance as an integral part of the Personal, Social and Health education (PSHE) curriculum for all students in years 6 – 11.

This policy will seek to ensure that the provision is appropriate to the age, ability and SEND of the individual student and is underpinned by an equality of opportunity and latest research recommendations and guidance. This policy has been developed following a consultation with parents and carers.

RSHE is learning about the emotional, social and physical aspects of growing up, relationships, sex, sexuality and sexual health. It should support students in accessing accurate information, develop skills and form positive beliefs, values and attitudes. It also gives students essential skills for building positive, enjoyable, respectful, loving and non-exploitative friendships and relationships, staying safe both on and offline.

At Orion all staff will endeavour to create an atmosphere where every member of the school community feels respected and valued, where self-esteem is nurtured and where principles of tolerance and equal opportunities are seen in action and that the teaching of how to build good relationships is a natural part of every day school life.

***At Orion we will commit to offering all our staff high-quality, current and regular training to support to “better understand” the definitions of sexual abuse, in being able to spot early signs of such cases and can “consistently uphold standards in their responses” to incidents.***

We recognise that young people today face unprecedented pressures posed by modern technology so our PSHE and RSHE programme will provide them with the information they need to stay safe and build resilience against the risks of exploitation. We know that good PSHE and RSE supports young people to make informed choices and decisions. (see PSHE policy)

Aims for Relationships and Sex and Health Education (RSHE):

- To be an identifiable part of our PSHE curriculum, which has planned, timetabled lessons across all Key Stages.
- To be taught by confident and knowledgeable staff, supported by expert visitors who will enhance and supplement the programme where appropriate
- To work in partnership with parents and carers, informing them about what their child will be learning and about how they can contribute at home
- To deliver lessons where students feel safe and encouraged to participate by using a variety of teaching approaches
- To promote safe, equal, caring and enjoyable relationships and discuss real-life issues appropriate to the age and stage of the students, including friendships, families, consent, relationship abuse, sexual exploitation and safe relationships
- To give a positive view of human sexuality with honest and medically accurate information, so that students can learn about their bodies and reproductive health in ways that are appropriate to their age and maturity
- To give students opportunities to reflect on values and influences (such as from peers, media, faith and culture) that may shape their attitudes to relationships and sex, and nurtures respect for different views

- To include learning about how to get help and treatment from sources such as the school nurse and other health and advice services, such as the school nurse and other health and advice services, including reliable information online
- To foster gender equality and LGBTQ+ (lesbian, gay, bisexual, trans, questioning) equality and challenges all forms of discrimination in RSHE lessons and in everyday school life
- To meet the needs of all students with their SEND and diverse experiences
- To seek student view about RSHE so that teaching can be made relevant to their real lives and assessed and adapted as their needs change

## **Delivery of RSHE**

RSHE is part of the planned PSHE programme delivered by class teachers, where possible and is delivered in line with the National Curriculum for Science, the national framework for PSHE and the PSHE Association.

### **Curriculum overview:**

*Please refer to Appendix for a yearly overview of the RSE curriculum.*

In addition to teaching RSHE through the curriculum offer, we recognise the need to deliver key messages implicitly through cross curricular links, the ethos of the school and the behaviour and attitudes of the adults within it. RSHE will be linked to the following subjects:

- **Citizenship:** students are provided with the knowledge, skills and understanding to help prepare them to play a full and active part in society, including an understanding of how laws are made and upheld and how to make sensible decisions.
- **Science:** students are taught about the main external parts of the body and changes to the human body as it grows, including puberty
- **ICT and computing:** students are taught about how they can keep themselves safe online and the different risk that they may face online as they get older
- **PSHE:** student learn about respect and difference, values and characteristics of individuals

Some of our students may require individual support and teaching of RSHE and in these cases this work will be linked to their individual targets from their Termly Outcome Plans linked to their Education, Health and Care plans.

### **Delivery and Implementation:**

RSHE will be delivered in a variety of ways, including:

- Sessions delivered by specialist professionals,
- Lessons delivered by the class team
- 1:1 sessions with pastoral support staff
- Small group discussions
- Off-site visits
- Using on-line and interactive resources

All teachers will be involved in providing guidance for their students on RSHE and will ensure that the delivery and content of the programme is suitable and appropriate for their

SEN. All staff at Orion Academy have a responsibility to make appropriate contributions to the wider PSHE curriculum through their roles as tutors, subject specialists and specialist support staff to fulfil the aims of the whole school policy.

### **Assessing, monitoring, evaluating and reviewing RSHE**

Assessment of RSHE should:

- Be planned from the beginning as an integral part of teaching and learning
- Involve students in discussion about learning objectives and desired outcomes
- Include students as partners in the assessment process e.g. through peer and self-assessment
- Enable students to identify and gather evidence of their progress in developing knowledge, skills, understanding and attitudes
- Reflect the principles of inclusion and the range of students' learning styles and SEND enabling all students to demonstrate their achievement

### **Monitoring, Evaluation and Review**

The RSHE programme will be regularly monitored and evaluated. The views of all stakeholders will be used to make improvements and changes to the programme on an ongoing basis. A formal review will take place every 2 years in order to:

- Review and plan the content and delivery of the programme of study for relationships and sex education
- To review resources and renew as appropriate
- To update training in line with current guidance and staff identified needs

To ensure consistency and continuity throughout the school, RSHE will be monitored by the SLT through the monitoring and evaluation schedule. There will be opportunities for dialogue with staff, students, parents and carers, lesson observations, samples of student work, learning walks, etc.

### **Working in partnership with parents and carers**

At Orion Academy, we understand that the role of parents and carers is vital in the development of their child's understanding about relationships.

A letter will be sent out to parents and carers before the RSHE program begins and it will provide core information about the delivery content. This will provide support to parents/carers to reinforce specific learning at home and to help prepare for questions they may be asked.

If parents and carers have concern regarding RSHE they may contact their child's class teacher in the first instance.

Parents have the right to request that their child is withdrawn from some or all of the sex education as delivered as part of statutory RSHE. Parents **do not have** the right to withdraw their child from the relationships or health elements of the programme. Before granting a withdrawal request the Head Teacher will discuss the request with the parents and carers and, if appropriate, the child, to ensure their wishes are understood and to clarify the nature and purpose of the curriculum.

Following discussions with parents, their request to withdraw their child will be respected up to and until three terms before the child turns 16. After this point, if the child wishes to receive RSHE rather than be withdrawn, then the child may attend the RSHE lessons.

Students who are withdrawn from RSHE will receive appropriate, purposeful education during the full period of withdrawal.

### **Safeguarding and confidentiality**

All students will be taught about keeping themselves safe, including online, as part of a broad and balanced curriculum.

When teaching issues that are particularly sensitive for students of all ages, e.g. self-harm or suicide teachers will prioritise preventing self-harm or suicide as a central goal.

Confidentiality within the classroom is an important component of RSHE and teachers are expected to respect the confidentiality of their students as far as is possible. However, teachers understand that some aspects of RSHE may lead to a student raising a safeguarding concern and that if a disclosure is made, the safeguarding team will be made aware immediately.

### **Equality and Accessibility**

Orion Academy will comply with the relevant requirements of the Equality Act 2010 and will ensure the curriculum does not discriminate against students because of their:

- Age
- Sex
- Race
- Disability
- Religion or belief
- Gender reassignment
- Pregnancy or maternity
- Marriage or civil partnership
- Sexual orientation

If necessary, additional support will be put in place to support students with the above protected characteristics.

Orion Academy is actively aware of everyday issues, such as sexism, misogyny, homophobia and gender stereotypes and takes positive action to build a culture within which these are not tolerated. Any occurrences of such issues will be identified and tackled promptly.

## **Links**

When writing this policy, the following advice and guidance has been considered:

- Sex and Relationship Guidance: DfE 0116/2000
- [www.pshe-association.org.uk](http://www.pshe-association.org.uk)
- PSHE policy
- SEND policy
- Equality policy
- Safeguarding policy
- 'Keeping children safe in education' DfE 2020
- E-safety policy
- Ofsted Review on Sexual Abuse in Schools 2021