



**KINGS
COLLEGE**
GUILDFORD

Relationships and Sex Education Policy 2020-2021

Kings College Guildford

“An uncompromising commitment to excellence”

POLICY REVIEW AND AMENDMENT LOG

Statutory or Recommended: Statutory
Review frequency: Every year
Next review date: December 2021

Reviewed By	Review Date	Reviewing Governor	Date Approved by Governing Body
Kate Carriett	July 2013	Matthew Armstrong	July 2013
Anna Wallis	June 2016		
Anna Wallis	July 2019	Bob Arnold	26/09/2019
Anna Wallis	December 2020	Mick Michell	22/06/2021

1. AIMS

Kings College believe that in order to live a happy adult life, pupils need knowledge that will enable them to make informed decisions about their wellbeing, health and relationships.

The aims of relationships and sex education (RSE) at our school are to:

- Provide a framework in which sensitive discussions can take place
- Prepare pupils for 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
- Teach pupils the correct vocabulary to describe themselves and their bodies

2. STATUTORY REQUIREMENTS

As a secondary academy school we must provide RSE to all pupils as per section 34 of the [Children and Social work act 2017](#).

In teaching RSE, we are required by our funding agreements to have regard to [guidance](#) issued by the secretary of state as outlined in section 403 of the [Education Act 1996](#).

At Kings College we teach RSE as set out in this policy.

3. POLICY DEVELOPMENT

This policy has been developed in consultation with staff, pupils and parents. The consultation and policy development process involved the following steps:

1. Review – a member of staff or working group pulled together all relevant information including relevant national and local guidance
2. Staff consultation – all school staff were given the opportunity to look at the policy and make recommendations
3. Parent/stakeholder consultation – parents and any interested parties were invited to attend a meeting about the policy

4. Pupil consultation – we investigated what exactly pupils want from their RSE
5. Ratification – once amendments were made, the policy was shared with governors and ratified

4. 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 is not about the promotion of sexual activity.

5. CURRICULUM

Our curriculum is set out as per Appendix 1 and we will review and adapt this each academic year.

We have developed the curriculum in consultation with parents, pupils and staff, taking into account the age, needs and feelings of pupils. If pupils ask questions outside the scope of this policy, teachers will respond in an appropriate manner so they are fully informed and don't seek answers online.

6. DELIVERY OF RSE

RSE is taught within the personal, social, health and economic (PSHE) education curriculum. Biological aspects of RSE are taught within the science curriculum, and other aspects are included in religious education (RE).

Pupils also receive stand-alone sex education sessions delivered by trained staff.

RSE focuses on giving young people the information they need to help them develop healthy, nurturing relationships of all kinds including:

- Families
- Respectful relationships, including friendships
- Online and media
- Being safe
- Intimate and sexual relationships, including sexual health

For more information about our RSE curriculum, see Appendices 1 and 2.

These areas of learning are taught within the context of family life taking care to ensure that there is no stigmatisation of children based on their home circumstances (families can include single parent families, LGBT parents, families headed by grandparents, adoptive parents, foster parents/carers amongst other structures) along with reflecting sensitively that some children

may have a different structure of support around them (for example: looked after children or young carers).

7. ROLES AND RESPONSIBILITIES

7.1 The governing body

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

7.2 The Principal

The Principal is responsible for ensuring that RSE is taught consistently across the school, and for managing requests to withdraw pupils from non-scientific components of RSE (see section 8).

7.3 The staff

Staff are responsible for:

- Delivering RSE in a sensitive way
- Modelling positive attitudes to RSE
- Monitoring progress
- Responding to the needs of individual pupils
- Responding appropriately to pupils whose parents wish them to be withdrawn from the non-scientific components of RSE

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 Principal. All staff working at Kings College are expected to teach PSHE during the course of the academic year.

7.4 The pupils

Pupils are expected to engage fully in RSE and, when discussing issues related to RSE, treat others with respect and sensitivity.

8. PARENTS' RIGHT TO WITHDRAW

Parents have the right to withdraw their children from the non-scientific components of sex education within RSE up to and until 3 terms before the child turns 16. After this point, if the child wishes to receive sex education rather than being withdrawn, the school will arrange this.

Requests for withdrawal should be put in writing using the form found in Appendix 3 of this policy and addressed to the Principal.

A copy of withdrawal requests will be placed in the pupil's educational record. The Principal will discuss the request with parents and take appropriate action.

Alternative work will be given to pupils who are withdrawn from sex education.

9. TRAINING

Staff are trained on the delivery of RSE as part of their induction and it is included in our continuing professional development calendar.

The Principal will also invite visitors from outside the school, such as school nurses or sexual health professionals, to provide support and training to staff teaching RSE.

10. MONITORING ARRANGEMENTS

The delivery of RSE is monitored by the Vice Principal through:

- Learning walks
- Book scrutiny
- Student voice activities

This policy will be reviewed by Anna Wallis annually. At every review, the policy will be approved by the Principal.

DRAFT

Appendix 1: Curriculum map

Relationships and sex education curriculum map

YEAR 7

THEME 1: HEALTH & WELLBEING EDUCATION								
Basic First Aid	Road Safety	Understanding Our Emotions: How to Talk	FGM	Healthy Eating	E-Safety	Physical Health	Puberty and Hygiene	Stamp Out Stress

THEME 2: RELATIONSHIPS AND SEX EDUCATION				
Relationship breakdowns – friends and family	Healthy friendships and settling in	Language and respect	Bullying v banter	Teamwork

THEME 3: LIVING IN THE WIDER WORLD (ECONOMIC WELLBEING, CAREERS AND THE WORLD OF WORK)							
Study Skills: Independent Revision	Climate Change	Careers in Books	Law	The Value of Money	Disability Awareness – British Sign Language		

RE MODULES	
Relationships and Families	Religion, Human Rights and Social Justice

YEAR 8

THEME 1: HEALTH & WELLBEING EDUCATION						
First Aid I	The Teenage Brain and Emotions	Cannabis – Miracle Medicine or Dangerous Drug?	Self Esteem and Social Media	Coping Strategies	Gambling	Stamp Out Stress

THEME 2: RELATIONSHIPS AND SEX EDUCATION				
Respect Yourself (sexting)	Consent	LGBTQ+ Gender identity, sexual orientation	Gangs	What is discrimination?

THEME 3: LIVING IN THE WIDER WORLD (ECONOMIC WELLBEING, CAREERS AND THE WORLD OF WORK)						
Study Skills: Independent Revision	Climate Change	Careers in STEM/ Maths/ Humanities and Arts/ English/ Wellbeing at Work	Year 8 and Beyond	Destination Known	Future Choices: Education and Career Pathways	The Value of Money

RE MODULES	
Relationships and Families	Religion, Human Rights and Social Justice

YEAR 9

THEME 1: HEALTH & WELLBEING EDUCATION				
Personal Safety: - First Aid II	Mental Health and Seeking Support	Drugs, Smoking and Alcohol	Coppafeel (Cancer and Prevention)	Stamp Out Stress

THEME 2: RELATIONSHIPS AND SEX EDUCATION				
Safe Sex	Knife Crime	The Perfect Partner (Healthy Relationships)	Sex in the Media	Exploitation

THEME 3: LIVING IN THE WIDER WORLD (ECONOMIC WELLBEING, CAREERS AND THE WORLD OF WORK)				
Study Skills: Independent Revision	Climate Change	Choosing Our Options Post Key Stage 3 and 4	Mentor Me	Money, Money, Money

RE MODULES	
Relationships and Families	Religion, Human Rights and Social Justice

Duke of Edinburgh Award

YEAR 10

THEME 1: HEALTH & WELLBEING EDUCATION

Mental health, tackling stigma and getting support.	Gaining Independence: Making healthy lifestyle choices	Drugs and Alcohol	Exploring Influence: Body Image and the Media	Stamp Out Stress
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THEME 2: RELATIONSHIPS AND SEX EDUCATION

Heartbroken: Relationship Breakdowns	Consent	Safe Sex (had a lesson last year)	Healthy Relationships	Religion and Sex	Online Dating
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THEME 3: LIVING IN THE WIDER WORLD (ECONOMIC WELLBEING, CAREERS AND THE WORLD OF WORK)							
Study Skills: Independent Revision	Preparing for Work Experience	50 minute careers: Apprenticeships	Promote Yourself: interviews and applications	Discrimination in the Workplace	Positive Use of Social Media and How Others View Me	50 minute careers	50 minute careers

Duke of Edinburgh Award

YEAR 11

THEME 1: HEALTH & WELLBEING EDUCATION				
Year 11 Hopes and Fears	Gaining Independence: Making healthy lifestyle choices	Coppafeel (Cancer and Prevention)	Gambling	Stamp Out Stress

THEME 2: RELATIONSHIPS AND SEX EDUCATION						
Teenage and Pregnant	Safe Sex (had a lesson last year)	Healthy Relationships: Domestic Abuse	Honour Based Abuse	Sex in the Media	Exploring Influence	Extremism and Radicalisation (had a lesson last year)

THEME 3: LIVING IN THE WIDER WORLD (ECONOMIC WELLBEING, CAREERS AND THE WORLD OF WORK)				
Study Skills: Independent Revision	Get Ready: Next Steps (100 mins)	Personal Finance, Budgeting and Debt (100 mins)	Preparing for Exam Success	Employability Skills

Appendix 2: By the end of secondary school pupils should know

TOPIC	PUPILS SHOULD KNOW
Families	<p>That there are different types of committed, stable relationships</p> <p>How these relationships might contribute to human happiness and their importance for bringing up children</p> <p>What marriage is, including their legal status e.g. that marriage carries legal rights and protections not available to couples who are cohabiting or who have married, for example, in an unregistered religious ceremony</p> <p>Why marriage is an important relationship choice for many couples and why it must be freely entered into</p> <p>The characteristics and legal status of other types of long-term relationships</p> <p>The roles and responsibilities of parents with respect to raising of children, including the characteristics of successful parenting</p> <p>How to: determine whether other children, adults or sources of information are trustworthy: judge when a family, friend, intimate or other relationship is unsafe (and to recognise this in others' relationships); and, how to seek help or advice, including reporting concerns about others, if needed</p>
Respectful relationships, including friendships	<p>The characteristics of positive and healthy friendships (in all contexts, including online) including: trust, respect, honesty, kindness, generosity, boundaries, privacy, consent and the management of conflict, reconciliation and ending relationships. This includes different (non-sexual) types of relationship</p> <p>Practical steps they can take in a range of different contexts to improve or support respectful relationships</p> <p>How stereotypes, in particular stereotypes based on sex, gender, race, religion, sexual orientation or disability, can cause damage (e.g. how they might normalise non-consensual behaviour or encourage prejudice)</p> <p>That in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including people in positions of authority and due tolerance of other people's beliefs</p> <p>About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help</p> <p>That some types of behaviour within relationships are criminal, including violent behaviour and coercive control</p> <p>What constitutes sexual harassment and sexual violence and why these are always unacceptable</p> <p>The legal rights and responsibilities regarding equality (particularly with reference to the protected characteristics as defined in the Equality Act 2010) and that everyone is unique and equal</p>

TOPIC	PUPILS SHOULD KNOW
Online and media	<p>Their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online</p> <p>About online risks, including that any material someone provides to another has the potential to be shared online and the difficulty of removing potentially compromising material placed online</p> <p>Not to provide material to others that they would not want shared further and not to share personal material which is sent to them</p> <p>What to do and where to get support to report material or manage issues online</p> <p>The impact of viewing harmful content</p> <p>That specifically sexually explicit material e.g. pornography presents a distorted picture of sexual behaviours, can damage the way people see themselves in relation to others and negatively affect how they behave towards sexual partners</p> <p>That sharing and viewing indecent images of children (including those created by children) is a criminal offence which carries severe penalties including jail</p> <p>How information and data is generated, collected, shared and used online</p>
Being safe	<p>The concepts of, and laws relating to, sexual consent, sexual exploitation, abuse, grooming, coercion, harassment, rape, domestic abuse, forced marriage, honour-based violence and FGM, and how these can affect current and future relationships</p> <p>How people can actively communicate and recognise consent from others, including sexual consent, and how and when consent can be withdrawn (in all contexts, including online)</p>

TOPIC	PUPILS SHOULD KNOW
Intimate and sexual relationships, including sexual health	<p>How to recognise the characteristics and positive aspects of healthy one-to-one intimate relationships, which include mutual respect, consent, loyalty, trust, shared interests and outlook, sex and friendship</p> <p>That all aspects of health can be affected by choices they make in sex and relationships, positively or negatively, e.g. physical, emotional, mental, sexual and reproductive health and wellbeing</p> <p>The facts about reproductive health, including fertility and the potential impact of lifestyle on fertility for men and women</p> <p>That there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others</p> <p>That they have a choice to delay sex or to enjoy intimacy without sex</p> <p>The facts about the full range of contraceptive choices, efficacy and options available</p> <p>The facts around pregnancy including miscarriage</p> <p>That there are choices in relation to pregnancy (with medically and legally accurate, impartial information on all options, including keeping the baby, adoption, abortion and where to get further help)</p> <p>How the different sexually transmitted infections (STIs), including HIV/AIDs, are transmitted, how risk can be reduced through safer sex (including through condom use) and the importance of and facts about testing</p> <p>About the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment</p> <p>How the use of alcohol and drugs can lead to risky sexual behaviour</p> <p>How to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment</p>

Appendix 3: Parent form: withdrawal from sex education within RSE

TO BE COMPLETED BY PARENTS			
Name of child		Class	
Name of parent		Date	
Reason for withdrawing from sex education within relationships and sex education			
Any other information you would like the school to consider			
Parent signature			

TO BE COMPLETED BY THE SCHOOL	
Agreed actions from discussion with parents	