



TWO RIVERS  
HIGH SCHOOL



# Relationships and Sex Education Policy (RSE)

## Wightwick Hall School

Review date: Summer Term 2022  
Curriculum and Learning Committee

Next Review: Summer Term 2023

## Introduction

Our school Relationship and Sex Education policy is based on the DfES guidance document 'Sex and Relationship Education Guidance' [ref DfES 0116/2000]. In this document sex education is defined as:

'Lifelong learning about physical, moral and emotional development. It is about understanding the importance of marriage for family life, stable and loving relationships, respect, love and care. It is also about the teaching of sex, sexuality and sexual health.'

Relationships and sex education is an equally important area of the curriculum for pupils with Special Educational Needs. Planning and implementation needs to involve sensitivity and discretion.

RSE is embedded in the non-statutory framework for PHSE and Citizenship, and the statutory curriculum for Science.

We believe that Relationship and Sex Education (RSE) makes an essential contribution to every student's health, wellbeing and preparation for adult life in society. Effective RSE is essential if young people are to make responsible and well informed decisions about their lives. A comprehensive programme of RSE provides accurate information about the body, reproduction, sex, and sexual health. It also gives students essential skills for building positive, enjoyable, respectful and non-exploitative relationships and staying safe both on and offline.

Relationships and Sex Education is compulsory from age 11 onwards.

The aim of the Relationship and Sex Education policy is:

- to endorse the entitlement of all students in this school to RSE
- to ensure that appropriate guidance is available for the staff that will deliver the programme of RSE in the school.
- to specify the right of parents to withdraw their children from all or part of RSE.

Relationships and Sex Education is part of lifelong learning about sex, sexuality, emotions, relationships and sexual health. It contributes to the spiritual, moral, cultural, mental and physical development of students and prepares them for the experiences, rights and responsibilities of adult life.

At Wightwick Hall School the Relationship and Sex Education programme will cover two main elements in accordance with The Department for Education Statutory Guidance:

#### PHYSICAL HEALTH & MENTAL WELLBEING

- Mental wellbeing
- Internet safety and harms
- Physical health and fitness
- Healthy eating
- Drugs, alcohol and tobacco
- Health and prevention
- Basic first aid
- Changing adolescent body

#### RELATIONSHIP AND SEX EDUCATION

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

Embedded within these areas of learning it is statutory to teach young people the law for the topics listed below:

- Marriage
- Consent, including age of consent
- Violence
- Online behaviours including image and information sharing (including 'sexting', youth-produced sexual imagery and nudes)
- Pornography
- Abortion
- Sexuality
- Gender identity
- Substance misuse
- Violence and exploitation by gangs
- Extremism/radicalisation
- Criminal exploitation
- Hate crime
- Female genital mutilation (FGM)

The Department for Education have included the teaching of LGBT in the statutory guidance, Wightwick Hall School will ensure that the needs of all pupils are appropriately met, and all teaching is sensitive and age appropriate in approach and content. It is important that all young people understand the importance of equality and respect.

## Attitudes and Values

- learning the importance of values and individual conscience and moral considerations
- learning the value of family life and stable 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 understanding of differences and with an absence of prejudice
- developing an appreciation of the consequences of choices made
- managing conflict
- learning how to recognise 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 health advice, contraception and support services (including education about HIV and AIDS - and other sexually transmitted diseases)
- supporting students to make wise and informed choices regarding sexual activity
- developing an awareness of sex and the law
- developing an understanding of the diversity of relationships and sexuality
- an understanding of the difference between consenting and exploitative relationships
- understanding internet safety issues such as sexting and sharing of images

All students are entitled to Sex and Relationship Education. We will provide a coherent, well-balanced RSE programme that:

- reflects the age and maturity of the students
- meets the particular needs of both boys and girls

### Content and Organisation

Relationships and Sex Education is not an isolated subject. It permeates the whole school curriculum, the ethos of the school and the pastoral system.

Many subjects, but particularly Science, Religious Education and PSHE explore some elements of Relationship and Sex Education. The content of RSE for our students is delivered by Mrs H. Smith (PSHE teacher) with sex education lessons supported by the school nurse Mrs S Thompson.

The school creates a supportive and secure atmosphere where students can develop confidence to talk, question, listen and reflect on their learning about RSE. Prior knowledge and understanding will be assessed at the beginning of each unit of study, to inform planning and delivery of subject content.

Staff will:

- establish clear ground rules with pupils
- emphasise the importance of mutual respect
- use distancing techniques
- encourage reflection

RSHE is taught within the wider PSHE scheme of work. At Wightwick Hall School we recognise the varied ability of our students, therefore each department follow different schemes of work.

Bannatyne Department KS3 and KS4 follow the PSHE Association Programme of study. The statutory guidance is comprehensively covered by learning opportunities for each key stage across the programme's three core themes: **Health and Wellbeing**, **Relationships**, and **Living in the Wider World**. Lessons are taught using a range of learning materials from PSHE Association approved educational companies and teacher made. All resources and lessons used are at taught at developmental stages of the students.

Key Stage 5 (Sixth Form Department) follow ASDAN's PSHE short course, this course meets the requirements of the new statutory guidance for RSHE. The PSHE Short Course is multi-level; the focus is on completing challenges and skills development according to individual ability, rather than attainment at a

specific level. The modules covered over KS5 are; Emotion Health and Wellbeing, Keeping Safe and Healthy, Social Media, Alcohol, Tobacco and Drugs, Sexual Health, Respectful Relationships and Families and Parenting. Lessons are taught using a range of learning materials from ASDAN, PSHE Association approved educational companies and teacher made. All resources and lessons used are taught at developmental stages of the students.

Willow Department follow Twinkl Life PSHE and Citizenship Scheme of work. The statutory guidance is comprehensively covered by learning opportunities for each key stage across the programme's three core themes: **Health and Wellbeing**, **Relationships**, and **Living in the Wider World** and **Citizenship**. Lessons are taught using a range of learning materials from Twinkl, PSHE Association approved educational companies and teacher made. All resources and lessons used are taught at developmental stages of the students.

Hickman House Department follow the You, Me, PSHE Scheme of work alongside PSHE Association's SEND Programme of Study. The statutory guidance is comprehensively covered by learning opportunities for each key stage across the programme's three core themes: **Health and Wellbeing**, **Relationships**, and **Living in the Wider World** and **Citizenship**. Lessons are taught using a range of learning materials from Twinkl, PSHE Association approved educational companies and teacher made. All resources and lessons used are taught at developmental stages of the students.

### Confidentiality

- Teachers cannot offer or guarantee absolute confidentiality in some matters and students will be made aware of this.
- Wightwick Hall School is aware that effective relationships and sex education can lead to the disclosure of a Child Protection issue and this will be acted on in accordance with the school's Safeguarding Policy.

### Parents' Right of Withdrawal

Parents cannot withdraw their children from Relationships Education, Health Education, or the Science curriculum. However, parents can withdraw their children from aspects of sex education which covered within the Relationships Education curriculum. Wightwick Hall School define sex education as the teaching of the act of sexual intercourse, contraception, sexually transmitted infections (STI's) and pornography. Therefore, these lessons are the only lessons that students can be withdrawn from. However,

students can opt into sex education three terms before they turn 16. Please note that these topics are not taught until year 11. Parents do not have the right to withdraw their children from the teaching of the biological aspects of human growth and reproduction that are included in the National Curriculum for Science.

### Monitoring and Assessment

With RSE being a statutory subject from summer term 2021, staff at Wightwick Hall School have the same expectations in RSE/PSHE as in all other curriculum subjects. Learning will build on students' prior knowledge and learning, with regular feedback given to the students. Pre-assessments and end of unit assessment will take place to support understanding of learning and provide the relevant information to identify where students require extra support in their learning. Understanding will be assessed in a variety of ways, including questioning, marking of books, tests, quizzes, self-evaluations and 'I can...' statements.

## CURRICULUM OVERVIEW



### PSHE Curriculum Yearly Overview (Bannatyne Department KS3-KS4)



	Autumn 1 Health	Autumn 2 Health	Spring 1 Citizenship	Spring 2 Living in the Wider World	Summer 1 Relationships	Summer 2 Relationships
Year 7	Transition & Mental Wellbeing & Internet Safety and Harm	Puberty & Drugs and Alcohol & Health & Prevention	Introduction to citizenship & Identities and Communities	Personal Skills & Financial Choices	Families & Respectful Relationships	Online Media
Year 8	Mental Wellbeing & Internet Safety and Harms & Drugs and Alcohol	Health and Prevention & Basic First Aid	Rights, Justice and Law	Employment Responsibilities	Families & Respectful Relationships	Online and Media
Year 9	Physical Wellbeing & Mental Wellbeing	Internet Safety and Harms & Drugs & Alcohol	Active Citizen & Media and Digital Democracy	Careers and What Influences Us	Families & Respectful Relationships	Online and Media & Being Safe
Year 10	Mental Wellbeing & Drugs and Alcohol	Internet Safety and Harms	Crime & The Legal System	The World of Work	Online and Media & Being Safe	Intimate and Healthy Relationships
Year 11	Mental Wellbeing & Internet Safety and Harms	Drugs and Alcohol & Health Prevention	UK and the Wider World & Politics, Parliament and Government	<b>Relationships</b> The Media, Stereotypes and Expectations & Intimate sexual relationships	Revision & Exams	Revisions & Exams



### PSHE Curriculum Yearly Overview (Sixth Form Department KS5)



Year 1	Autumn 1 Health ASDAN- PSHE SC	Autumn 2 Health ASDAN- PSHE SC	Spring 1 Citizenship	Spring 2 Living in the Wider World	Summer 1 Relationships	Summer 2 Relationships
6HS	M1- Emotion Health & Wellbeing M2- Keeping safe & Healthy	M4-Alcohol M5- Tobacco & drugs	ASDAN- Key Steps M1- Identity M2- Community M3- Health	ASDAN- Towards Independence: The Wider World	ASDAN Sex & Relationships SC: Body Knowledge	ASDAN Sex & Relationships SC: Personal Skills
6RJ 6EF	M1- Emotion Health & Wellbeing M2- Keeping safe & Healthy	M4-Alcohol M5- Tobacco & drugs	ASDAN- Beliefs & Values M1- Values, beliefs & decision making M2- Environment	ASDAN- Environmental SC M1- My Environment M2- Atmospheric Environment	ASDAN- PSHE SC M3- Social Media M7- Respectful Relationships	ASDAN- PSHE SC M6- Sexual Health M8- Families & Parenting
Year 2						
6HS	M1- Emotion Health & Wellbeing M2- Keeping safe & Healthy	M4-Alcohol M5- Tobacco & drugs	ASDAN- Key Steps M4- Citizenship M5- Environment M6- Personal Finance	ASDAN- Towards Independence: Living Here	ASDAN Sex & Relationships SC: Relationships	ASDAN Sex & Relationships SC: Culture and Society
6RJ 6EF	M1- Emotion Health & Wellbeing M2- Keeping safe & Healthy	M4-Alcohol M5- Tobacco & drugs	ASDAN- Beliefs & Values M3- Crime & Punishment M4- Peace & Conflict	ASDAN- Environmental SC M3- The Built Environment M4- The Natural Environment	ASDAN- PSHE SC M3- Social Media M7- Respectful Relationships	ASDAN- PSHE SC M6- Sexual Health M8- Families & Parenting
Year 3						
6HS	M1- Emotion Health & Wellbeing M2- Keeping safe & Healthy	M4-Alcohol M5- Tobacco & drugs	ASDAN- Key Steps M7- Enterprise M8- Values M9- International	ASDAN- Towards Independence: The Environment	ASDAN Sex & Relationships SC: Contraception & Sexual Health	ASDAN Sex & Relationships SC: Sexual Activity & Behaviour
6RJ 6EF	M1- Emotion Health & Wellbeing M2- Keeping safe & Healthy	M4-Alcohol M5- Tobacco & drugs	ASDAN- Beliefs & Values M5- Beliefs & Practice M6- Inspiration	ASDAN- Environmental SC M5- The Wider Environment M6- My Environment	ASDAN- PSHE SC M3- Social Media M7- Respectful Relationships	ASDAN- PSHE SC M6- Sexual Health M8- Families & Parenting

	Autumn 1 Health	Autumn 2 Health	Spring 1 Citizenship	Spring 2 Living in the Wider World	Summer 1 Relationships	Summer 2 Relationships
Year 1	Transition & It's My Body	It's My Body	Caring for the Environment	Money Matters	TEAM	Be Yourself
Year 2	Transition & Growing Up	Growing Up	Rights & Responsibilities & Human Rights	Aiming High	VIP's	Digital Wellbeing
Year 3	Transition & Think Positive	SaFeTy First	Democracy & British Values	One World	VIP's	TEAM

	Autumn 1 Health	Autumn 2 Health	Spring 1 Citizenship	Spring 2 Living in the Wider World	Summer 1 Relationships	Summer 2 Relationships
Year 1	Physical Wellbeing & Mental Wellbeing	Internet SaFeTy and Harms & Drugs & Alcohol	Rules, Laws and Crime	Diverse Britain	Online and Media & Being SaFe	Families & Respectful Relationships
Year 2	Mental Wellbeing & Drugs and Alcohol	Internet SaFeTy and Harms	Politics, Parliament and Government	Careers and What Influences Us & The World of Work	Families & Respectful Relationships	Intimate and Healthy Relationships

	Autumn 1 Health	Autumn 2 Health	Spring 1 Citizenship	Spring 2 Living in the Wider World	Summer 1 Relationships	Summer 2 Relationships
Year 1	Transition & Mental Wellbeing	Physical Health & Healthy Eating	Environment	The World I Live In- Jobs People Do	Families and People Who Care For Me	Caring Friendships
Year 2	Transition & Health and Prevention	Basic First Aid & Mental Wellbeing	Respecting Rights	Identity, Society and Equality	Being SaFe	Respectful Relationships
Year 3	Transition & Physical Health & Healthy Eating	Changing Adolescent Body & Mental Wellbeing	Rules and Laws	The World I Live In- Money	Public and Private & Trust	Families and People Who Care For Me
Year 4	Transition & Mental Wellbeing & Basic First Aid	Health and Prevention & Drugs, Alcohol and Tobacco	Making Decisions	Taking Care of the Environment	Caring Friendships	Being SaFe
Year 5	Transition & Mental Wellbeing & Keeping SaFe	Changing Adolescent Body & Physical Health and Fitness	Celebrating Diversity	ASDAN- Towards Independence- The World Around Us	Respectful Relationships	Public Private & Trust