



BISHOP VESEY'S GRAMMAR SCHOOL

Sex and Relationships Policy

Review prepared by:	Acting/Assistant Head i/c Careers, PSHE and Staff Wellbeing
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RELATIONSHIPS and SEX POLICY

1. This policy was developed in response to Sex and Relationship Education Guidance DfES 2019, the statutory guidance that states from September 2020 all schools must deliver relationships and sex education in secondary school, the National Teenage Pregnancy Strategy and National Healthy Schools Programme.

This policy has been written with the United Nations Convention of the Rights of The Child in Mind. All of our policies bear in mind Articles 3 and 28 - the child's best interests and the right of the child to an education. This policy also bears in mind Articles 13, 14, 34 and 35 - children have the right to seek information as long as it is within the law, children have a right to practise whatever religion and hold views they choose but must not prevent others accessing their rights, children have the right to be kept safe from abuse and exploitation.

2. What Is Relationship and Sex Education?

RSE is lifelong learning about physical, sexual, moral and emotional development. It is about the understanding of the importance of stable and loving relationships, respect, love and care, for family life. It involves acquiring information, developing skills and forming positive beliefs, values and attitudes. Understanding what a relationship is and what is classed as a positive or negative relationship coupled with learning about sex education is essential if young people are to make responsible and well informed decisions and their lives. RSE at Bishop Vesey is a way to help students learn about relationships, the emotions they may experience, sexuality and sexual health. RSE at Vesey will help young people learn to respect themselves and others and move with confidence from childhood through to adolescence into adulthood.

3. Principles and Values

In addition, Bishop Vesey's Grammar School believes that RSE should:

- Be an integral part of the lifelong learning process, beginning in early childhood and continue into adult life.
- Be an entitlement for all young people
- Encourage every student to contribute to our community and aims to support each individual as they grow and learn.
- Be set within this wider school context and supports family commitment and love, respect and affection, knowledge and openness. Family is a broad concept; not just one model, e.g. nuclear family. It includes a variety of types of family structure, and acceptance of different approaches.
- Encourage students and teachers to share and respect each other's views. We are aware of different approaches to sexual orientation, without promotion of any particular family structure. The important values are love, respect and care for each other.
- Generate an atmosphere where questions and discussion on sexual matters can take place without any stigma or embarrassment.
- Recognise that parents/carers are the key people in teaching their children about sex, relationships and growing up. We aim to work in partnership with parents and students, consulting them about the content of programmes.



- Recognise that the wider community has much to offer and we aim to work in partnership with health professionals, social workers, peer educators and other mentors or advisers.

Relationship and Sex Education in this school has three main elements:

Attitudes and Values

- learning the importance of values, individual conscience and moral choices;
- learning the value of family life, stable and loving relationships, and marriage;
- exploring, considering and understanding moral dilemmas;
- developing critical thinking as part of decision-making
- challenging myths, misconceptions and false assumptions about normal behaviour.

Personal and Social Skills

- learning to manage emotions and relationships confidently and sensitively;
- developing self-respect and empathy for others;
- learning to make choices with an absence of prejudice;
- developing an appreciation of the consequences of choices made;
- managing conflict;
- empowering students with the skills to be able to avoid inappropriate pressures or advances (both as exploited or exploiter)

Knowledge and Understanding

- learning and understanding physical development at appropriate stages;
- understanding human sexuality, reproduction, sexual health, emotions and relationships;
- learning about contraception (including repercussions and prevention of STIs) 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;
- the avoidance of unplanned pregnancy.
- the understanding and tolerance of different sexualities

4. Aims

The aim of RSE is to provide balanced factual information about human reproduction, together with consideration of the broader emotional, ethical, religious, and moral dimensions of sexual health. RSE is not about encouraging teenagers to become sexually active nor is it about promoting any particular lifestyle or relationship choice. RSE is about providing pupils with the knowledge, skills and confidence to make safe, healthy and informed relationship choices as young people and in the future as adults. Our RSE programme aims to prepare students for an adult life in which they can:



- develop positive values and a moral framework that will guide their decisions, judgements and behaviour; have the confidence and self esteem to value themselves and others and respect for individual conscience and the skills to judge what kind of relationship they want.
- develop understanding and tolerance of different types of relationships, including sexual relationships.
- to understand that there are different types of committed, stable relationships.
- understand the consequences of their actions and behave responsibly within sexual and pastoral relationships.
- avoid being exploited or exploiting others or being pressured into unwanted or unprotected sex.
- communicate effectively by developing appropriate terminology for sex and relationship issues.
- develop awareness of their sexuality and understand human sexuality; challenge sexism and prejudice, and promote equality and diversity.
- understand the arguments for delaying sexual activity.
- understand the reasons for having protected sex.
- have sufficient information and skills to protect themselves and, where they have one, their partner from unwanted/uninvited conceptions and sexually transmitted infections including HIV.
- be aware of sources of help and acquire the skills and confidence to access confidential health advice, support and treatment if necessary
- understand that specifically sexually explicit material often 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.
- know how the law applies to sexual relationships.

5. Organisation and Content of Relationship and Sex Education

Bishop Vesey's Grammar School specifically delivers Relationship and Sex Education through its PSHE and pastoral programme, RE and Science lessons at KS3, and KS4.

Much of the Relationship and Sex Education at Bishop Vesey's Grammar School takes place within PSHE, extended form periods, assemblies and Science lessons. RSE lessons are set within the wider context of the PSHE curriculum and focus more on the emotional aspects of development and relationships, although the physical aspects of puberty and reproduction are also included. The Science National Curriculum is delivered by staff in the science department. These lessons are more concerned with the physical aspects of development and reproduction, although the importance of relationships is not forgotten.

The PSHE Programme is taught in every year.



Key Stage Three:

PSHE/Citizenship – Relationships module covers the different types of relationships that exist e.g. friendships vs romantic relationships and what it means to be a parent/carer. There is a focus on behaviour online and the possible dangers of web based relationships. Self-generated images, sexual pressure from the media, sex and the law, consent in relationships and what this means. How stress impacts relationships is covered, along with how to manage and regulate such emotions so relationships are not affected. Healthy and unhealthy relationships are taught, with an explanation of marriage and trust coupled with active communication being an integral part in any relationship. In addition, we explore the development of LGBTQ+ rights by examining significant events and changes in the law in the UK.

Science – covers puberty (also covered in PSHE/Citizenship but focus is on the emotional aspects of puberty), fertilisation, menstrual cycle and development of the foetus, pregnancy, contraception and sexual activity linked to puberty. Ethics of fertility treatment and contraception. Effects of smoking and alcohol.

Computing – E-Safety and Working Safely

Art – Work on self-reflection through visual learning and exploring and understanding cultures different to one's own

History – Links to racism when learning about the Holocaust and Slavery

Design and Technology – Environmental impact of products, recycling and reducing waste and research tasks on cultural celebrations.

RE – Students are encouraged to reflect on their relationships with others and how their relationships impact their religious beliefs/culture. Students learn about the acceptance of any relationship and the importance of equality and inclusivity.

Key Stage Four:

PSHE/Citizenship – Relationships and sex education is discussed in depth, developing on concepts from KS3 to ensure a spiral curriculum. Healthy and unhealthy relationships, abuse, child sexual exploitation, run away children, neglect, managing unwanted attention, communication in relationships, relationships and social networks, consent and what it looks like, sharing sexual images and the dangers it poses, contraception and the different methods, domestic abuse, controlling behaviours in relationships and provide students with skills on how to manage such a situation.

Science – Effects of smoking, effects of alcohol consumption, non-communicable and communicable diseases and health and disease.

Computing – Computer crime – implications of computer crime

Design and Technology – Environmental damage and work/life balance and the impact of new technologies on well-being.

Key Stage Five:

Sexual Health is covered in the pastoral programme and delivered by the form tutors. In addition outside speakers can be brought in to cover issues such as STIs. Separate gender workshops take place on general awareness including learning correct self-examination techniques: male testicular and breast cancers, female breast and cervical cancers.



Any RSE lesson may consider questions or issues that some students will find sensitive. Before embarking on these lessons ground rules are established which prohibit inappropriate personal information being requested or disclosed by those taking part in the lesson. When students ask questions, we aim to answer them honestly, within the ground rules established at the start of the sessions. When it is felt that answering a specific question would involve information at a level inappropriate to the development of the rest of the students, the question may be dealt with individually at another time.

More expert or specialist teachers support tutors who are uncomfortable with teaching certain aspects of the curriculum. Support is offered with the year team or from the PSHE co-ordinator who will help with planning or delivery lessons if required. In addition specialist training can be offered to support staff.

Assessment is carried out at the end of every module and involves teacher, pupil and peer assessment of knowledge and understanding, interpersonal skills, and attitudes.

Below is a comprehensive overview of what students from Year 7 to Year 13 will be taught in PSHE, including RSE.

<https://bvgs.co.uk/pshe-rse/>

Content deemed sex education

Year 7 – No content deemed to be sex education

Year 8 – The impact of pornography. Students gain an understanding of how pornography depicts unhealthy relationships.

Year 9 - The biological and emotional aspects of sex.

Year 10 – How to access contraception?

Year 11 – Sexually transmitted infections and refresher on contraception, the impact of pornography on relationship

6. Inclusion

Ethnic, Cultural and Faith Groups

We intend our policy to be sensitive to the needs of different ethnic groups. For some young people it is not culturally appropriate for them to be taught particular items in mixed groups. We will respond to parental requests and concerns.

Sexual Identity and Sexual Orientation

We aim to deal sensitively and honestly with issues of sexual orientation, answer appropriate question and offer support. Young people, whatever their developing sexuality need to feel that sex and relationship education is relevant to them.

7. Right of Withdrawal of Students from Relationship and Sex Education

Some parents prefer to take the responsibility for aspects of this element of education. They have the right to withdraw their children from all or part of sex education except for those parts included in the statutory National Curriculum (i.e. in Science lessons). We would make alternative arrangements in such cases. Parents are encouraged to discuss their decisions with staff at the earliest opportunity. Parents are welcome to review any RSE resources the school uses. Most of the content classed as RSE comes under the relationships topic, meaning children cannot be withdrawn from such content.



8. Confidentiality, Controversial and Sensitive Issues

Teachers cannot offer unconditional confidentiality. Teachers are not legally bound to inform parents or Head Teacher of any disclosure which is not a Child Protection issues and does not endanger the child or others unless the Head Teacher has specifically requested them to do so.

In a case where a teacher learns from an under 16 year old that they are having or contemplating sexual intercourse:

- the young person will be persuaded, wherever possible, to talk to parent/carer and if necessary to seek medical advice.
- child protection issues will be considered, and referred if necessary to the teacher responsible for Child Protection under the school's procedures.
- the young person will be properly counselled about contraception, including precise information about where young people can access contraception and advice services.

In any case where child protection procedures are followed, the teacher will ensure that the young person understands that if confidentiality has to be broken, they will be informed first.

Health professionals in school are bound by their codes of conduct in a one-to-one situation with an individual student, but in a classroom situation they must follow the school's confidentiality policy.

9. Monitoring and Evaluation of Relationship and Sex Education

It is the responsibility of the PSHE/Citizenship Co-ordinator to oversee and organise the monitoring and evaluation of PSHE, in the context of the overall school plans for monitoring the quality of teaching and learning.

The Governors' Learning and Teaching Committee is responsible for overseeing, reviewing and organising the revision of the Sex and Relationship Education Policy.