

Relationships and Sex Education Policy

Issued by:	Deputy Head Boarding and Pastoral Care
Last review:	March 2021
Next review due:	March 2022
Most recent edit:	March 2021
Circulation: (please highlight relevant circulation)	Staff Governing Council Website Parents Students

Introduction

At Benenden, we believe that Relationships and Sex Education (RSE) is vital for the personal, social and emotional development of our pupils. It equips pupils with the information, skills and values they need to have safe, respectful and enjoyable relationships. It also empowers them to take responsibility for their sexual health and wellbeing. Our RSE programme reflects the Benenden values and it strongly encourages all pupils to be courteous, kind and to respect each other as individuals, regardless of age, status, race, religion or sexual orientation.

Legislation

By September 2020, the DfE requested that Relationships Education become compulsory in all primary schools in England and Relationships and Sex Education (RSE) compulsory in all secondary schools. There is also a deeper focus given towards Health Education.

<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education>

Definition of Relationships and Sex Education

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 positive values to have safe, fulfilling relationships, to enjoy their sexuality and to take responsibility for their sexual health and wellbeing. This also includes learning about conception and contraception, safer sex, sexually transmitted infections and sexual health.

<https://www.sexeducationforum.org.uk/resources/frequently-asked-questions/1-what-relationships-and-sex-education>

RSE Curriculum Aims

At Benenden, our RSE programme aims to give pupils the information they need to help them develop healthy, nurturing relationships of all kinds, not just intimate relationships. RSE will help prepare pupils for the opportunities, responsibilities and experiences of adult personal relationships. We strongly believe that an effective RSE programme can make a significant contribution to the development of the pupils; both in their ability to maintain relationships and also their decision making about their health and wellbeing.

There are three main elements:

Attitudes and values

- Learning the importance of values and individual conscience and moral considerations.
- Learning the value of family life, marriage, and stable and 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 an understanding of difference 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 national sexual health advice, contraception and support services.
- Learning the reasons for delaying sexual activity, and the benefits to be gained from such delay.
- Avoidance of unplanned pregnancy.
- To allow all pupils the opportunity to ask questions regarding sex, sexual orientation and relationships.

RSE Curriculum Map

IV	UIV	LV	V	UV	Sixth Form
<p>Puberty: periods and taboo busting myths about sex.</p> <p>Introduction to positive relationships; marriage, friendships and family.</p> <p>Keeping safe on the Internet-privacy settings, boundaries.</p>	<p>Gender expression and attraction.</p> <p>Introduction to seeking consent.</p> <p>Introduction to contraception.</p> <p>Introduction to managing social media.</p> <p>Managing friendships – focus on online relationships, privacy settings and digital footprint. Sexting (youth produced sexual imagery).</p>	<p>Healthy relationships and consent.</p> <p>Understanding homophobia, transphobia and sexism.</p> <p>Peer pressure: the risk of STIs, sexting (youth produced sexual imagery) and pornography. The influence of drugs and alcohol.</p> <p>Personal values and assertive communication. Legal rights and responsibilities regarding equality.</p> <p>Introduction to sex and the law.</p> <p>Understanding FGM, human rights, honour based violence and support services available.</p>	<p>Exploring relationship myths and expectations.</p> <p>Understanding consent including verbal and non-verbal clues.</p> <p>Managing change, grief and bereavement.</p> <p>Peer pressure: the influence of alcohol and drugs. STIs.</p> <p>Pornography and the media.</p> <p>Diversity in bodies; myths and misconceptions e.g. myth of virginity.</p> <p>Contraception: accessing support and services.</p> <p>Body image and the media- body positivity and body neutrality.</p>	<p>Personal values and assertive communication in relationships.</p> <p>Understanding domestic abuse and forced marriage.</p> <p>Staying safe: party and festival culture. The influence of drugs, and alcohol. STIs and accessing contraception.</p> <p>British values, human rights and community cohesion.</p> <p>Gendered sexual pressures and victim blaming.</p> <p>Managing relationship challenge including break ups; coercive control; supporting friends.</p> <p>Sexting (youth produced sexual imagery) – the law and reporting.</p>	<p>Consent: communication and pleasure.</p> <p>Sexual violence and the law. Support services.</p> <p>Online sexual harassment, your digital life and self-care.</p> <p>Abortion care and reproductive rights, conception facts and miscarriage.</p> <p>Reproductive health, fertility and the menopause.</p> <p>Gender and sexuality.</p> <p>Practical contraception.</p> <p>Pornography: media depictions of sex and understanding 'ethical' porn.</p> <p>Checking your health and key reminders.</p>

Safeguarding and Child Protection

RSE helps pupils to see the difference between healthy and abusive relationships and to understand how to seek support if they are experiencing abuse or have experienced abuse. Staff are aware that some pupils may be vulnerable to some of the content delivered or may disclose abuse or other harmful experiences. In both cases, staff are trained to follow the School's Safeguarding policy and procedures.

Equality and Inclusion

We believe that RSE is a key vehicle for promoting equality and inclusion as set out in the Equality Act 2010. Our programme is designed to promote gender equality through challenging gender stereotypes and sexism and sexual harassment in schools. We are committed to an RSE programme that ensures every pupil feels valued and included and that it is relevant to them. We take into account the needs of our SEND pupils.

We recognise at Benenden that we have pupils from a range of different ethnic and cultural backgrounds and we take this very seriously when delivering RSE. We are aware that we need to consider the different varying views and beliefs that pupils may have and are sensitive towards these needs. We acknowledge that pupils may come from varying home backgrounds and this is also taken into account.

We seek to challenge all forms of discrimination and prejudice for all members of our community.

Roles and Responsibilities

The programme is overseen by the Deputy Head Boarding and Pastoral Care and Assistant Director of Boarding. They work in conjunction with the Executive Director: Curriculum and Professional Excellence, Heads of Year, Senior Nurse and School Medical Office on the content and delivery of the programme.

Training is provided to those teaching the programme.

Programme Delivery

RSE sessions are delivered through PPD lessons, Form Order, workshops and discussion groups in boarding Houses, Prayers and by external speakers. Aspects of RSE are also taught across the curriculum in subjects such as Biology and Philosophy and Religion.

Engaging stakeholders

Parents will be sent this policy on an annual basis via the Parent Bulletin to ensure they are aware of what is being taught. Parents should contact the Deputy Head Boarding and Pastoral Care with any concerns relating to the content of this policy.

Child Withdrawal Procedure

If parents wish to withdraw their daughter from Sex Education, they must write to the Headmistress. Pupils may not be withdrawn from the statutory elements of Relationships and Sex Education as laid down in Government guidance, or from the elements of Relationships and Sex Education that are covered by GCSE examination specifications.

Monitoring and Evaluation

The Deputy Head Boarding and Pastoral Care and Assistant Director of Boarding regularly monitor the RSE programme in conjunction with government legislation and pupil, staff and parent feedback. This review process takes place annually.

Concerns

Concerns relating to any aspect of the Relationships and Sex Education programme should be made in writing to the Headmistress.

Related policies

Anti-Bullying Policy

PPD Policy

Peer on Peer Abuse Policy

Safeguarding Policy

Online Safety Policy