



## **NONSUCH HIGH SCHOOL FOR GIRLS**

### **RELATIONSHIPS, SEX AND HEALTH EDUCATION (RSHE) POLICY**

#### **Contents**

1	Introduction .....	2
2	Definition of Relationships, Sex and Health Education .....	2
3	Aims of Relationships, Sex and Health Education .....	2
4	Moral and Values Framework .....	2-3
5	Content and Organisation of the RSHE Programme.....	3-5

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July 2024

Policy Notes may be subject to review and revision at any time by the Nonsuch Local Governing Body notwithstanding that the next review date has not been reached.

Review dates are for guidance only and whilst the intention is always to arrange reviews within the stated time frame all Policy Notes will remain in force until this has taken place and been formally approved by the Nonsuch Local Governing Body.

## **1. Introduction**

Nonsuch High School for Girls is a grammar school for girls aged 11-18. Girls come from a variety of backgrounds and the Relationships, Sex and Health Education (hereafter RSHE) policy takes account of the social, ethnic, and religious nature of different communities represented in the school. The Governors' policy on RSHE acknowledges that the school has a role complementary and supportive to that of parents and carers.

## **2. Definition of Relationships, Sex and Health Education**

RSHE is the lifelong learning about physical, 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 is also about the teaching of sex, sexuality, and sexual health. It involves acquiring information, developing skills and forming positive beliefs, values and attitudes. It is not about the promotion of a particular sexual orientation or a particular sexual activity.

## **3. Aims of Relationships, Sex and Health Education**

RSHE enables young people to:

- develop confidence to listen, think and communicate about feelings and relationships;
- address concerns, correct misunderstandings and be able to protect themselves by asking for help;
- develop skills to form and maintain positive relationships;
- develop positive attitudes/values and respect differences in opinions;
- develop a positive self-image and high self-esteem;
- gain accurate knowledge and understanding about sexuality and relationships;
- gain accurate knowledge and understanding about ways to reduce the risk of STIs (including HIV);
- gain accurate knowledge and understanding to reduce the risk of unplanned pregnancy including contraception and delaying sexual activity;
- develop personal responsibility for their actions;
- know where to get confidential advice and support;
- develop an understanding of the issues surrounding consent;
- develop skills to resist both online and peer pressure to have sex

## **4. Moral and Values Framework**

4.1 RSHE is delivered within the context of the school's agreed aims and values, which (in accordance with the Equality Duty Plan and Equality Objectives policy) are sensitive to the needs and beliefs of students, parents or carers, and other members of the school community.

4.2 RSHE supports and guides young people in life-long learning about relationships, emotions, the human biology of sex, sexuality and sexual health. The aim is that students learn to understand and manage their physical and emotional development

during adolescence, and are prepared for decisions concerning relationships and sex to be made in adult life.

- 4.3 Pupils will be given access to accurate information relevant to their needs and appropriate to their age group. Students will learn how to understand their own feelings and attitudes, and those of others, in order to develop values upon which decisions about relationships can be soundly based. RSHE develops the communication skills to help students take greater responsibility for their own sexual health and behaviour.
- 4.4 RSHE explains the importance of stable relationships for family life and successfully bringing up children. Care will be taken to avoid attaching any stigma to different home circumstances including same sex parenting couples.
- 4.5 RSHE coverage of morals and values also includes:
- respect for oneself and others;
  - avoidance of abusive and exploitative relationships including an understanding of Domestic Violence and Abuse ;
  - commitment, trust and love within relationships;
  - honesty with self and others;
  - exploration of rights, duties and responsibilities;
  - understanding diversity regarding religion, culture and sexual orientation;
  - knowledge of how the law applies to sexual relationships.

## **5. Content and Organisation of the RSHE Programme**

### **5.1 Timetable allocation**

The RSHE programme forms part of the Personal, Social, Health and Economic Education (hereafter PSHEE) programme, which is taught regularly throughout all year groups. Elements are also delivered in Science and Religious Studies lessons.

### **5.2 Groupings**

Tutor groups generally comprise 30 students in PSHEE. In other subjects, students may be taught in tutor or mixed tutor groups.

### **5.3 Staff involved**

The course is delivered mainly by the form tutor. Science and Religious Studies teachers and occasional outside visitors, including the School Community Nurses, contribute to the programme. It is important to note that where outside visitors help to deliver RSHE, they are not there to replace teachers but to enrich existing programmes by supporting the school.

### **5.4 Teaching of RSHE**

- 5.4.1 Teachers will ensure that an atmosphere is created where students feel able to discuss their concerns, feelings and relationships.

- 5.4.2 Questions from students will be addressed and dealt with in the most appropriate manner and not disregarded. The form in which these questions are addressed may be in group activities, or on a one-to-one basis, as appropriate.
- 5.4.3 The School Community Nurses will provide information on puberty and will provide links with primary care services such as Sexual Health Services.
- 5.4.4 Resources will be assessed to ensure they are appropriate to the age and maturity of students. Resources will take account of equal opportunities and use the appropriate language and images. Resources that promote stereotyping, racism and sexism will be not be used.
- 5.4.5 A variety of teaching and learning styles will be used throughout the course, including multimedia, information sheets, pamphlets, textbooks, models, games, role-play, IT, the Internet and visits by outside specialists.
- 5.4.6 General information about contraception is provided in PSHEE lessons but teachers will not give individual advice on contraceptive matters. The Community School Nurse can give individual advice without parental permission, although parental involvement is encouraged.

#### 5.5 Confidentiality Statement

It will be explained to students that while the best interests of students are paramount, members of staff cannot offer unconditional confidentiality. If confidential disclosures have to be shared with the Designated Safeguarding Lead, the student concerned will be informed first. Students will be encouraged to talk to their parents or carers and will be offered support to do so.

#### 5.6 Assessing RSHE and monitoring the programme

- 5.6.1 RSHE will be assessed periodically in the year as outlined in the PSHEE scheme of work. Teachers will have the opportunity to reflect on the learning during the programme and will be encouraged to review and suggest improvements.
- 5.6.2 The Heads of Year will monitor and evaluate the programme on an annual basis and will involve students and staff in that process.

#### 5.7 Working with Parents/Carers and Child Withdrawal Procedures

- 5.7.1 When a student joins the school, parents/carers will be invited to read the RSHE policy. The aim is to establish a partnership with parents/carers and remind them of the dual responsibility for RSHE learning. Parents/carers will be kept informed about the content of the programme.
- 5.7.2 The teaching of Relationships, Sex and Health Education is statutory in all maintained secondary schools. However, parents/carers have the right to withdraw their child from the sex education component of RSHE (but not that delivered through the National Curriculum in, for example, Science). If a parent/carer wishes to withdraw their child from the sexual content of the RSHE programme, they should do so in writing to the Head Teacher. The child will do other work related to the RSHE curriculum under supervision in, for example, the school library.

5.7.3 At the point where a child is aged up to three terms before their sixteenth birthday, the child themselves may request that they receive sex education. The Head Teacher will ensure that this is delivered in one or more of the terms of schooling before their sixteenth birthday.

5.7.4 A child does not have the right to ask to be withdrawn from sex education, regardless of their age.

## 5.8 Programme of Provision

The tutorial programme overview is provided in the Pastoral and Sixth Form sections of the school website.