



Bramhall High School

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Relationships and Sex Education Policy.

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1. Introduction and Overview

Bramhall High school understands its obligation to provide effective and up-to-date RSE for students in accordance with current regulations and guidance including:

- Education Act (1996)
- Learning and Skills Act (2000)
- Education and Inspections Act (2002)
- Equality Act (2010)
- Supplementary Guidance *SRE for the 21st century* (2014)
- Children and Social Work Act 2017)

Keeping Children Safe in Education (2018)

We recognise that RSE plays a vital part in meeting our safeguarding obligations and in preparing our students for experiences and responsibilities in later life. We welcome DfE guidance stating all schools must deliver Relationships and Sex Education from 2020.

This policy aims to define RSE and describe how it is provided at Bramhall High school and who is responsible for providing it. It includes information about parents' right to withdraw their child from aspects of RSE. This policy will be reviewed on an annual basis by the governing body to comply with regulations.

2 Definition and context

“SRE is lifelong learning about physical, moral and emotional development. It is about the understanding of the importance of marriage for family life, stable and loving relationships, respect, love and care. It is also about teaching of sex, sexuality, and sexual health.” (Sex and relationships Education Guidance, DfE 0116/2000).

It has three main elements:

Knowledge and understanding

- Learning and understanding physical development at appropriate stages
- Understanding human sexuality, sexual health, emotions and relationships
- Learning about contraception and a range of local and national sexual health advice, contraception and support services
- Learning the reasons for delaying sexual activity until an appropriate age and the benefits to be gained from doing so
- The avoidance of unplanned pregnancy

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
- Learning about the harmful impact of pornography
- Exploring, considering and understanding moral dilemmas
- Developing critical thinking as part of decision-making

Personal and social skills

- Learning to manage emotions and relationships confidentially and sensitively
- Developing self-respect and 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 consequences for choices made
- Managing conflict
- Learning how to recognise and avoid exploitation and abuse

3 Aims

RSE aims to help students to understand the facts about sex and sexuality, to develop self-esteem, respect for others and to build self-confidence in decision making. The development of self-esteem is central; young people who feel positive about themselves are more likely to develop happy and caring relationships.

RSE provision at Bramhall High School aims to:

- Provide accurate and up-to-date information about RSE topics relevant to both the national agenda and our local agenda.
- Develop confidence in order to ask questions without embarrassment, contribute towards discussion, and reflect upon their feelings about RSE topics.

- Develop knowledge and understanding about puberty, reproduction and sexuality.
- Develop positive attitudes, strong moral values, self-respect and self-esteem.
- Ensure students understand the law on sexual behaviour, consent and abuse.
- Develop an understanding of the importance of respect, trust and love in relationships.
- Encourage an understanding of the perspectives of difference genders and sexualities.
- Develop a sense of responsibility and an awareness of the consequences of actions in relation to sexual activity.
- Provide information about different types of contraception and about safe sex and how to access further advice and treatment.
- Provide a clear understanding of the arguments for delaying sexual activity and resisting pressure.
- Challenge discrimination based on gender identity, expression, orientation and biological sex.
- Equip students to address sexist, LGBT phobic bullying.
- Correct misunderstandings and counteract myths drawn from the media and/or peers.
- Link RSE with issues of peer pressure and risk-taking behaviours such as smoking, drug and alcohol usage.
- Develop an awareness of the dangers of grooming and sexual exploitation through technology.
- Develop the skills required to keep themselves safe on-line and in the real world.
- Enable students to seek information, advice and help when needed.

Bramhall High School aims to provide RSE which is inclusive and meets the needs of all students.

Special Educational Needs and Disability (SEND): some students have learning, emotional or behavioural difficulties or physical disabilities that may result in particular RSE needs. Delivery of RSE will be differentiated where necessary to address the needs of these students, enable them to access the content of RSE and ensure inclusivity.

Sexuality: Some students identify as LGBT+ (lesbian, gay, bisexual or transgender, genderqueer, questioning, intersex, and asexual) or may have LGBT+ family members or friends. Our approach to RSE will include sensitive, honest and balanced consideration to gender identity, gender expression and sexual orientation. Pastoral, safeguarding, medical and counselling support will always take account of the needs of LGBT+ students.

Cultural background: We strive to deliver RSE in a culturally appropriate and sensitive way.

4 Working with parents

At the start of each academic year, a summary of our PSHE content, including the RSE elements, is uploaded onto the school's web site (printed versions are also available). If parents require further information, they can request it from the Deputy Headteacher who oversees the school's curriculum. Parents have the right to withdraw their children from non-statutory components of RSE. Parents can identify when RSE is being covered by referring to the PSHE programme content. Requests for withdrawal should be put in writing to the Headteacher. A copy of withdrawal requests will be placed in the child's educational record. The Headteacher will discuss the request with parents and take appropriate action.

5 Content

RSE is primarily delivered through our Skills for Life programme, taught by teachers, School Nurses and external experts. Teachers' directed time is protected for planning the delivery of RSE/SKfL and dedicated time is provided for the delivery of the programme. Teaching of RSE is done within a 'safe' learning environment where ground rules are agreed by all. Additionally, sex education* is taught within the Biology schemes of work and questions of moral and ethical codes are covered in the Beliefs and Values schemes of work. It is expected that in other areas of the curriculum, particularly English and the Humanities, there will be further opportunities to discuss and reflect on RSE themes.

* Sex ed. In Biology at KS3:

- Male /female reproductive systems
- Structure and function of male and female reproductive systems (including structure and function of sperm and egg cells)
- Changes in adolescence (in the uterus and ovaries; hormones)
- Roles of oestrogen and testosterone in the development of secondary characteristics.
- Fertilisation, pregnancy and birth

- Protection of developing embryo by amniotic fluid
- Role of the placenta in the nutrition of the developing embryo
- Contraception (condoms and the pill) and IVF (in vitro fertilisation)

* Sex ed. In Biology at KS4:

- Specialised cells (including sperm and egg cells)
- Sexually transmitted infections
- Roles of oestrogen, progesterone, FSH and LH in the control of menstrual cycle (follicle stimulating hormone - FSH and luteinising hormone - LH higher tier)
- Contraception (condoms and the pill)
- Assisted reproductive technology, Clomifene therapy and IVF (higher tier)

Biology is part of the core curriculum at Bramhall High School up to GCSE so every student will be taught these topics.

The table, below, outlines the topics covered in this year's SKfL programme:

	DAY 1	DAY 2	DAY 3
Year 7	Positive relationships Lesson 1 Friendship Lesson 2 Bullying Lesson 3 Safeguarding/RSE: Prevent (on-line safety) Lesson 4 Stereotypes Lesson 5 Assertiveness	Healthy Living: Lesson 1 Benefit of Exercise Lesson 2 Enterprise Lesson 3 Safeguarding/RSE Grooming (the Grooming Line) Lesson 4 Healthy Living Lesson 5 Exercise	Change: Lesson 1 Body Image Lesson 2 Periods and puberty Lesson 3 Safeguarding/RSE: Prevent Bullying/marginalisation Lesson 4 Safeguarding/RSE: FGM and Forced Marriage. Lesson 5 Personal Hygiene
Year 8	Future Careers and Options: Lesson 1 Stereotypical Lesson 2 Careers Lesson 3 Russian Dolls Lesson 4 Options Career Presentation Lesson 5 Safeguarding/RSE: Grooming (on-line and real world)	Risk Taking Lesson 1 Alcohol Lesson 2 Drugs 1 Lesson 3 Drugs 2 Lesson 4 Risk Taking Lesson 5 Safeguarding/RSE: 'Sexting'	Place in Society Lesson 1 Place in Society Lesson 2 Safeguarding/RSE: Prevent anti-social behaviour, knife crime Lesson 3 Safeguarding/RSE: Prevent Act Now L1 Lesson 4 Smoking and substances Lesson 5 Safeguarding/RSE: Pornography
Year 9	Being a citizen, being part of your neighbourhood, crime and the law. Lesson 1 Safeguarding/RSE: Prevent Act Now L2 Lesson 2 Am I Old enough Lesson 3 One punch can kill Lesson 4 If Britain was 100 people Lesson 5 Safeguarding/RSE: Knife crime / exploitation by criminal gangs (External speaker: ex officer from GMP Gang Unit)	Healthy relationships Lesson 1 Safeguarding/RSE: Positive/negative Relationships (inc. abusive relationships) Lesson 2 'Legal Highs' Lesson 3 Budgeting and debt Lesson 4 Gambling Lesson 5 Rights and responsibilities.	Keeping safe Lesson 1 Alcohol Lesson 2 Safeguarding/RSE: Peer pressure (risk taking) Lesson 3 Safeguarding/RSE: Peer pressure (sexual activity) Lesson 4 Safeguarding/RSE: Child Sexual Exploitation Lesson 5 Safeguarding/RSE: Risky behaviour (drugs - Mosaic)
Year 10	Healthy relationships, parameters, domestic violence. Lesson 1 safeguarding/RSE: Contraception (School Nursing) Lesson 2 Parenting Lesson 3 Safeguarding/RSE: Positive/negative relationships (Stockport Without Abuse) Lesson 4 Safeguarding/RSE: Sexually transmitted infections (school Nursin) Lesson 5 Safeguarding/RSE: The Law regarding sex	Mental health and wellbeing Lesson 1 Relaxation Lesson 2 Stress Lesson 3 U Explore Lesson 4 Depression Lesson 5 Safeguarding/RSE Prevent: Act Now L4	Being a citizens Lesson 1 Lifesaving (St John) Lesson 2 Safeguarding/RSE: FGM & Forced Marriage Lesson 3 Politics Lesson 4 Voting Lesson 5 Safeguarding/RSE: Prevent: Hate Incidents (LGBT+ race etc.)
Year 11	Lesson 1: Safeguarding/RSE: Sexual Consent. Sexually harmful behaviour. GCSE	Lesson 1: Safeguarding/RSE: CSE (case studies) and positive/negative relationships.	Lesson 1: Safeguarding/RSE: Risk management

All teachers delivering aspects of the RSE programme are supported in doing so by the Deputy Headteacher and Designated Safeguarding Lead, who are responsible for developing and resourcing the core aspects of the RSE curriculum. High quality resources are used. Resources are kept up-to-date and new resources are purchased regularly in response to the changing safeguarding agenda. The Skills for Life programme (and, within it, RSE) is reviewed and updated regularly and delivered in such a way as to build on the skills, knowledge and understanding of students as they progress through school. The Skills for Life programme is informed by statutory obligations as well as the national and local safeguarding agendas.

6 Evaluation and monitoring

Although there is no formal assessment in RSE, students' understanding is monitored through thorough self-evaluation and student voice activities. RSE is also monitored and evaluated as part of the Teaching and Learning QA cycle established at Bramhall High School.