



## **Tuition, Medical and Behaviour Support Service**

# **Relationships and Sex Education Policy**

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| <b>Adopted:</b>        | September 2021 |
| <b>Next Review:</b>    | September 2022 |
| <b>Responsibility:</b> | Chloe Davies   |

## Context

*'Today's children and young people are growing up in an increasingly complex world and living their lives seamlessly on and offline. This presents many positive and exciting opportunities, but also challenges and risks. In this environment, children and young people need to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way.'*

*This is why we have made Relationships Education compulsory in all primary schools in England and Relationships and Sex Education compulsory in all secondary schools, as well as making Health Education compulsory in all state-funded schools. The key decisions on these subjects have been informed by a thorough engagement process, including a public call for evidence that received over 23,000 responses from parents, young people, schools and experts and a public consultation where over 40,000 people contacted the Department for Education'*

Relationships Education, Relationships and Sex Education (RSE) and Health Education-  
Department of Education June 2019.

In accordance with the Department of Education recommendations Relationships Education, Relationships and Sex Education (RSE) and Health Education at Tuition, Medical and Behaviour Support Service is regarded as a positive opportunity for students to understand and to be in control of their development and sexuality. We refer to Relationship and Sex Education (RSE) to centralise our emphasis upon relationships.

The policy has been updated by the Service Senior Leadership Team and PSHE Coordinator considering views from students, parents/cares, staff and governors, with advice from Shropshire Public Health Curriculum Advisor.

This policy is a working document which provides guidance and information on all aspects of RSE in the Service for staff, parents/carers and governors. The document and the RSE scheme of work overview is available on the Service website. It is updated every year.

## Policy Statement

RSE is a lifelong learning process of acquiring information, developing skills and forming positive beliefs and attitudes about sex, sexuality, relationships and feelings (Sex Education Forum 1999).

In our TMBSS primary centres (PSHE and RSE Primary Policy) RSE lessons provide key building blocks of healthy, respectful relationships, focusing on family and friendships, in all contexts, including online. This will sit alongside the essential understanding of how to be healthy.

In our secondary centres, teaching will build on the knowledge acquired at primary and develop further pupils' understanding of health, with an increased focus on risk areas such as drugs and alcohol, as well as introducing knowledge about intimate relationships and sex.

Effective RSE can make a significant contribution to the development of the personal skills needed by pupils if they are to establish and maintain relationships. It also enables students to make responsible and informed decisions about their health and well-being.

This policy adheres to and is consistent with the 1996 Education Act states that all secondary schools are required to provide an RSE programme that includes (as a minimum) information about sexually transmitted infections and HIV/AIDS. The sex education elements contained in the National Curriculum Science Orders are also mandatory. All schools must provide an up to date policy that describes the content and organisation of RSE provided outside the National Curriculum Science Order. The DfEE Relationships and Sex Education Guidance (2000) support this legislation and suggest that schools should set sex education within a broader base of self-esteem and responsibility for the consequences of one's actions. The 2014 supplementary guidance produced by the PSHE Association, Brook and Sex Education Forum and supported by the DfE recommends that issues such as consent, sexual exploitation, sexting and pornography are addressed in an age appropriate way.

Other related policies and documents include the PSHE Policy, Peer on Peer Abuse Policy, Drugs Education Policy, Child Protection Policy, Equalities Policy and ICT Policy.

## **Aims and Objectives**

In addition to the Service's aims, the policy will include the principles that all students are entitled to responsible and relevant sex education as a key element of PSHE. Relationship and Sex education is provided in a way that encourages students to consider morals and the value of family life.

### **Aims**

- To promote understanding of sexual attitudes and behaviour;
- To assist the development of informed, reasoned and responsible decisions;
- To help develop self-esteem and self-confidence in pupils as a foundation for responsible and caring relationships;
- To assist a positive and confident attitude about the physical, emotional and moral aspects of sexual maturity;
- To promote the understanding that relationships formed on the internet and social media sites have very different characteristics and can be more extreme or exaggerated.

### **Objectives**

- To increase knowledge and understanding of personal relationships; risks and responsibilities, forms of contraception and STIs
- To encourage inclusion of moral/family values, religious values, gender roles and stereotyping;
- To provide opportunities for students to examine their own and others' attitudes towards sexual activity and related issues;
- To promote an awareness of peer pressure and encourage the development of assertiveness and confidence to cope with peer pressure;
- To develop other personal skills; listening, communication, empathy, consideration, self-esteem;
- To raise awareness of sources of help and to develop the skills to use them;
- To promote a partnership with parents.

### **Moral and Values Framework**

The RSE programme at Tuition, Medical and Behaviour Support Service reflects the Service's ethos and demonstrates and encourages the following values:

- Respect for self;

- Respect for others;
- Responsibility for their own actions;
- Responsibility for their family, friends, Service's and wider community.

### **Equal Opportunities Statement**

The Service is committed to the provision of RSE to all of its students. Our programme aims to respond to the diversity of children's cultures, faiths, family backgrounds and sexual orientation.

The RSE programme offers the students the opportunity to develop and clarify the attitudes and values in relation to gender roles, stereotyping and to the concepts of masculinity and femininity.

The programme seeks to counteract assumptions in society, e.g. passivity of females, women as 'homemakers', men as breadwinners, men as aggressors. It looks to the need for students to build self-esteem and develop decision-making skills. Open debate is encouraged by means of a friendly and caring environment.

All students have equal access to all aspects of the curriculum which is relevant to their individual needs. Equal time and provision is allocated for all groups but there may be occasions where students with Special Educational Needs are given extra support.

All students also have access to TMBSS school Nurse, who also provides standalone sessions for RSE.

### **Content**

The Shropshire Respect Yourself Relationship and Sex Education programme is a comprehensive scheme of work for Years 6-11 and has been delivered since January 2016. The content of the programme will be monitored by the PSHE lead using feedback from staff and students. The Relationship and Sex Education programme is an integral part of the Service's Personal, Social and Health Education (PSHE) programme.

The emphasis is upon relationships and we refer to Relationship and Sex Education (RSE).

The Shropshire scheme has three components:

- Knowledge and information
- Skills and self-esteem (such as decision-making and assertiveness)
- Attitudes and values clarification.

The materials for each year include: student consultation;, baseline assessment; review and reflect exercises as well as the use of active learning techniques. The materials and images used aim to reflect the age, identify and cultural background of a range of students. Students are encouraged to ask questions and seek advice and support from reliable and confidential sources of support, including parents, family, Service staff, the CHAT service and the health professionals.

In Key Stage 3 students learn how good relationships can promote mental well-being, how to manage their feelings positively and how to manage changing relationships. They learn the law relating to sexual behaviour, how to develop skills of assertiveness in order to resist peer pressure and stereotyping, sources of advice & support and when and where to get help.

In Key Stage 4 students learn to recognise the influences and pressures around sexual behaviour and how to respond appropriately and confidently and seek professional health advice. To support and supplement the science curriculum students consider their knowledge, attitudes and values in relation to HIV and other sexually transmitted infections, different forms of contraception, the risk of early sexual activity and the link with the use of alcohol and drugs. Discussions around moral issues such as abortion, contraception and the age of consent are delivered.

All students are taught about online safety relating to relationships and sexualised activities including sexting and image sharing this is linked to the Safeguarding and Child Protection Policy, the Peer on Peer Abuse Policy, ICT Policy and KCSiE 2021 document.

Resources are used from the PSHE Association providing relevant up-to-date resources such as:

- 'Send me a pic' from NCA-CEOP
- Family life
- Fertility and pregnancy choices
- Medway Public Health Directorate Relationships and Sex Education
- Medway Public Health Directorate Managing Healthy and Unhealthy relationships and behaviours
- 'Growing and changing'
- 'Every Mind Matters'
- 'Disrespect NoBody'- preventing teenage relationship abuse
- Alice Ruggles Trust Relationship Safety
- Winston's Wish: loss and bereavement
- 'The right Idea': parental separation and children's rights
- Working out relationships
- NCA-CEOP: online blackmail

## **Organisation**

RSE is not delivered in isolation but firmly embedded in all curriculum areas, including Personal, Social Health Education (PSHE). In accordance with Ofsted recommendations a specialist team has been identified. Staff receive support, advice and training on the materials. Guidance is provided on answering difficult questions, differentiation and single gender working. RSE is taught in discrete timetabled lessons and is addressed whenever issues/questions arise if the timing is appropriate, if the timing is not appropriate the member of staff will respond to the issue/question at a more appropriate time.

Tuition, Medical and Behaviour Support Service believes in the importance of training and support for staff delivering this has been put in place and CPD opportunities have been taken up. Staff are encouraged to access appropriate training and support to help them deliver effective RSE.

## **Monitoring and assessment**

The Shropshire scheme includes a baseline assessment and tracking tool, enabling students' knowledge, confidence and ability to access help and support to be identified and measured before and after delivery. The data will be used to identify vulnerable pupils and identify individual pupils' progress. In addition liaison with the CHAT service, targeted youth support and our school nurse provides anonymous information to inform the programme and provide co-ordinated pastoral care.

## **Specific Issues within RSE**

### **Withdrawal**

Parents/Carers have the right to withdraw their children from all or part of the Sex Education provided at within the Service except for those parts included in statutory National Curriculum. Those parents/carers wishing to exercise this right are invited in to see the Centre Manager who will explore any concerns and discuss the impact that withdrawal may have on their child. Once a child has been withdrawn they cannot take part in the RSE programme until the request for withdrawal has been removed. The Relationship Education has been compulsory from 2020 and students cannot be withdrawn from these lessons.

Materials are available to parents/carers who wish to supplement the Service RSE programme or who wish to deliver RSE to their children at home.

### **Safeguarding and Child Protection**

The Service has a separate Safeguarding and Child Protection Policy. Effective RSE may bring about disclosures of child protection issues and staff are aware of the procedures for reporting their concerns.

### **Confidentiality**

A student is never promised confidentiality however sensitive information will only be shared if there is a risk of danger or harm. If the teacher or member of staff concerned believes that the student is at risk of danger or harm, she/he talks to the named designated safeguarding lead and discuss appropriate actions. In these cases the student will be informed.

### **Disclosures**

If a member of staff learns that an under 16 years old is sexually active or contemplating sexual activity the Service will ensure that:

- The student is encouraged to talk to their parent/carer, but recognise that they may choose not to;
- Any Safeguarding or Child Protection issues are addressed;
- The student receives adequate counselling and information;
- The Head of Service will monitor the frequency of cases where they handle information without parental knowledge.

## **Controversial and Sensitive Issues**

Sensitive and controversial issues within RSE cannot be ignored. Such issues are presented in a broad and balanced way free from sensationalism and personal bias.

Topics such as contraception, abortion, homosexuality, HIV/AIDS, may arise as part of the planned curriculum or introduced by students themselves. A supportive climate will be fostered and discussions will take place. The use of medical, scientific language and correct naming of reproductive organs and body parts is supported to ensure understanding; as part of this staff will discuss and explore pupils and society's use of slang, innuendo and oppressive language.

Staff are aware that views around RSE related issues vary. Topics are presented using a variety of views and beliefs and pupils are encouraged to form their own, informed opinions but also respect others that may have a different opinion.

## **Dealing with Questions**

Both formal and informal RSE arising from pupils' questions are answered according to the age and maturity of the student and class cohort concerned. Questions may arise that require individual response and exploration rather than a classroom response.

The Service believes that individual teachers must use their skill and discretion in this area and refer to the Child Protection Coordinator if they are concerned. At the beginning of each module a question box will be introduced to enable pupils to ask questions discreetly and anonymously. This is a mechanism which also ensures members of staff (teaching and non-teaching) can acknowledge a student's question without feeling pressurised to respond immediately. Clear ground rules will be agreed with the class to support and encourage questions.

## **Sexual Identity and Sexual Orientation**

Tuition, Medical and Behaviour Support Service believes that RSE should meet the needs of all students regardless of their developing sexuality and be able to deal honestly and sensitively with sexual orientation, answer appropriate questions and offering support. Homophobic bullying is dealt with strongly yet sensitively.

## **Relationship and Sexual Health Guidance and Services offered individually to students in School**

- Students are able to access confidential advice from the school nurse, the CHAT Service and the Service Staff within each Centre.
- Child Protection procedures are followed at all times.
- Confidentiality is upheld where appropriate although students are encouraged to talk with their parents/carers, they may choose not to.

Following the Frazer Guidelines the school nurse, assigned by the NHS, will provide the following services:

- Shropshire Condom Distribution Scheme (CDS)
- Chlamydia screening
- Emergency contraception
- Pregnancy testing
- Signposting to other services
- On-going individual support

**Dissemination**

All staff members and governors receive a copy of the policy. Training is regularly delivered to staff on the policy content. Copies are available from the Centres Administration office on request from parents. The policy is included on the Service website.

**Key websites:**

- [www.teachernet.gov.uk/pshe](http://www.teachernet.gov.uk/pshe)
- [www.psheassociation.co.uk](http://www.psheassociation.co.uk)
- Sex Education Forum ([www.ncb.org.uk/sef](http://www.ncb.org.uk/sef)).