



Altrincham Grammar School for Girls

Bright Futures EDUCATIONAL TRUST

Name:	Relationships Education, Relationships and Sex Education and Health Education Policy
Approved by:	Governors – TLB&S Committee
Policy Created:	
Date of review	3 years
Update Approved:	June 2020
All policies are available to stakeholders either on the school website or upon request from the school office.	

PRINCIPLES

The Relationship and Sex Education Policy is committed to and guided by the principles of:

Altrincham Grammar School for Girls believes that effective relationship and sex education is essential if young people are to make responsible and well-informed decisions about their lives. A comprehensive programme of RSE provides accurate information about the body, reproduction, sex, and sexual health. It also gives children and young people essential skills for building positive, enjoyable, respectful and non-exploitative relationships and staying safe both on and offline. It is an integral part of the PSHE programme within the school.

Relationships and sex education is compulsory, and is now a statutory subject, from age 11 onwards. The provision of relationships and sex education is mandatory in all UK secondary schools. As a secondary academy school we must provide RSE to all students as per section 34 of the Children and Social work act 2017.

In teaching RSE, we are required by our funding agreements to have regard to guidance issued by the secretary of state as outlined in section 403 of the Education Act 1996.

This policy is in the line with the mandatory Relationships, Relationships education, relationships and sex education (RSE) and health education (DfE September 2020).

PURPOSE

The aim of the relationship and sex education policy is:

- To foster a safe environment where students communicate effectively by developing appropriate terminology for sex and relationship issues.
- To equip students with an understanding of the law surrounding relationships and sex and to have a knowledge of their rights regarding relationships and sex.
- To encourage the capacity to make decisions in managing relationships so that choices are informed, responsible and appropriate and minimise any risks to the individual.
- To discuss, openly within a safe teaching environment, moral values and explore those held by different cultures and groups.
- To encourage honesty and respect in all relationships and nurture sensitivity to the needs and feelings of others.
- To prepare students for puberty, and give them an understanding of sexual development and the importance of health and hygiene
- To help equip students to develop fully as emotionally mature human beings.
- To present the biological facts about sex, reproduction, contraception and sexually transmitted diseases in an objective and balanced manner. To help students distinguish between fact and opinion in relation to relationships and sex.
- To ensure that RSE is relevant to ALL students regardless of their sexuality.



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- To develop an understanding of the legal issues surrounding sex and sexuality and avoid being exploited or exploiting others or being pressured into unwanted or unprotected sex. (This includes discussing child sexual exploitation, female genital mutilation and consent).
- To promote understanding of the emotional and physical changes around puberty and develop and raise self-esteem.
- To ensure that appropriate guidance and support is available for the staff that will deliver the programme of relationship and sex education in the school.

Policy development:

This policy has been developed in consultation with staff, students and parents/carers. The consultation and policy development process involved the following steps:

1. Review – two members of staff or working group pulled together all relevant information including relevant national and local guidance
2. Staff consultation – all school staff were given the opportunity to look at the policy and make recommendations
3. Parent/carer consultation – parents and any interested parties were invited to attend a meeting about the policy
4. Student consultation – we investigated what exactly pupils want from their RSE.
5. Ratification – once amendments were made, the policy was shared with governors and ratified

POLICY

1.	What is Relationships and Sex Education?
1.1	RSE is about the emotional, social and cultural development of students, and involves learning about relationships, sexual health, sexuality, healthy lifestyles, diversity and personal identity. RSE involves a combination of sharing information and exploring issues and values and preparing students for the experiences, rights and responsibilities of adult life.
2.	Curriculum
2.1	Our curriculum is set out as per Appendix 1, but we may need to adapt it as and when necessary.
2.2	Relationships and sex education is not an isolated subject. It permeates the whole school curriculum, the ethos of the school, and the pastoral system. Many subjects, but particularly science, religious studies and PSHE explore some elements of relationships and sex education.
2.3	The science curriculum is delivered by the science department. These lessons are more concerned with the physical aspects of development and reproduction. The religious studies curriculum is delivered by religious studies teachers. These lessons focus on the social aspect of RSE including, for example, the role and function of marriage within different religious groups. Matters such as child-rearing and sexuality are considered as well.
2.4	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



<p>2.5</p> <p>2.6</p> <p>2.7</p>	<p>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.</p> <p>Lessons will always provide signposts to students on how to access further information and support on topics and issues related to RSE. Services and organisations signposted will be those which have been verified and deemed age appropriate or already used by Altrincham Grammar School for Girls.</p> <p>During years 7 to 9 students will receive relationship and sex education through the PSHE curriculum, in particular exploring:</p> <ul style="list-style-type: none"> • Physical and emotional changes during puberty • Management of growth and change during puberty • Relationships: friends and families, marriage, and civil partnerships, positive and negative ways of attracting attention. • Health services • Sexual relationships: law, consent, contraception • Female genital mutilation • Child sexual exploitation • Sex, gender, sexuality and sexual orientation • Sexual Health • Contraception • Consent - what can impact upon it, attitudes to attracting attention. • Online safety in relation to relationships • Abuse in relationships • The law and RSE <p>During years 10 and 11 students build upon the knowledge and concepts learnt in years 7 to 9. However, these are explored in a deeper manner, considering not only the personal impact of the issues concerned but also the impact of wider societal responses to relationships and sex. For example, exploring the impact social media has had upon the expectations within relationships. This encompasses a range of aspects relating to RSE. In Years 10 and 11 RSE is delivered through discrete lessons once a fortnight. Forming one of the modules covered in Year 10 and one in Year 11. Other topics covered during years 10 and 11 include:</p> <ul style="list-style-type: none"> • Contraception • Choices in relation to pregnancy e.g. parenting, adoption and abortion. • Online sexually explicit material (pornography) • Exploitation • Domestic abuse <p>In the sixth form, students receive sex and relationship education through an organised enrichment day, guest speakers and form time.</p>
<p>3.</p> <p>3.1</p>	<p>Organisation and Implementation</p> <p>At Altrincham Grammar School for Girls, much of the relationships and sex education takes place within PSHE lessons. PSHE and citizenship are taught by a team of teachers, led by the Head of Citizenship and PSHE, with support from professionals where appropriate.</p>



3.2	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. Education on sensitive and specialist topics such as child exploitation, consent and female genital mutilation are all covered, but are taught by a subject specialist. Students will explore RSE in a way that it relevant and sensitive to all sexualities and irrespective of gender.
4.	Confidentiality
4.1	Teachers cannot offer or guarantee absolute confidentiality in some matters and students will be made aware of this. Altrincham Grammar School for Girls is aware that effective relationships and sex education can lead to the disclosure of a safeguarding issue and this will be acted on in accordance with the school's Safeguarding Policy. Students will be signposted to the help available which currently include the school counsellor, pastoral staff, the school nurse and local advice centres.
5.	Parents' Right of Withdrawal
5.1	Parents have the right to withdraw their children from the non-statutory/non-science components of sex education within RSE up to and until 3 terms before the child turns 16. After this point, if the child wishes to receive sex education rather than being withdrawn, the school will arrange this. Requests for withdrawal should be put in writing using the form found in Appendix 2 of this policy and addressed to the Principal. A copy of withdrawal requests will be placed in the pupil's educational record. The Principal will discuss the request with parents/carers. Alternative work will be given to students who are withdrawn from sex education.
5.2	Parents/Carers cannot withdraw their children from any aspect of the health and relationships education.
6.	Monitoring and evaluation
6.1	The Head of Citizenship and PSHE will liaise annually with the other curriculum areas to ensure that the relationships and sex education programme is being covered appropriately and that the biological, social and emotional elements of relationships and sex education are properly co-ordinated. The PSHE programme will be evaluated and monitored through the usual school review processes, including lesson observations and student voice.
6.2	The Governing Body and Leadership Team are responsible for overseeing, reviewing and organising the revision of the Relationships and Sex Education Policy.
6.3	Parents/carers were consulted on this policy at a parents' meeting in May 2020.

Responsibility

Responsible Staff	Mrs Ogunmyiwa; Mrs Galvin; Mr Humphrys, other designated staff
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Appendix 1 Relationships Education, Relationships and sex education, Health Education Curriculum Mapping

[Link to curriculum map here](#)

Points to Note

- Students **can only be** withdrawn from Sex Education. It is now **a statutory requirement** for all UK schools to teach students Relationships and Health Education.
- The following prescribed content, as listed in the Department for Education Statutory Relationships Education, Relationships and Sex Education and Health Education Guidance, will be wholly taught by the AGGS science department: **‘the science relating to blood, organ and stem cell donation’**.
- First aid will be taught by an external and regulated organisation in Year 9, Year 10 or 11 (tbc) – this is part of Health Education and is mandatory for all students. However, reference to basic first aid will be made in Year 7.
- The curriculum will be supported by visiting speakers and organisations. Moreover, topics are also delivered through other subjects studied by your child, notably: PE, science, computing, citizenship, food and nutrition, religious studies and the whole-school ethos and pastoral programme e.g. assemblies and form time.
- Only the prescribed content as listed in the Department for Education Statutory Relationships Education, Relationships and Sex Education and Health Education Guidance is listed within this document. PSHE is taught in combination with citizenship, therefore where there are empty spaces, this denotes students being taught content from the citizenship national curriculum or material in PSHE outside the prescribed content.



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Appendix 2 Request to withdraw child from sex education lessons

To be completed by parents/carers	
Name of student	Form
Name of parent/carers	Date
Reason for withdrawing from sex education within relationships and sex education	
Any other information you would like the school to consider	
Signature of Parent/Carer	
Agreed actions from discussion with the parents/carers (school to complete)	
Signed	Date



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