

Relationships and Sex Education Policy

FINBOROUGH SCHOOL



Approved by:

Steven Clark

Date: September 2023

Last reviewed: September 2023

Next review due by:
September 2024

This policy was developed in response to the Education Act 1996, Sex and Relationship Education Guidance DfES 2000, the National Teenage Pregnancy Strategy, PSHE Association Advice and the Sex Education Forum's policy guidance.

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1. Aims

The aims of relationships and sex education (RSE) at Finboorugh School are to:

- *Provide a framework in which sensitive discussions can take place*
- *Prepare pupils for puberty, and give them an understanding of sexual development and the importance of health and hygiene*
- *Help pupils develop feelings of self-respect, confidence and empathy*
- *Create a positive culture around issues of sexuality and relationships*
- *Teach pupils the correct vocabulary to describe themselves and their bodies*

2. Statutory requirements

As an Independent School, we do not have to follow the National Curriculum but we are expected to offer all pupils a curriculum that is similar to the National Curriculum including requirements to teach science which would include the elements of sex education contained in the science curriculum.

In teaching RSE, we are required to have regard to [guidance](#) issued by the Secretary of State as outlined in section 403 of the [Education Act 1996](#). At Finborough School we teach RSE as set out in this policy.

3. Policy development

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

1. *Review – a member of staff 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 consultation – parents and any interested parties were invited to comment on the policy*
4. *Pupil consultation – we investigated what exactly pupils want from their RSE*

4. Definition

At Finborough School, we define Relationship and Sex Education (RSE) as learning about the emotional, social and physical aspects of growing up, relationships, sex, human sexuality and sexual health.

RSE is lifelong learning about physical, moral and emotional development. It involves acquiring information, developing skills and forming positive beliefs, values and attitudes.

RSE provides a balanced, accurate and up to date information about human reproduction, together with consideration of the broader social, emotional, ethical, religious, legal and moral dimensions of Sex and Relationships.

5. Curriculum

Our curriculum is set out as per Appendix 1 but we may need to adapt it as and when necessary.

We have developed the curriculum taking into account the age, needs and feelings of students. If pupils ask questions outside the scope of this policy, teachers, boarding staff and support staff will respond in an appropriate manner so they are fully informed.

The curriculum content for Pre-Prep and Prep, as per guidelines, is on teaching the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships, and relationships with other children and with adults.

The boarding staff are made aware of the curriculum for each age group so they can support students with any additional support appropriately.

6. Delivery of RSE

RSE is taught within our Well-being Program. Biological aspects of RSE are taught within the science curriculum.

In Year 7 and Year 8 also receive stand-alone sex education sessions delivered by our school nurse. This will be in small groups, The Lead Teacher will also be present.

In Year 9, Year 10 Year 11 and Sixth Form, sex education will be taught in the form of workshops delivered by experts in teaching sex education in schools from **School of Sexuality Education Ltd.**

At Finborough School, RSE focuses on giving young people the information they need to help them develop healthy, nurturing relationships of all kinds including:

- Families of all types
- Respectful relationships, including friendships
- Online and social media
- Being safe

- Intimate and sexual relationships, including sexual health
- LGBT issues will run through the Senior School RSE Curriculum

For more information about our RSE curriculum, see Appendices 1 (The highlighted sections)

These areas of learning are taught within the context of family life taking care to ensure that there is no stigmatisation of children based on their home circumstances (families can include single parent families, LGBT parents, families headed by grandparents, adoptive parents, foster parents/carers amongst other structures).

For Pre-Prep and Prep, the delivery of RSE is integrated within our PSHE program and is delivered by the class tutor. The school nurse may be invited to deliver some curriculum coverage in Prep 5 and 6.

Staff in these year groups will consult parents before the final year of Prep school about the detailed content of what will be taught. This process should include offering parents support in talking to their children about sex education and how to link this with what is being taught in school.

The Boarding staff will offer additional support where required which will be delivered by the school nurse.

7. Roles and responsibilities

7.1 The Headteacher

The Headteacher is responsible for ensuring that RSE is taught consistently across the school, and for managing requests to withdraw pupils from non-statutory/non-science components of RSE (see section 8).

7.2 Staff

Staff are responsible for:

In Year 7 and Year 8 Lead Teachers supporting our school nurse when she delivers RSE in a sensitive way

In Year 9, 10, 11 Lead Teachers and Personal Tutors at Sixth Form be aware of the content of the workshops and be present if applicable

- Modelling positive attitudes to RSE
- Monitoring progress
- Responding to the needs of individual pupils
- Responding appropriately to pupils whose parents wish them to be withdrawn from the non-statutory/non-science components of RSE

Throughout Prep-Prep and Prep, the class tutor, in consultation with the nurse where required, is responsible for the delivery of a weekly lesson on PSHE/RSE

The Boarding staff support students where required, the staff have an understanding of the programme and its context.

7.3 Pupils

Pupils are expected to engage fully in RSE and, when discussing issues related to RSE, treat others with respect and sensitivity.

8. Parents' right to withdraw

In the Senior School parents have the right to withdraw their children from the 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 3 of this policy and addressed to the Headteacher.

A copy of withdrawal requests will be placed in the pupil's educational record. The Headteacher or the respective Deputy Heads will discuss the request with parents and take appropriate action.

Alternative work will be given to pupils who are withdrawn from sex education.

9. Monitoring arrangements

The delivery of RSE is monitored by the Deputy Heads through discussion with the School Nurse, Lead Teachers and students. Pupils' development in RSE is monitored by Lead Teachers and boarding staff as part of our review process.

This policy will be reviewed by Deputy Heads. At every review, the policy will be approved by Mr Clark the Headteacher.

Appendix 1

Curriculum maps

[Pre-Prep PSHE/RSE Programme 2021/2022](#)

[Prep School Well-Being Programme 2021/2022](#)

[Copy of Senior School Well-being Programme 2021/2022](#)

Appendix 2: By the end of Secondary School pupils should know (Source – DfE RSE Statutory Guidance p27 to p29)

TOPIC	PUPILS SHOULD KNOW
Families	<p>That there are different types of committed, stable relationships</p> <p>How these relationships might contribute to human happiness and their importance for bringing up children</p> <p>What marriage is, including their legal status e.g. that marriage carries legal rights and protections not available to couples who are cohabiting or who have married, for example, in an unregistered religious ceremony</p> <p>Why marriage is an important relationship choice for many couples and why it must be freely entered into</p> <p>The characteristics and legal status of other types of long-term relationships</p> <p>The roles and responsibilities of parents with respect to raising of children, including the characteristics of successful parenting</p> <p>How to: determine whether other children, adults or sources of information are trustworthy: judge when a family, friend, intimate or other relationship is unsafe (and to recognise this in others' relationships); and, how to seek help or advice, including reporting concerns about others, if needed</p>

TOPIC	PUPILS SHOULD KNOW
Respectful relationships, including friendships	<ul style="list-style-type: none"> • The characteristics of positive and healthy friendships (in all contexts, including online) including: trust, respect, honesty, kindness, generosity, boundaries, privacy, consent and the management of conflict, reconciliation and ending relationships. This includes different (non-sexual) types of relationship • Practical steps they can take in a range of different contexts to improve or support respectful relationships • How stereotypes, in particular stereotypes based on sex, gender, race, religion, sexual orientation or disability, can cause damage (e.g. how they might normalise non-consensual behaviour or encourage prejudice) • That in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including people in positions of authority and due tolerance of other people's beliefs • About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help • That some types of behaviour within relationships are criminal, including violent behaviour and coercive control • What constitutes sexual harassment and sexual violence and why these are always unacceptable

	<ul style="list-style-type: none"> • The legal rights and responsibilities regarding equality (particularly with reference to the protected characteristics as defined in the Equality Act 2010) and that everyone is unique and equal
Online and media	<ul style="list-style-type: none"> • Their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online • About online risks, including that any material someone provides to another has the potential to be shared online and the difficulty of removing potentially compromising material placed online • Not to provide material to others that they would not want shared further and not to share personal material which is sent to them • What to do and where to get support to report material or manage issues online • The impact of viewing harmful content • That specifically sexually explicit material e.g. pornography presents a distorted picture of sexual behaviours, can damage the way people see themselves in relation to others and negatively affect how they behave towards sexual partners • That sharing and viewing indecent images of children (including those created by children) is a criminal offence which carries severe penalties including jail • How information and data is generated, collected, shared and used online

By the end of Prep Six pupils should know [Source-DfE RSE Statutory Guidance p20-p22]

TOPIC	PUPIL SHOULD KNOW
Families	<p>That families are important for children growing up because they can give love, security and stability</p> <p>The characteristics of healthy family life, commitment to each other in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives</p> <p>That others family's, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterized by love and care</p> <p>That stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children security as they grow up</p> <p>That marriage represent a formal and legally recognised commitment of two people to each other which is intended to be lifelong</p> <p>How to recognise a family relationships or making them feel unhappy or unsafe, and how to seek help or advice from others if needed</p>

TOPIC	PUPILS SHOULD KNOW
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Caring friendships	<p>How important friendships are in making us feel happy and secure, and help people choose and make friends</p> <p>The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties</p> <p>That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded</p> <p>that's most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right</p> <p>How to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to make these situations and how to seek help or advice from others, if needed</p>
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TOPIC	PUPILS SHOULD KNOW
Respectful relationships	<p>The importance of respecting others, even when they are different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs</p> <p>practical steps they can take in a range of different contexts to improve your support respectful relationships</p> <p>The conventions of courtesy and manners</p> <p>The importance of self-respect and how this links to their own happiness</p> <p>That in school and in wider Society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority</p> <p>About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help</p> <p>what a stereotype is, and how stereotypes can be unfair negative or destructive</p> <p>the importance of permission-seeking and giving in relationships with friends, peers and adults</p>

TOPIC	PUPILS SHOULD KNOW
Online relationships	<p>That people sometimes behave differently online including by pretending to be someone they are not</p> <p>That the same principles apply to online relationships as to face-to-face relationships including the importance of respect for others online including when we are anonymous</p> <p>the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to reports them</p> <p>How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met</p> <p>How information and data is shared and used online</p>

TOPIC	PUPILS SHOULD KNOW
Being Safe	<p>What sort of boundaries are appropriate in friendships with peers and others (including in a digital context)</p> <p>About the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe</p> <p>That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact</p> <p>How to respond safely and appropriately to adults they may encounter brackets in all contexts, including online) who they do not know</p> <p>How to recognise and report feelings of being unsafe or feeling bad about any adult</p> <p>How to ask for advice or help for themselves or others, and to keep trying until they are heard</p> <p>How to report concerns or abuse, and the vocabulary and confidence needed to do so</p> <p>Where to get advice, for example family, school or other sources</p>

TOPIC	PUPILS SHOULD KNOW
Being safe	<p>The concepts of, and laws relating to, sexual consent, sexual exploitation, abuse, grooming, coercion, harassment, rape, domestic abuse, forced marriage, honour-based violence and FGM, and how these can affect current and future relationships</p> <p>How people can actively communicate and recognise consent from others, including sexual consent, and how and when consent can be withdrawn (in all contexts, including online)</p>
Intimate and sexual relationships, including sexual health	<p>How to recognise the characteristics and positive aspects of healthy one-to-one intimate relationships, which include mutual respect, consent, loyalty, trust, shared interests and outlook, sex and friendship</p> <p>That all aspects of health can be affected by choices they make in sex and relationships, positively or negatively, e.g. physical, emotional, mental, sexual and reproductive health and wellbeing</p> <p>The facts about reproductive health, including fertility and the potential impact of lifestyle on fertility for men and women</p> <p>That there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others</p> <p>That they have a choice to delay sex or to enjoy intimacy without sex</p> <p>The facts about the full range of contraceptive choices, efficacy and options available</p> <p>The facts around pregnancy including miscarriage</p> <p>That there are choices in relation to pregnancy (with medically and legally accurate, impartial information on all options, including keeping the baby, adoption, abortion and where to get further help)</p> <p>How the different sexually transmitted infections (STIs), including HIV/AIDs, are transmitted, how risk can be reduced through safer sex (including through condom use) and the importance of and facts about testing</p> <p>About the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment</p> <p>How the use of alcohol and drugs can lead to risky sexual behaviour</p> <p>How to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment</p>

Appendix 3: Parent form: withdrawal from sex education within RSE

TO BE COMPLETED BY PARENTS			
Name of child		Class	
Name of parent		Date	
Reason for withdrawing from sex education within relationships and sex education			
Any other information you would like the school to consider			
Parent signature			

TO BE COMPLETED BY THE SCHOOL	
Agreed actions from discussion with parents	

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