



Relationships, Sex and Health Education Policy

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Statement of intent

Our Mission

Longdon Park School harnesses passions, unlocks ability and realises potential through delivering individualised learning pathways to support pupils and their families.

Our school community strives to equip all pupils with a toolbox of skills, strategies, and knowledge to prepare them for their onward journey and realise the contributions they can make to the wider world.

Safe – Happy - Independent – Nurtured - Engaged

Aims

We believe that a strong Relationship, Sex and Health Education (RSHE) curriculum is important to help our pupils develop into well-rounded members of society, who can make a positive contribution to their community. Our RSHE curriculum is synonymous with our mission statement.

Why is RSHE curriculum important for our children?

The Sex Education Forum posits the question 'what is the key learning needed to ensure my pupils can be safe, healthy and enjoying fulfilling relationships?' this belief is a foundation stone for a functional, inclusive and personalised RSHE curriculum; not simply for all children but for our children. The curriculum should maximise opportunities to prepare children for the future, adulthood and transition, in line the SEN Code of Practice as well as be a tool for meeting their EHCP needs, giving them a safe space to experience change, failure and help them to find out what they like, dislike and who they are becoming.

Our children should be able to experience the real world, culture and other people and plunge into a world of ore and wonder.

Internal experiences are just as vital, pupils should be able to maximises their potential and have opportunities to succeed away from academia. In turn it is anticipated that progress can be felt by the young people, building confidence and self-esteem, raise intrinsic expectations, gives children ownership of their outcomes and progress, promotes own responsibility, promotes an understanding of cause and effect, promotes discussion and appreciation of justice, fairness and British values.

To maximise the effectiveness of these values; which we believe are core to the RSHE curriculum, this should become a whole school approach, it should involve parents, in turn raising their aspirations for their young people and vitally raise the expectations of staff towards pupils futures.

Equality and Diversity

RSHE is provided to all young people and provision is made to allow all young people to access the curriculum. Young people are encouraged to follow learning and discussions which suit their interests, skills and strengths with the absence of stereotypes. All young people are provided with the same opportunities and diversity is celebrated on an individual and whole school basis. Stereotyping of any kind in RSHE is addressed through the RSHE programme using national strategies; for example the promotion of underrepresented groups and challenging of rigid thinking using RSHE and Preparation for Adulthood transferrable learning knowledge supported by staff members to the young people of Longdon Park School and their wider support networks.

1. Legal framework

- 1.1. This policy has due regard to legislation and statutory guidance, including, but not limited to the following:
 - Education Act 1996
 - Education Act 2002
 - Children and Social Work Act 2017
 - DfE (2025) 'Keeping children safe in education' (KCSIE)
 - DfE (2020) 'Relationships and sex education (RSHE) and health education'
- 1.2. This policy will be followed in conjunction with the following school policies and procedures:
 - SMSC policy
 - Careers Education, Information, Advice and Guidance Policy

2. Key roles and responsibilities

- 2.1. The governing board has overall responsibility for the implementation of the school's RSHE Policy.
- 2.2. The governing board has overall responsibility for ensuring that the RSHE Policy, as written, does not discriminate on any grounds, including but not limited to age, disability, gender reassignment, marriage and civil partnership, race, religion or belief, sex, or sexual orientation.
- 2.3. The headteacher has overall responsibility for reviewing the RSHE Policy annually.
- 2.4. The headteacher has responsibility for handling complaints regarding this policy, as outlined in the school's Complaints Procedures Policy.

- 2.5. The headteacher will be responsible for the day-to-day implementation and management of the RSHE Policy.
- 2.6. The subject lead is responsible for liaising with other staff and professional agencies to devise a suitable scheme of work to ensure a comprehensive RSHE education that achieves the aims laid out in this policy.
- 2.7. The school will consult with parents to ensure that the RSHE and relationships education elements of the RSHE curriculum reflect the needs and sensibilities of the wider school community.
- 2.8. The school will work with parents throughout the year and will ensure that parents are routinely kept informed about their right to withdraw their children from sex education (but not relationships or health education).
- 2.9. The school ensures that pupils are also involved in the creation of this policy through termly feedback, suggestion forms and/or class discussions led by the school council

3. Aims of the RSHE curriculum: Statutory guidance

In Key Stage 1 and 2 we teach Relationships education, and in Key Stage 3, 4 and 5, we teach Relationships and Sex education, with both Key Stages being taught Health Education, thus following the statutory guidance as set out by the Department of Education and the Independent School Standards.

- 3.1. Pupils will learn to do the following:
 - Understand what constitutes a healthy lifestyle; mentally and physically.
 - Consent.
 - Understand how to stay safe and behave online.
 - Develop responsibility and independence within school which they will take forward into society in their working lives.
 - Respect other people, in particular, learning to respect the different cultural/ethnic/religious/gendered viewpoints of others in our school community and the wider world.
 - Understand what constitutes 'socially acceptable' behaviour at school and in society.
 - Be a constructive member of society.
 - Understand democracy.
 - Understand what healthy and respectful relationships are.
 - Understand what respectful behaviour looks like.
 - Develop self-confidence, self-esteem and self-worth.
 - Make positive, informed choices as they make their way through life.

- Understand that they have a right to speak up about issues or events, and to respect other's right to do the same.
- Understand that sexual violence and harassment in any form is always wrong.

4. Delivery of RSHE

RSHE is not just learning about growing up, changes and reproduction. It is also about enabling children and young people to make and maintain healthy relationships with others, to understand about human sexuality, and to feel good about themselves and the choices they make. Information will be delivered in an accepting and honest way, which enables young people to contribute, and as deemed stage appropriate.

- 4.1. A range of teaching and learning styles are used to teach RSHE.
- 4.2. Teaching is pupil-led with an emphasis on active learning techniques such as discussion and group work.
- 4.3. Class ground rules regarding discussions are put in place to ensure a safe, supportive and positive learning environment. Examples of discussion guidelines include rules such as:
 - No derogatory language.
 - Use volume control suitable for the learning environment.
 - Promote turn taking.
 - Show respect for another's views, even when disagreeing with them.
 - Keep comments subject-specific, as opposed to personal to gain pupil voice.
- 4.4. Pupils learn research and study techniques and can engage in investigations and problem-solving activities.
- 4.5. All pupils are encouraged to take part in charity work and volunteering, as well as organising school events such as assemblies and open evenings, where national pandemic guideline allow.
- 4.6. The school uses visiting speakers, such as health workers and the police, to broaden the curriculum and share their real-life experiences, where national pandemic guideline allow. Any such speakers are closely monitored by the class teacher who will use their professional judgement to end a speech if they consider it to contravene any of the aims of this policy or the values of our school.
- 4.7. The school consults with the local community on matters related to RSHE to ensure that local issues are covered in lessons. Local Education Authority safeguarding agendas will also be delivered through this learning time.

4.8. Pupils' questions, unless inappropriate, are answered respectfully by teachers.

5. Safeguarding, reports of abuse and confidentiality

5.1. All staff are aware of what constitutes child-on-child abuse. This is likely to include, but may not be limited to, the following:

- Bullying (including cyberbullying).
- Physical abuse, e.g. hitting, kicking, hair pulling.
- Sexual violence, e.g. rape, assault by penetration and sexual assault.
- Sexual harassment, e.g. sexual comments, online sexual harassment, jokes. These may be stand-alone or part of a broader pattern of abuse.
- Up skirting (taking a picture under a person's clothes without their awareness, with the intention of viewing their genitals or buttocks to obtain sexual gratification, or cause humiliation, distress or harm.
- Sexting
- Initiation/hazing type violence and rituals.

5.2. All staff are aware of indicators, which may signal that children are at risk from, or are involved with serious violent crime. These may include:

- Increased absence from school, changes in friendships/relationships with older individuals or groups, a significant decline in performance.
- Signs of self-harm or a significant change in wellbeing.
- Signs of assault or unexplained injuries.
- New possessions or unexplained gifts could indicate that children have been approached by, or are involved with, individuals associated with criminal networks or gangs.

5.3. All staff are aware of the associated risks surrounding pupils' involvement in serious crime, and understand measures in place to manage these.

5.4. If staff have concerns regarding a child who may be at risk of or suffering from 'honour-based' abuse (HBA) including forced marriage, they will speak to the DSL (or deputies). Where appropriate, they will activate local safeguarding procedures. As highlighted with section 74 of the Serious Crime Act 2015, in cases where FGM appears to have been carried out, teachers must personally report this to the police.

5.5. Staff are aware of KCSIE advice concerning what to do if a pupil informs them that they are being abused or neglected or are witnessing abuse. Staff are also aware of the appropriate levels of confidentiality. This means only involving those deemed necessary, such as the DSL (or deputy) and children's

social care. Staff must never promise a child that they will not tell anyone about a report of abuse, as this ultimately may not be in the best interests of the child.

- 5.6. The school will involve the DSL (or deputy) in anything related to safeguarding. They can potentially provide knowledge of trusted, high quality local resources, links to the police and other agencies, and the knowledge of local issues that may be appropriate to address in lessons.
- 5.7. Every lesson reinforces that, if pupils have any sensitive/personal issues or wish to talk about any of the issues raised in the lesson; they are aware of how to raise concerns or make reports to their RSHE teacher or another member of staff about this, and how this will be handled. This also includes processes when they have concerns about a friend or peer.
- 5.8. The school invites external agencies to support the teaching of safeguarding-related subjects, where national pandemic guideline allow – they must agree in advance of the session how the external visitor will deal with safeguarding reports.
- 5.9. The school is aware that, when teaching new subjects, topics including self-harm and suicide may be raised by pupils. Teachers recognise the risks of encouraging or making suicide seem a more viable options for pupils, and avoid material being instructive rather than preventative. To prevent this, teachers avoid giving instructions or methods of self-harm or suicide and the use of emotive language, videos or images.

6. Parents right to withdraw

Parents' have the right to withdraw their children from the [non-statutory/non-science] components of RSHE up until 3 terms before the pupil turns 16 years old. At this point if the pupil chooses to be part of these non-statutory/non-science then Longdon Park School will accommodate this.

Requests for withdrawal should be put in writing and addressed to the headteacher a week before the lesson. A copy of withdrawal requests will be placed in the pupil's educational record. The headteacher will discuss the request with parents and take appropriate action.

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

7. Tailoring RSHE

- 7.1. The school uses discussions and other activities during initial RSHE lessons to ascertain 'where pupils are' in terms of their knowledge and understanding of

various subjects. The teaching programme will then be adjusted to reflect the composition of the class with regards to this.

- 7.2. Teaching considers the ability, age, readiness and cultural backgrounds of all young people in the class and will be tailored accordingly.
- 7.3. Adaptations are made for those for whom English is a second language to ensure that all pupils can fully access RSHE educational provision.
- 7.4. All pupils with SEND receive RSHE education, with content and delivery tailored to meet their individual needs.
- 7.5. **[Primary only]** The school will deliver relationships and health education as part of its timetabled RSHE programme.
- 7.6. **[Secondary schools only]** The school will deliver RSHE and health education as part of its timetabled RSHE programme.

8. Programme of study

The RSHE programme of study will be assessed against the PSHE association framework and cover the following topics:

Across all Key Stages, pupils will be supported with developing the following skills:

- Communication, including how to manage changing relationships and emotions
- Recognising and assessing potential risks
- Assertiveness
- Seeking help and support when required
- Informed decision-making - consent
- Self-respect and empathy for others
- Recognising and maximising a healthy lifestyle
- Managing conflict
- Discussion and group work
- What is sexual violence and harassment?
- Child on child abuse

What topics will be covered?

Relationship and Sex Education is delivered through discrete lessons, Preparing for adulthood in KS3/4 and science.

Termly themes.

Yearly overviews can be requested from the school at any time.

KS2	KS3	KS4	KS5
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➤ Living in the Wider World	➤ Independence and Aspirations	➤ Independence and Aspirations	➤ Independence and Aspirations
➤ Relationships	➤ Autonomy and advocacy	➤ Autonomy and advocacy	➤ Autonomy and advocacy
➤ Health and Wellbeing	➤ Choices and influences	➤ Choices and influences	➤ Choices and influences

9. Assessment

- 9.1. The school sets the same high expectations of the quality of pupils' work in RSHE as for other areas of the curriculum. A strong curriculum will build on knowledge pupils have previously acquired, including from other subjects, with regular feedback on their progress.
- 9.2. Lessons are planned to ensure pupils of differing abilities, including the most able, are suitably challenged. Teaching is assessed, identifying where pupils need extra support or intervention.
- 9.3. Pupils' knowledge and understanding is assessed through formative assessment methods such as tests, written assignments, discussion groups and quizzes, in order to monitor progress.

10. Monitoring and review

- 10.1. The subject as a whole will be part of the whole school Deep Dive process to ensure consistency of delivery throughout the key stages.
- 10.2. This policy will be reviewed by the Deputy Headteacher/ Headteacher on an annual basis.
- 10.3. Learning scrutiny including learning walks, observations and book audits
- 10.4. Staff feedback and consultation
- 10.5. Pupil feedback and consultation