AVANTI SCHOOLS TRUST

Relationships & Sex Education Policy

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Spring 2024

Review date: Summer 2025

RELATIONSHIPS AND SEX EDUCATION POLICY

This Policy is a Category 1 Policy (Full Delegation)

This policy is in force until further notice from:	Spring 2024
This policy must be reviewed by no later than*: *this refers to the term in which the Policy must be reviewed by the appropriate Committee for recommendation to the Board.*	Summer 2025
Policy Author(s):	Education Director
Date policy reviewed by Committee and Minute reference	Learning, Teaching & Standards Committee: 01.07.24 (Minute reference 46)
Date Policy approved by the Trust Board and Minute reference	23.07.24 (Minute reference 116)
Location of publication of policy:	Governor Hub/ AST Website/ Internal Records and Intranet

Introduction

At Avanti Trust we want to support each pupil to become a well-rounded human being through intellectual, moral and spiritual growth. We want our pupils to respect themselves and others. We want self-discipline, courage, integrity, empathy, and gratitude to be tangible throughout our curriculum planning and school life.

Definition of RSE

The objective of relationships and sex education is to help and support pupils through their physical, emotional, and moral development. RSE is about the emotional, social, and cultural development of pupils, and involves learning about relationships, sexual health, sexuality, healthy lifestyles, diversity, and personal identity, appropriate to each phase of education. RSE involves a combination of sharing information and exploring issues and values. RSE is not about the promotion of sexual activity. Primary sex education is not compulsory in primary schools; AST primary schools will provide relationship education.

Aims

The aims of the relationship and sex education policy (RSE) 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.
- Help pupils to develop skills to enable them to understand difference and respect themselves and others for the purpose also of preventing and removing prejudice.
- Create a positive culture around issues of sexuality and relationships.
- Teach pupils the correct vocabulary to describe themselves and their bodies.

Statutory requirements

As schools in the Avanti Schools Trust (AST), we must provide relationships education to all pupils as per section 34 of the Children and Social Work Act 2017.

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 elements of the sex education contained in the science curriculum. 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.

At Avanti School's Trust, we teach RSE as set out in this policy.

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 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/stakeholder consultation – parents and any interested parties were invited to attend a meeting about the policy.

4. Pupil consultation – we investigated what exactly pupils want from their RSE.

5. Ratification – the policy was shared with the Stakeholders committee and ratified.

Curriculum

The RSE curriculum is set out as per Appendix 1, but this may need to be adapted as and when necessary. We have developed the curriculum in consultation with parents, pupils, and staff, taking into account the age, needs and feelings of pupils. If pupils ask questions outside the scope of this policy, teachers will respond in an appropriate manner, so they are fully informed and do not seek answers online.

Delivery of RSE

RSE is taught within the personal, social, health and economic (PHSE) education curriculum. Biological aspects of RSE are taught within the science curriculum, and other aspects are included in religious education (RE).

Primary Schools:

Relationships education focuses on teaching the fundamental building blocks and characteristics of positive relationships including:

- Families and people who care for me.
- Caring friendships.
- Respectful relationships.
- Online relationships.
- Being safe.

(For more information about the RSE curriculum, see Appendices 1 and 2).

<u>Secondary Schools:</u>

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

- Families.
- Respectful relationships, including friendships.
- Online and media.
- Being safe.
- Intimate and sexual relationships, including sexual health.

(For more information about the RSE curriculum, see Appendices 1 and 2).

These areas of learning are taught within the context of family life taking care to ensure that there is no stigmatization 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) along with reflecting sensitively that some children may have a different structure of support around them (for example: looked after children or young carers)

<u>Materials</u>

Materials used in schools must be in accordance with the PHSE framework and the law. Inappropriate images should not be used nor explicit material not directly related to explanation. Schools should ensure that pupils are protected from teaching and materials which are inappropriate, having regard to the age and cultural background of the pupils concerned. Principals should ensure materials are available for parent and Stakeholder committees to view.

Roles and Responsibilities

Delivery of sex and relationships education is not the sole responsibility of schools:

- Schools should work effectively in partnership with parents and others in the wider community.
- Health professionals, social workers, youth workers, peer educators, and visitors all have a part to play in delivering sex and relationships education and must abide by the school's policy.

<u>The Principal</u>

The Principal 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).

<u>Staff</u>

Staff are responsible for:

- Delivering RSE in a sensitive way.
- Modelling positive attitudes to RSE.
- Monitoring progress.
- Responding to the needs of individual pupils.
- Responding appropriately to pupils whose parents wish them to be withdraw from the non-statutory/non-science components of RSE.
- Staff do not have the right to opt out of teaching RSE. Staff who have concerns about teaching RSE are encouraged to discuss this with the Principal.

Parents right to withdraw

Primary schools: Parents do not have the right to withdraw their children from relationships education.

Secondary schools: Parents have the right to withdraw their children from 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 3 of this policy and addressed to the Principal. A copy of withdrawal requests will be placed in the pupil's education record. The Principal will discuss the request with parents and take appropriate action.

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

Training

Staff are trained on the delivery of RSE, as part of their induction and it is included in the school's continuing professional development calendar. The Principal will also invite visitors from outside the school, such as school nurses or sexual health professionals, to provide support for training to staff teaching RSE.

Monitoring arrangements

The delivery of RSE is monitored by the Principal through:

- Planning
- Book scrutinies
- Learning walks
- Discussions with pupils

Pupils' development in RSE is monitored by class teachers as part of the internal assessment systems.

Confidentiality

- Teachers cannot offer or guarantee pupils unconditional confidentiality.
- Teachers should follow school set procedures, if a child under the age of 16 is having, or contemplating having, sex.
- If sexual abuse is suspected, teachers should follow the school's child protection procedures.
- Health professionals are bound by their professional codes of conduct in a one-to-one situation with individual pupils, but in a classroom situation they should follow school's policy.

Appendix 1

Example of Relationships and Sex Education Curriculum Map

Year Group	Term	Topic/Theme Details
Year 2	Spring 1	Relationships: - Things that cause conflict between me and my friends. - What I do when my friend makes me upset.
Year 3	Summer 2	My changing body: - How boys' and girls' bodies change as we grow up, and how these changes affect us.

Primary Schools:

Appendix 2: By the end of Primary school pupils should know:

Topic	Pupils should know
Families and people who care about me	• That families are important for children growing up because they can give love, security and stability. • The characteristics of healthy family life, commitment to each other, including 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. • That others' families, 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 characterised by love and care. • That stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up. • That marriage represents a formal and legally recognised commitment of two people to each other, which is intended to be lifelong. • How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.
Caring friendships	• How important friendships are in making us feel happy and secure, and how people choose and make friends.

	• The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties. • That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded. • That 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. • 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 manage these situations and how to seek advice or help from others, if needed.
Respectful relationships	• The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs. • Practical steps they can take in a range of different contexts to improve or support respectful relationships. • The conventions of courtesy and manners. • The importance of self-respect and how this links to their own happiness. • 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. • 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. • What a stereotype is, and how stereotypes can be unfair, negative or destructive. • The importance of permission-seeking and giving in relationships with friends, peers and adults.
Online relationships	• That people sometimes behave differently online, including by pretending to be someone they are not. • 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.

	• The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.
	• How to critically consider their online friendships and sources of information, including awareness of risks associated with people they have never met.
	• How information and data is shared and used online.
Being Safe	• What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context).
	• 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.
	• That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.
	• How to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know.
	• How to recognise and report feelings of being unsafe or feeling bad about any adult.
	• How to ask for advice or help for themselves or others, and to keep trying until they are heard.
	• How to report concerns or abuse, and the vocabulary and confidence needed to do so.
	• Where to get advice. E.g. family, school and/or other sources.

Secondary Schools:

Appendix 3: By the end of secondary school pupils should know

Topic	Pupils should know
Families	• That there are different types of committed, stable relationships.
	• How these relationships might contribute to human happiness and their importance for bringing up children.
	• 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.
	• Why marriage is an important relationship choice for many couples and why it must be freely entered into.

	• The characteristics and legal status of other types of long-term relationships.
	• The roles and responsibilities of parents with respect to raising children, including the characteristics of successful parenting.
	• 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.
Respectful relationships, including friendships	• 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 relationships.
	• Practical steps they can take in a range of different contexts to improve or support respectful relationships.
	• How stereotypes, in particular stereotypes based in 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.
	• 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	• 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.
Being safe	• 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.
	• 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).
Intimate and sexual relationships, including sexual health	• 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.
	• 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.
	• The facts about reproductive health, including fertility and the potential impact of lifestyle on fertility for men and women.
	• That there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others.
	• That they have a choice to delay sex or to enjoy intimacy without sex.

	• The facts about the full range of contraceptive choices, efficacy and options available. • The facts around pregnancy including miscarriage. • 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). • 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. • About the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment. • How the use of alcohol and drugs can lead to risky sexual behaviour. • How to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment.

Appendix 4: Format for Parental feedback

To be completed by the school	
Agreed actions from discussion with parents	• Include notes from discussions with parents and agreed actions taken.

Appendix 5:

Helpful Resources

- NSPCC Helpline: The new dedicated, confidential helpline run by the NSPCC, available to current or past victims as well as parents, carers or professionals with concerns. NSPCC helpline number is 0800 136 663, which is live Thursday 1st April 2021.
- These Resources are for parents on on-line safety. The National Sexual Violence Resource Centre (NSVRC) has published resources for parents in relation to talking about consent.
- This list of resources for relationships education, relationships and sex education and health education is very helpful.
- lesson materials on teaching informed consent, reporting issues of consent and sexual coercion from the Oak National Academy.

- PSHE Association published guidance on teaching about consent.
- Browne Jacobson, CST's Platinum Partner, has updated advice on managing reports of child-on-child assault and harassment.
- DfE's 2018 advice on sexual violence and sexual harassment between children in schools. This advice sets out what sexual violence and sexual harassment are, the current evidence on their preponderance in schools, how to minimise the risk of them occurring and what to do when they do occur or are alleged to have occurred.