



RSE Policy

Document Control Information

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Definition & rationale

Aims of RSE at NWSSSS

Embedding RSE in all that we do

Teaching Approach

Delivery

Definition & rationale

Relationship and sex education (RSE) is lifelong learning about physical, moral, social and emotional development and the understanding of the importance of loving and caring relationships. It also explores sexual health, sexuality, healthy lifestyles, diversity and personal identity, without promoting sexual activity. RSE is a vital part of a child's education, ensuring that they are ready for the social and emotional challenges of growing up. We teach RSE as set out in this policy, as per the Children and Social Work Act 2017, and section 403 of the Education Act 1996.

Aims of RSE at NWSSSS

- Support students through their physical, emotional and moral development.
- Provide a framework in which sensitive discussions can take place
- Prepare students 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 to move with confidence through from adolescence to adulthood.
- Create a positive culture around issues of sexuality and relationships by promoting relationships that are healthy, rewarding, respectful and safe.
- Teach pupils the correct vocabulary to describe themselves and their bodies

Embedding RSE in all that we do

Our strategies and systems are reliant on the quality of the relationship through which everything is delivered. Many of our students have poor, unhealthy ways of relating with others and the world. We often have a significant proportion of students with insecure attachment styles and this is the lens for making sense of the world around them. It is the safe and healthy relationships that we promote continuously that provide possibilities of repair. All staff working at the school have training in how to support our students and develop healthy trusting relationships. We seek to ensure that every child

has the most effective and healing relational experience whilst at our setting. Through our interactions with students during lessons, break and lunch times, and extracurricular activities, ALL staff promote:

- Building positive, healthy relationships.
- Self-respect and respect for others
- Tolerance & acceptance of differences
- Respect of boundaries & consent
- How to manage conflict

Specific mentoring sessions may be given to students who have had negative experiences, delivered by Home School Link Workers, the Inclusion Manager, or the Heads of Schools. We work closely with outside agencies such as the police and social workers to ensure our students are supported and safe.

Teaching Approach

Students are taught RSE within the PSHE curriculum by a dedicated PSHE teacher, and all students will have at least one term of RSE lessons.

Children will be reminded not to share personal stories for themselves or people they know. They will be encouraged to respect each other, listen to each other and not to judge other people.

Children are reminded that this is not about the promotion of sexual activity; it is giving children the understanding and tools to ensure that sexual relationships are healthy, rewarding and respectful and safe.

Delivery

RSE is taught within the personal, social, health and economic (PSHE) education curriculum at both KS3 and KS4. Biological aspects of RSE are taught within the science curriculum. As detailed in our PSHE policy, our Hot Topics lessons also will often focus on issues affecting young people such as body image, gender equality, and social media.

Areas covered within RSE lessons include:

- Developing self-respect and self-esteem
- Healthy and unhealthy relationships, including friendships
- How to recognise unhealthy behaviors and what to do about it
- The importance of communication
- The consent issue - when it can and can't be given, Sexting and Pornography
- Myth-busting
- Safe sexual relationships - contraception and STIs
- Exploring gender and sexuality
- Signposts for support and more information

Students will gain an understanding of vocabulary and its meaning relating to relationships, communication, gender identity and sexuality and sexual relationships. Often lessons will incorporate documentaries and dramas that open up discussion and debate, discuss scenarios, and how to respond to them and be shown how to find more information. From time to time, there may be visits to sexual health clinics for older KS4 students as well as outside visitors, offering a different voice. Students will be taught with respect and sensitivity, within a positive and supportive culture.