

Heart of the Forest Community Special School

Relationship and Sex Education Policy 2023-2024



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| Approved By: | HOF Governing Body | Date: | July 2023 |
| Signed by Chair of Governors | | Date: | |
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Introduction

Heart of the Forest Community Special School's Relationship and Sex Education policy is based on current DfE guidance and new government expectations of 2020. In this document, relationship and sex education is defined as "learning about physical, moral and emotional" development. It understands the importance of stable and loving relationships, marriage for family life, respect, love and care. Relationships and Sex education is learning about the emotional, social and physical aspects of growing up, relationships, sex, human sexuality and sexual health. Some aspects are taught in science and PE whilst others are taught as part of personal, social, health and economic education (PSHE) with regard to matters of morality and individual responsibility, in a way that allows pupils to ask and explore moral questions. Research shows that RSE supports the wellbeing of and helps to safeguard pupils and young people and is more effective when home and school are involved.

Statement of Intent

We must provide Relationship and Health education to all pupils at Primary and Secondary level and sex education to pupils in the secondary phase RSE is an integral part of pupil's emergence into adulthood and pupils with special education needs and disabilities must have the same opportunity to benefit from an RSE Curriculum. Teaching and resources will be differentiated as appropriate to meet the needs of individual pupils in order to support them in making choices and keep safe whilst building positive relationships in school, home and the community.

RSE at Heart of the Forest Community Special School

At Heart of the Forest we use the PSHE Association Scheme of Work to plan the sequence and theme of our RSE curriculum throughout the school. Relationships and Sex Education is a sensitive theme and is delivered according to the pupils' needs. RSE is not an isolated subject and is delivered developmentally throughout life as an integral part of our school curriculum especially PSHE, Science and Life skills, and , as such is addressed throughout every stage of school.

We strive to prepare our pupils to cope with the physical emotional changes and challenges of growing up and becoming an adult. RSE empowers pupils through use of explicit vocabulary and awareness of their own rights whilst learning to respect the rights and feelings of others. RSE enables pupils to understand the process of growth and change, and it provides the context for the development of a positive self-image. Heart of the Forest school respects and celebrates diversity within the framework of British Values, democratic rights and the rule of law.

Aims of RSE Education

The aim of RSE is to support the Emotional, personal and social development of all pupils, and to provide pupils with age appropriate information, as an entitlement, in order that they enjoy positive relationships based on mutual respect and free from any sort of abuse.

- Teach pupils strategies to keep themselves safe and say 'No'

- Provide effective ways for pupils to communicate feelings and when they feel unsafe
- Enable pupils to understand concepts of public and choices (including personal space and body boundaries)
- Teach pupils to respect and care for their bodies
- Encourage acceptance of sexuality by providing appropriate vocabulary for all parts of the body and encourage positive attitudes to bodily functions
- support pupils understanding on on/offline safety, consent, violence and exploitation
- Enable pupils to understand that they are growing older and that their bodies and emotions are changing as they develop and grow
- Provide contact reassurance that change is part of the life-cycle and to support pupils in adjusting to these changes
- Teach pupils to develop responsibility for their own personal hygiene
- Develop an understanding of the importance of a healthier lifestyle
- Support pupils to look out for their friends and peers (including peer on peer relationships and peer on peer sexual abuse)
- Know how they may feel if they or their friends are being bullied
- Develop skills (communication skills, language, decision making, choice assertiveness) and make the most of their abilities.
- Develop skills in order to make positive decisions about their health-related behaviour
- Ensure pupils are aware of keeping safe online

Equal Opportunities

All pupils across RSE teaching appropriate to their age and pathway to meet the individual needs of our pupils. The teaching of RSE is taught mainly as discrete sessions and sometimes within the Personal, Social, Health and Economic (PSHE) Curriculum. Teachers will answer questions as honestly as possible, but if faced with a question they do not feel comfortable answering within the classroom, provision is made to meet the individual child's needs. This may involve referring the pupil back to their parent/carer, or seeking advice from the PSHE lead. Questions relating to specific sex education issues will be referred back to families.

New legislation and parent's rights

Pupils and Social Work Act of 2017 means that parents are no longer able to withdraw their child from Relationships and Health Education at primary or secondary level. Parents' will be able to withdraw their child from classes at primary at primary and secondary level which address sex education that does not sit within the Relationships Education curriculum. This may be done in writing to the head teacher explaining why this is being requested. Parents will be able to withdraw their child at secondary level from sex education (other than the sex education as part of Science). A child will have a right to opt into sex education from their 15th birthday (specifically three academic terms before they turn 16).

Statutory Guidance

Statutory Guidance on what should be taught in RSE has a strong emphasis placed on communication and teaching concepts of public, private and choices to promote acceptable and appropriate behaviour and consents at all ages.

RSE themes will as appropriate focus on:

- Body parts using accurate vocabulary
- Gender and sexual identity
- “Private” and “Public”, and appropriate behaviour for safeguarding
- Friendships
- Peer on peer relationships including peer on peer sexual abuse
- Respect in relationships, embedding tolerance and raising awareness of discrimination
- Consent
- Puberty
- Awareness of different types of family
- Mental health
- Wellbeing and physical health safe/unsafe relationships
- Marriage, sexual health, contraception
- Safe online relationships
- Physical health

Monitoring and Evaluation of Relationship and Sex Education

The PSHE Lead will oversee and organise and evaluate RSE, in the context of the overall planning for and monitoring the quality of teaching and learning.