

Bowden House School

RSHE Policy - Secondary

The DfE has confirmed that relationships and Health Education in primary schools and RSHE in secondary schools will become compulsory from September 2020 as planned; however, due to the impact of the coronavirus (COVID-19), schools are being offered flexibility on when to begin delivering these subjects within the 2020/2021 academic year.

Schools that are prepared to deliver teaching in these subjects and have met the requirements in the DfE's ['Relationships Education, Relationships and Sex Education \(RSE\) and Health Education'](#) guidance are being encouraged to begin delivering teaching from 1 September 2020 or whenever practicable to do so within the first few weeks of the academic year.

Contents:

Statement of intent

1. [Legal framework](#)
2. [Roles and responsibilities](#)
3. [Organisation of the RSHE curriculum](#)
4. [RSE subject overview & programme of study](#)
5. [Health Education subject overview](#)
6. [Health Education programme of study](#)
7. [Delivery of the curriculum](#)
8. [Curriculum links](#)
9. [Working with parents](#)
10. [Working with external agencies](#)
11. [Withdrawal from lessons](#)
12. [Equality and accessibility](#)
13. [Safeguarding and confidentiality](#)
14. [Assessment](#)
15. [Staff training](#)
16. [Monitoring quality](#)
17. [Monitoring and review](#)

Appendices

[Appendix 1 – Letter to Parents Regarding RSHE](#)

Statement of intent

At Bowden House School, we understand the importance of educating students about sex, relationships and their health, for them to make responsible and well-informed decisions in their lives.

The teaching of RSHE can help to prepare students for the opportunities, responsibilities and experiences of adult life. It allows us to promote the spiritual, moral, social, cultural, mental and physical development of pupils at school and in the wider society.

We have an obligation to provide students with high-quality, evidence and age-appropriate teaching of these subjects. This policy outlines how the school's RSHE curriculum will be organised and delivered, to ensure it meets the needs of all students.

Agreed: Spring Term 2021

Chair of Governors Date:

Review date: Spring Term 2022

Reviewed/up-dated : December 2022

Review date : December 2024

1. Legal framework

1.1.1. This policy has due regard to all relevant legislation and statutory guidance including, but not limited to, the following:

- Equality Act 2010
- DfE (2022) 'Keeping children safe in education'
- DfE (2019) 'Relationships Education, Relationships and Sex Education (RSE) and Health Education'
- DfE (2015) 'National curriculum in England: science programmes of study'
- The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019
- Children and Social Work Act 2017

1.1.2. This policy operates in conjunction with the following school policies:

- [Behaviour in Schools Policy](#)
- [LA's Inclusion Policy](#)
- [SEND Policy](#)
- [E-safety Policy & students' e-safety leaflet](#)
- [Equal Opportunities Policy](#)
- [Anti-Bullying Policy](#)
- [Safeguarding & the Protection of Children Policy](#)
- [Confidentiality Policy](#)
- [ICT Acceptable Terms of Use Agreement](#)

2. Roles and responsibilities

2.1. The Governing Body is responsible for:

- ensuring all students make progress in achieving the expected educational outcomes
- ensuring the RSHE curriculum is well-led, effectively managed and well-planned
- evaluating the quality of provision through regular and effective self-evaluation
- ensuring that teaching is delivered in ways that are accessible to all students with SEND.
- providing clear information to parents/carers on the subject content and the right to request that their child is withdrawn.

- ensuring RSHE is resourced, staffed and timetabled in a way that ensures the school can fulfil its legal obligations

2.2. The Headteacher is responsible for:

- the overall implementation of this policy
- ensuring all staff are suitably trained to deliver the subjects
- ensuring parents/carers are fully informed of this policy
- reviewing all requests to withdraw students from non-statutory elements of the RSHE curriculum
- discussing withdrawal requests with parents/carers and the student if appropriate, to ensure their wishes are understood and to clarify the nature and purpose of the curriculum, including the benefits of receiving the education
- ensuring withdrawn students receive appropriate, purposeful education during the period of withdrawal
- encouraging parents/carers to be involved in consultations regarding the school's RSHE curriculum
- reviewing this policy on an annual basis
- reporting to the Governing Body on the effectiveness of this policy and the curriculum when requested

2.3. The RSHE Lead Teacher is responsible for:

- overseeing the delivery of RSHE
- working closely with colleagues in related curriculum areas to ensure the RSHE curriculum compliments and does not duplicate, the content covered in national curriculum subjects
- ensuring the curriculum is age-appropriate and of high-quality
- reviewing changes to the RSHE curriculum and advising on their implementation
- monitoring the learning and teaching of RSHE providing support to staff where necessary
- ensuring the continuity and progression between each year group
- helping to develop colleagues' expertise in the subject
- ensuring teaching staff are provided with adequate resources to support teaching of the curriculum
- ensuring the school meets its statutory requirements in relation to RSHE
- leading staff meetings and ensuring all members of staff involved in the curriculum have received the appropriate training
- organising, providing and monitoring CPD opportunities in the subject

- ensuring the correct standards are met for recording and assessing student performance
- monitoring and evaluating the effectiveness of the subjects and providing reports to the Headteacher

2.4. The Designated Safeguarding Lead (DSL) is responsible for:

- offering advice and consultation for safeguarding-related subjects in the RSHE curriculum
- promoting knowledge and awareness of safeguarding issues amongst staff
- being an appropriate point of contact for staff who have concerns about the welfare of any of our students that have arisen through the teaching of RSHE.

2.5. The Lead and Assistant Teachers are responsible for:

- acting in accordance with and promoting this policy
- delivering RSHE in a sensitive way and that is of a high-quality and appropriate for each year group
- ensuring they do not express personal views or beliefs when delivering the curriculum
- planning lessons effectively, ensuring a range of appropriate teaching methods and resources are used to cover the content
- modelling positive attitudes to RSHE
- liaising with the SENCO about responding to the individual needs of students.
- liaising with the other Lead Teachers about key topics, resources and support for individual students, if necessary.
- monitoring student progress in RSHE
- reporting any concerns regarding the teaching of RSHE to a member of the SLT
- reporting any safeguarding concerns or disclosures that students may make as a result of the subject content to the DSL
- responding appropriately to students whose parents have requested to withdraw them from the non-statutory components of RSE, by providing them with alternative education opportunities.

3. Organisation of the RSE and Health Education curriculum

For the purpose of this policy:

- RSHE is used to refer to the overall programme of relationships, sex and health education
- RSE refers to relationships and sex education and is defined as teaching students about developing healthy, nurturing relationships of all kinds and helping them to understand human sexuality and to respect themselves and others
- Health Education is defined as teaching students about how they can make good decisions about their own health and well-being and how physical health and mental health are interlinked

The RSHE curriculum has been developed and will be monitored and reviewed in consultation with education staff, students and parents/carers in accordance with DfE recommendations

We will gather the views of staff, students and parents/carers in the following ways:

- FAQs section on the school's web-site
- Parents' Forum
- Newsletters
- Admission letter and 'crib sheet'
- Annual Reviews
- Staff CPD

the majority of the RSHE curriculum will be delivered through RSHE education, with statutory elements taught via the science curriculum

the RSHE Lead Teacher will work closely with colleagues in related curriculum areas to ensure the curriculum complements and does not duplicate the content covered in national curriculum subjects

the curriculum has been developed in line with the DfE's 'Relationships Education, Relationships and Sex Education (RSE) and Health Education' guidance

the school will consider the context and views of the wider local community when developing the curriculum to ensure it is reflective of issues in the local area

the school will consider the religious background of all students when planning teaching, to ensure all topics included are appropriately handled

the RSHE curriculum is informed by topical issues in the school and wider community, to ensure it is tailored to students' needs, for example, if there was a local prevalence of specific sexually transmitted infections, our curriculum would be tailored to address this issue.

4. RSHE subject overview & programme of study

Bowden House School has a unique approach to teaching and learning. Many of our students come to us having missed significant periods out of school and their educational progress; social development and mental health needs have suffered. Stage Not Age is an innovative educational programme which has 11 levels relating specifically to the National Curriculum expectations for the level of proficiency at each of the Key Stages. Our students can experience success at the stage of their learning rather than where their age dictates they should be learning. In this way, they begin to 'learn to learn' and their progress can be measured and shared with them; rewards are given to stimulate effort and achievement and outcomes inspire confidence and a desire to learn.

- 4.1. RSE will continue to develop students' knowledge on the topics taught at a primary level, in addition to the content outlined in this section.

Families

- 4.2. By the end of secondary school, students will know:

- 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 its 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/carers with respect to raising children, including the characteristics of successful parenting.

- 4.3. Students will also know 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 recognise this in others' relationships
- how to seek help or advice if needed, including reporting concerns about others.

Respectful relationships, including friendships

- 4.4. By the end of secondary school, students will know:

- 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, particularly those based on sex, gender, race, religion, sexual orientation or disability, can cause damage, e.g. how they might normalise non-consensual behaviour
- that in school and 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 seek help
- the types of behaviour in relationships that can be criminal, including violent behaviour and coercive control
- what constitutes sexual harassment and violence and why these are always unacceptable
- the legal rights and responsibilities regarding equality, with reference to the protected characteristics defined in the Equality Act 2010, and that everyone is unique and equal.

Online and media

4.5. By the end of secondary school, students will know:

- their rights, responsibilities and opportunities online, and that the same expectations of behaviour apply in all contexts
- about online risks, including that material shared with another person 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 they receive
- 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 is a criminal offence which carries severe penalties, including prison

- how information and data is generated, collected, shared and used online.

Being safe

4.6. By the end of secondary school, students will know:

- 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 – this includes online.

Intimate and sexual relationships, including sexual health

4.7. By the end of secondary school, students will know:

- 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 and 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 both men and women
- the 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 enjoy intimacy without sex
- the facts about the full range of contraceptive choices, their effectiveness and options available
- the facts around pregnancy including miscarriage
- that there are choices in relation to pregnancy, with legally and medically 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) are transmitted, how risk can be reduced through safer sex and the importance of 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.

5. Health Education subject overview

- 5.1. The physical health and mental wellbeing curriculum will continue to develop students' knowledge on the topics taught at a primary level, in addition to the content outlined in this section.

Mental wellbeing

- 5.2. By the end of secondary school, students will know:
- how to talk about their emotions accurately and sensitively, using appropriate vocabulary
 - that happiness is linked to being connected to others
 - how to recognise the early signs of mental wellbeing concerns
 - common types of mental ill health, e.g. anxiety and depression
 - how to critically evaluate when something they do or are involved in has a positive or negative effect on their own or others' mental health
 - the benefits and importance of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness.

Internet safety and harms

- 5.3. By the end of secondary school, students will know:
- the similarities and differences between the online world and the physical world, including the impact of unhealthy or obsessive comparison with others online, over-reliance on online relationships, the risks related to online gambling, how information is targeted at them and how to be a discerning consumer of information online
 - how to identify harmful behaviours online, including bullying, abuse or harassment, and how to report, or find support, if they have been affected by those behaviours.

Physical health and fitness

- 5.4. By the end of secondary school, students will know:
- the positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress
 - the characteristics and evidence of what constitutes a healthy lifestyle, maintaining a healthy weight, including the links between an inactive lifestyle and ill health
 - about the science relating to blood, organ and stem cell donation.

Healthy eating

5.5. By the end of secondary school, students will know:

- how to maintain healthy eating and the links between a poor diet and health risks, including diabetes, tooth decay and cancer.

Drugs, alcohol and tobacco

5.6. By the end of secondary school, students will know:

- the facts about legal and illegal drugs and their associated risks, including the link between drug use and serious mental health conditions
- the law relating to the supply and possession of illegal substances
- the physical and psychological risks associated with alcohol consumption and what constitutes low risk alcohol consumption in adulthood
- the physical and psychological consequences of addiction, including alcohol dependency
- awareness of the dangers of drugs which are prescribed but still present serious health risks
- the facts about the harms from smoking tobacco, the benefits of quitting and how to access the support to do so.

[see Drug & Alcohol Policy](#)

Health and prevention

5.7. By the end of secondary school, students will know:

- about personal hygiene, germs including bacteria, viruses, how they are spread, treatment and prevention of infection and about antibiotics
- about dental health and the benefits of good oral hygiene and dental flossing, including healthy eating and regular check-ups at the dentist
- at KS4, the benefits of regular self-examination and screening
- the facts and science relating to immunisation and vaccination
- the importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn.

Basic First Aid

5.8. By the end of secondary school, students will know:

- basic treatments for common injuries
- life-saving skills, including how to administer CPR (year 8 onwards)
- the purpose of defibrillators and when one might be needed.

Changing adolescent body

- 5.9. By the end of secondary school, students will know:
- key facts about puberty, the changing adolescent body and menstrual wellbeing
 - the main changes which take place in males and females, and the implications for emotional and physical health.

6. Health Education programmes of study

Section 4 clearly outlines the educational programme delivered in our school. Stage Not Age in Health Education will cover the topics listed below during Years 7, 8 & 9 and will see a cross-curricular approach in Food Technology, Physical Education and through the support of the Care Team

- 6.1. a healthy diet, keeping active, how to make healthy choices, legal and illegal drugs, alcohol and tobacco, puberty, appropriate/inappropriate touch, assertiveness
- 6.2. body image, role models, mental health and wellbeing, managing change, managing loss, personal safety, road safety, first aid, alcohol and drug misuse, assertiveness and risk/coping strategies
- 6.3. Citizenship will be introduced and will include the above topics with further focus on mental health and wellbeing and sexual health including sexually transmitted diseases (see also Section 8.2)

7. Delivery of the curriculum

Through effective organisation and delivery of RSHE, we will ensure that:

- core knowledge is sectioned into units of a manageable size
 - the required content is communicated to students clearly, in a carefully sequenced way, within a planned scheme of work
 - teaching includes sufficient and well-chosen opportunities and contexts for students to embed new knowledge so that it can be used confidently in real-life situations.
- 7.1. RSHE complements several national curriculum subjects. Where appropriate, the school will look for opportunities to make links between the subjects and integrate teaching, i.e. cross curriculum
- 7.2. the RSHE curriculum will be delivered by appropriately trained members of staff
- 7.3. the curriculum will proactively address issues in a timely way in line with current evidence on student's physical, emotional and sexual development

- 7.4. RSHE will be delivered in a non-judgemental, factual and inclusive way that allows students to ask questions in a safe environment
- 7.5. teaching of the curriculum reflects requirements set out in law, particularly in the Equality Act 2010, so that students understand what the law does and does not allow, and the wider legal implications of the decisions they make
- 7.6. all students are expected to learn about LGBTQ+ content and parents/carers do not have a statutory right to withdraw their children from lessons that include LGBTQ+ content. The school will ensure the topic of LGBTQ+ will be approached in a sensitive, age-appropriate and factual way that allows students to explore gender identity and the features of stable and healthy same-sex relationships
- 7.7. all teaching and resources are assessed by the RSHE Lead Teacher to ensure they are appropriate for the age and maturity of students, are sensitive to their religious backgrounds and meet the needs of any SEND
- 7.8. throughout every year group, appropriate diagrams, videos, books, games, discussion and practical activities will be used to assist learning
- 7.9. inappropriate images, videos, etc. will not be used and resources will be selected with sensitivity given to the age and cultural background of students
- 7.10. students will be prevented from accessing inappropriate materials on the internet when using such to assist with their learning. The prevention measures taken to ensure this are outlined in the school's [E-safety Policy](#), and the [ICT Acceptable Use Agreement](#)
- 7.11. education staff will establish what is appropriate for one-to-one and whole-class settings and alter their teaching of the programmes accordingly
- 7.12. education staff will ensure that students' views are listened to and will encourage them to ask questions and engage in discussion. Teaching staff will answer questions sensitively and honestly
- 7.13. education staff will focus on the importance of marriage and healthy relationships when teaching RSHE, though sensitivity will always be given as to not stigmatise students on the basis of their home circumstances
- 7.14. education staff will ensure lesson plans focus on challenging perceived views of students based on protected characteristics, through exploration of, and developing mutual respect for, those different to themselves
- 7.15. in teaching the curriculum, teaching staff will be aware that students may raise topics such as self-harm and suicide. When talking about these topics in lessons, teaching staff will be aware of the risks of encouraging these behaviours and will avoid any resources or material that appear as instructive rather than preventative

- 7.16. at all points of delivery of the curriculum, parents/carers will be consulted and their views will be valued. What will be taught and how, will be planned in conjunction with parents/carers

8. Curriculum links

The school will seek opportunities to draw links between RSHE and other curriculum subjects wherever possible to enhance pupils' learning. RSHE will be linked to the following subjects:

- **Citizenship** – students' learning and are provided with the knowledge, skills and understanding to help prepare them to play a full and active part in society, including an understanding of how laws are made and upheld and how to make sensible decisions.
- **Science** – students are taught about the main external parts of the body and changes to the human body as it grows, including puberty.
- **ICT and computing** – students are taught about how they can keep themselves safe online and the different risks that they may face online as they get older.
- **PE** – students can develop competence to excel in a broad range of physical activities, are physically active for sustained periods of time, engage in competitive sport and lead healthy, active lives.
- **PSHE** – students learn about respect and difference, values and characteristics of individuals

9. Working with parents/carers

- 9.1. the school understands that parents/carers' role in the development of their children's understanding about relationships and health is vital
- 9.2. the school will work closely with parents/carers when planning and delivering the content of the school's RSHE curriculum the school will consult with parents/carers when planning and delivering the content of the school's RSHE curriculum. As Bowden House is a residential school, consultation with parents/carers will be at the students' Annual Review to ensure that all views in relation to RSHE curriculum content are captured. Upon admission to the school, all parents/carers will receive information on the content of the RSHE curriculum and advice on how they share any concerns.
- 9.3. when in consultation with parents/carers, the school will provide:
- the curriculum content, including what will be taught and when
 - examples of the resources the school intends to use to deliver the curriculum
 - information about parents/carers' right to withdraw their child from non-statutory elements of RSHE
- 9.4. parents/carers will be provided with opportunities to understand and ask questions about the school's approach to RSHE including at the termly Parents' Forum

- 9.5. the school understands that the teaching of some aspects of the curriculum may be of concern to parents/carers
- 9.6. if parents/carers have concerns regarding RSHE, they may submit these via email to vbastock@bowdenhouse.towerhamlets.sch.uk; contact the school on [01323 893138](tel:01323893138) to arrange a meeting or visit our web-site where there is a FAQs section where questions can be posted
- 9.7. parents/carers will be regularly consulted on the curriculum content, through meetings and letters and the curriculum will be planned in conjunction with parents/carers' views.

10. Working with external agencies

- 10.1. working with external agencies can enhance our delivery of RSHE and brings in specialist knowledge and different ways of engaging students
- 10.2. external experts may be invited to assist from time-to-time with the delivery of the RSHE curriculum but will be expected to comply with the provisions of this policy
- 10.3. the school will check the visitor/visiting organisation's credentials of all external agencies
- 10.4. the school will ensure the teaching delivered by the external experts fits with the planned curriculum and provisions of this policy
- 10.5. the school will discuss with the visitor the details of how they intend to deliver their sessions and ensure the content is age-appropriate and accessible for all students
- 10.6. the school will request copies of the materials and lesson plans the visitor will use, to ensure it meets the full range of students' needs
- 10.7. the school and the visitor will agree on how confidentiality will work in any lesson and that the visitor understands how safeguarding reports must be dealt with in line with the school's [Visitors' Policy & the Safeguarding & the Protection of Children Policy](#)
- 10.8. the school will use visitors to enhance teaching by an appropriate member of teaching staff, not to replace teaching by those staff.

11. Withdrawal from lessons

- 11.1. parents/carers have the right to request that their child is withdrawn from some or all of sex education delivered as part of statutory RSE
- 11.2. parents/carers **do not** have a right to withdraw their child from the relationships or health elements of the programmes
- 11.3. requests to withdraw a child from sex education should be made in writing to the Headteacher

- 11.4. before granting a withdrawal request, the Headteacher will discuss the request with the parents/carers and as appropriate, the student, to ensure their wishes are understood and to clarify the nature and purpose of the curriculum
- 11.5. the Headteacher will inform parents/carers of the benefits of their child receiving RSE and any detrimental effects that withdrawal might have
- 11.6. all discussions with parents/carers will be documented. These records will be kept securely on the student's file
- 11.7. following discussions with parents/carers, the school will respect the parents/carers' request to withdraw their child up to and until three terms before the child turns 16. After this point, if the student wishes to receive RSE rather than be withdrawn, the school will make arrangements to provide the student with RSE.

Students who are withdrawn from RSE will receive appropriate, purposeful education during the full period of withdrawal.

12. Equality and accessibility

- 12.1. The school will comply with the relevant requirements of the Equality Act 2010 and will ensure the curriculum does not discriminate against pupils because of their:
 - Age
 - Sex
 - Race
 - Disability
 - Religion or belief
 - Gender reassignment
 - Pregnancy or maternity
 - Marriage or civil partnership
 - Sexual orientation
- 12.2. the school will consider the backgrounds, gender, age range and needs of its students and determine whether it is necessary to put in place additional support for students with the above protected characteristics
- 12.3. the school understands that students with SEND are entitled to learn about RSHE and the curriculum will be designed appropriately
- 12.4. the school is aware that some students are more vulnerable to exploitation, bullying and other issues due to the nature of their SEND
- 12.5. where there is a need to tailor content and teaching to meet the needs of students at different developmental stages, the school will ensure the teaching

remains sensitive, age-appropriate, developmentally appropriate and is delivered with reference to the law

- 12.6. the school will take steps to foster healthy and respectful child-on-child communication and behaviour between each other and provide an environment which challenges perceived limits on students based on their gender or any other characteristic
- 12.7. the school will be actively aware of everyday issues such as sexism, misogyny, homophobia and gender stereotypes and take positive action to build a culture within which these are not tolerated. Any occurrences of such issues will be identified and tackled promptly.
- 12.8. the school will make clear that sexual violence and sexual harassment are not acceptable and will not be tolerated. Any reports of sexual violence or sexual harassment will be handled in accordance with the [Behaviour in School's Policy](#).

13. Safeguarding and confidentiality

- 13.1. all students will be taught about keeping themselves safe, including online, as part of a broad and balanced curriculum
- 13.2. to meet DfE best practice advice, the DSL will be involved in the formulation of safeguarding-related areas of the curriculum, as the knowledge and resources may help to address safeguarding issues more appropriately and effectively
- 13.3. when teaching issues that are particularly sensitive for students of all ages, e.g. self-harm or suicide, staff will be made aware of the risks of inadvertently encouraging, or providing instructions to students. Teaching of these subjects will always prioritise preventing self-harm or suicide as a central goal
- 13.4. confidentiality within the classroom is an important component of RSHE and teachers are expected to respect the confidentiality of their students as far as is possible, in compliance with the school's [Confidentiality Policy](#)
- 13.5. teaching staff will, however, understand that some aspects of RSE may lead to a student raising a safeguarding concern, e.g., disclosing that they are being abused and that if a disclosure is made, the DSL or Deputy DSLs will be alerted immediately
- 13.6. students will contact their academic tutor or mentor if they wish to raise concerns when they have a concern about a peer.

14. Assessment

- 14.1. The school has the same high expectations of the quality of students' work in RSHE as for other curriculum areas
- 14.2. lessons are planned to provide suitable challenge to students of all abilities

- 14.3. teaching will be assessed and assessments are used to identify where students might need extra support or intervention, i.e. from the Emotional Well-being Intervention Team
- 14.4. there are no formal examinations for RSHE; however, to assess student outcomes, the school will capture progress in the following ways:
- tests
 - written work
 - self-evaluations

15. Staff training

- 15.1. training will be provided by the RSHE Lead Teacher to the relevant members of staff through CPD sessions to ensure they are up-to-date with the RSHE curriculum
- 15.2. training will also be scheduled around any updated guidance on the curriculum and any new developments, such as “sexting”, which may need to be addressed in relation to the curriculum
- 15.3. appropriately trained staff will be able to give students information on where and how to obtain confidential advice, counselling and treatment, as well as guidance on emergency contraception and their effectiveness.

16. Monitoring quality

- 16.1. the Headteacher is responsible for monitoring the quality of teaching and learning for the subject.
- 16.2. The Headteacher or another member of the SLT, will conduct subject assessments on a termly basis, which will include a mixture of the following:
- self-evaluations
 - lesson observations
 - topic feedback forms
 - learning walks
 - work scrutiny
 - lesson planning scrutiny
- 16.3. the RSHE Lead Teacher will submit subject reports for the Headteacher and Governing Body to report on the quality of the subjects, when requested

17. Monitoring and review

- 17.1. this policy will be reviewed by the on an bi-annual basis

- 17.2. any changes needed to the policy, including changes to legislation or to the curriculum will be made at the appropriate time
- 17.3. any changes to the policy will be clearly communicated to all members of staff and where necessary, parents/carers and students, involved in the RSHE curriculum.
- 17.4. The next scheduled review date for this policy is [Autumn Term 2024](#).

Dear parents/carers

Relationships, Sex and Health Education – RSHE

Since 2020, Relationships, Sex & Health Education in secondary schools has been a compulsory subject. The topics for Key Stages 3 & 4 range from healthy, respectful relationships and on-line safety to sexual/intimate relationships including LGBTQ+. Some areas of RSHE are covered in the science curriculum such as reproduction, the menstrual cycle, fertilisation, gestation to birth and the effects of recreational drugs but RSHE goes into greater detail which is why we would like to involve parents and carers more in the development of and evaluation of this subject area to ensure our students are gaining the best from this education.

Our children and young people are growing up in an increasingly complex world and living their lives seamlessly on and offline. This presents many positive and exciting opportunities but there are also challenges and risks. In this environment, children and young people need to know how to be safe and healthy and how to manage their academic, personal and social lives in a positive way.

You have no legal right to withdraw your child from relationships or health education. You can, however, ask to withdraw your child from sex education but only the topics not covered in the statutory science curriculum. In order to do this, you will need to speak to the Headteacher or a member of the Senior Leadership Team.

Attached to this letter is a brief description of the RSHE topics covered in Years 7 – 11.

You can access the school's RSHE policy via the school website:

<https://bowdenhouse.school/policies/teaching-curriculum-staff> On the website, there is also an RSHE FAQs page and a box where you can ask questions, which will get emailed to the Lead Teacher of RSHE.

You are welcome to raise questions at your child's annual review. Please let us know if you would like any of the following information:

- RSHE Scheme of Work for Bowden House School
- Your child's RSHE Stage not Age booklet
- Examples of resources that are used in lessons

Kind regards

Victoria Bastock
RSHE Lead Teacher

Relationships, Sex and Health Education at Key Stages 3 & 4

Year 7 – strong focus on friendships and an understanding of changing bodies

- love & friendships
- keeping good friendships
- keeping safe & positive relationships on and off-line
- personal identity
- puberty – what happens & why?
- periods – what happens & why?
- family & relationships
- bullying or banter
- cyberbullying

Year 8 – still a strong focus on friendships & an understanding of changing bodies.

Other perspectives include healthy, intimate, sexual relationships & staying safe

- safe sex & contraception
- STIs
- sexting
- pornography & why it is dangerous
- body image & the media
- stereotyping

Year 9 – significant transition to traditional sex education. Information on safety and well-being

- LGBTQ+ community
- Child Sexual Exploitation
- body image & the media
- peer pressure
- domestic violence & recognising unhealthy or abusive behaviours

Year 10 – focus on different groups with regard to sex & developing an understanding of different perspectives. Safeguarding with regard to sex such as ‘revenge pornography’

- same sex relationships
- gender and transgender identity
- revenge pornography

Year 11 – looking towards adult life

- essential information about consent, rape, coercion and sexual abuse
- bullying and body shaming
- relationships and break-ups
- the meaning of safe sex
- relationship types & sexuality