



**St Cuthbert's
Catholic High School**
Live life in all its fullness

RSE and Health Education Policy

2021-2022

Person responsible for Policy:	Senior Leadership Team/SENCO/PD Lead/CL for RE
Committee responsible for Policy:	Pastoral & Personal Development
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Rationale

'I have come that you may have life, and have it to the full' – John 10:10

At St Cuthbert's Catholic High 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.

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 RSE and health education curriculum will be organised and delivered, to ensure it meets the needs of all students.

St. Cuthbert's is a Catholic School and therefore our teaching of RSE is underpinned by our Catholic ethos whilst also understanding the context which our young people live in. Following the guidance of the Bishops of England and Wales and as advocated by the DFE, RSE will be firmly embedded in our PD framework as it is concerned with nurturing human wholeness and integral to the physical, spiritual, emotional, moral, social and intellectual development of students.

All RSE at St. Cuthbert's will be in accordance with the Church's moral teaching. It will emphasise the central importance of marriage and the family whilst acknowledging that all students have a fundamental right to have their life respected whatever household they come from and support will be provided to help students deal with different sets of values.

At the heart of the Christian life is the Trinity; Father, Son and Spirit in communion, united in loving relationship and embracing all people and all creation. As a consequence of the Christian belief that we are made in the image and likeness of God, gender and sexuality are seen as God's gift, reflect God's beauty, and share in the divine creativity. RSE, therefore, will be placed firmly within the context of relationship as it is there that sexuality grows and develops.

Ultimately, we promote the Church's teaching that each human person has unique dignity and has been made in the image and likeness of God.

Our School Mission

St Cuthbert's is a Catholic High School, in which students, staff, governors and friends will work together as a Christian family to live the message of the Good News of Jesus Christ to love God and our neighbour (Mark 12:29-31) by:

- learning to know and accept the love of God by the way we treat each other and work together (Matthew 7:12)
- respecting and embracing all cultures and recognising that as individuals we are unique (Genesis 1:26)
- developing the gifts, talents and aspirations of all students and staff (Matthew 25:14-30)
- providing the best education for all students and helping them to live life in all its fullness (John 10:10)
- accepting the support of those in our community who work for the good of the school (Luke 10:25-37)
- reaching out to those who need our help in our world (Mark 1:39-42)
- protect and take pride in all aspects of our environment so that we become stewards of God's creation (Psalm 8)

Defining Relationships and Sex Education

The DfE guidance states that “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”. It is about the development of the student’s knowledge and understanding of her or him as a sexual being, about what it means to be fully human, called to live in right relationships with self and others and being enabled to make moral decisions in conscience. In Secondary schools RSE should “give young people the information they need to help them develop healthy, nurturing relationships of all kinds, not just intimate relationships. It should enable them to know what a healthy relationship looks like and what makes a good friend, a good colleague and a successful marriage or other type of committed relationship. It should also cover contraception, developing intimate relationships and resisting pressure to have sex (and not applying pressure).”

Signed by:

Headteacher

Date:

Chair of governors

Date:

1. Legal framework

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

- Equality Act 2010
- The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019
- Children and Social Work Act 2017
- DfE (2021) 'Keeping children safe in education 2021'
- DfE (2021) 'Teaching about relationships, sex and health'
- DfE (2019) 'Relationships Education, Relationships and Sex Education (RSE) and Health Education'
- DfE (2015) 'National curriculum in England: science programmes of study'

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

- Behaviour Policy
- SEND Policy
- E-safety Policy
- Equal Opportunities Policy
- Anti-Bullying, Harassment and Hate Incidents Policy
- Safeguarding and Child Protection Policy
- Student Privacy Policy
- Records Management Policy
- Acceptable Terms of Use Agreement

2. Roles and responsibilities

2.1. The governing board is responsible for:

- Ensuring all students make progress in achieving the expected educational outcomes.
- Ensuring the RSE and health education 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 on the subject content and the right to request that their child is withdrawn.
- Ensuring RSE and health education is resourced, staffed and timetabled in a way that ensures the school can fulfil its legal obligations.

- Maintaining and developing the religious ethos of the school.
- Creating and keeping up-to-date a separate written statement of this policy and ensuring the statement is published on the school's website and provided free of charge to anyone who requests it.

2.2. The Headteacher is responsible for:

- The overall implementation of this policy and ensuring that RSE is taught in a way that upholds the Church's moral teaching.
- Ensuring all staff are suitably trained to deliver the subjects.
- Ensuring parent are fully informed of this policy.
- Reviewing all requests to withdraw students from non-statutory elements of the RSE and health education curriculum.
- Discussing withdrawal requests with parents, and the child 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 to be involved in consultations regarding the school's RSE and health education curriculum.
- Reviewing this policy on an annual basis.
- Reporting to the governing board on the effectiveness of this policy and the curriculum.

2.3. The Personal Development Leader is responsible for:

- Overseeing the delivery of RSE and health education and ensuring that RSE is taught in a way that promotes our belief that we are all created in the image and likeness of God.
- Working closely with colleagues in related curriculum areas to ensure the RSE and health education 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 RSE and health education curriculum and advising on their implementation.
- Monitoring the learning and teaching of RSE and health education, providing support to staff where necessary.
- Ensuring the continuity and progression between each year group.
- Helping to develop colleagues' expertise in the subject.
- Ensuring teachers are provided with adequate resources to support teaching of the curriculum.
- Ensuring the school meets its statutory requirements in relation to RSE and health education.

- 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. Curriculum Leaders are responsible for:

- Acting in accordance with, and promoting, this policy along with delivering content in a way that promotes our belief that we are all created in the image and likeness of God.
- Delivering RSE and health education 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 RSE and health education.
- Liaising with the SENCO about identifying and responding to the individual needs of students with SEND.
- Liaising with the Personal Development Leader about key topics, resources and support for individual students.
- Monitoring student progress in RSE and health education.
- Reporting any concerns regarding the teaching of RSE or health education to the Personal Development Leader or 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.

2.5. The SENCO is responsible for:

- Advising teaching staff how best to identify and support students' individual needs.
- Advising staff on the use of TAs in order to meet students' individual needs.

3. Organisation of the RSE and health education curriculum

- 3.1. All schools providing secondary education are required to deliver statutory RSE and all state-funded schools are required to deliver health education. Being a faith school, we do this in accordance with the Church's moral teaching and from the starting point that each of us are created in the image and likeness of God, and should be treated with respect and dignity.

- 3.2. For the purpose of this policy, “**relationships and sex education**” 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, and
- 3.3. For the purpose of this policy, “**health education**” is defined as teaching students about how they can make good decisions about their own health and wellbeing, and how physical health and mental wellbeing are interlinked.
- 3.4. The RSE and health education curriculum will be developed in consultation with teachers, students and parents, and in accordance with DfE recommendations.
- 3.5. We will gather the views of teachers, students and parents in the following ways:
 - Questionnaires
 - Meetings
 - Letters
 - Training sessions
- 3.6. The majority of the RSE and health education curriculum will be delivered through Personal Development, with statutory elements taught via the science curriculum.
- 3.7. The Personal Development Leader will work closely with their colleagues in related curriculum areas to ensure the curriculum complements and does not duplicate the content covered in national curriculum subjects.
- 3.8. The curriculum has been developed in line with the DfE’s ‘Relationships Education, Relationships and Sex Education (RSE) and Health Education’ guidance.
- 3.9. 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.
- 3.10. The school will consider the religious background of all students when planning teaching, to ensure all topics included are appropriately handled.
- 3.11. The RSE and health education 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. RSE subject overview

- 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.
- 4.2. As a catholic school, all aspects of the curriculum will also be taught alongside the Catholic teachings where appropriate.

Families

- 4.3. 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 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.

4.4. 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

4.5. 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

4.6. 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 jail.
- How information and data is generated, collected, shared and used online.

Being safe

4.7. 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

4.8. 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. RSE programmes of study

- 5.1. The school is free to determine an age-appropriate, developmental curriculum which meets the needs of young people and includes the statutory content outlined in [section 4](#) of this policy.

The Personal Development curriculum is embedded across the school in many different subjects and strands of RSE are taught across many subjects. There are stand-alone Personal Development (PD) lessons and days off timetable (DDD) which cover any gaps in the PD curriculum to ensure that students gain a robust experience of all statutory and bespoke requirements. There is a whole school audit in place to map out this delivery. The catholic teachings are at the centre of the delivery of RSE. Any issues which arise linked to RSE will be actioned accordingly and the curriculum will reflect this with various individual, group or year group sessions as appropriate.

In PD lessons and on DDDs we cover:

5.2. Year 7:

- The different relationships we have with lots of people.
- How we deal with these relationships differently depending on whether they are family, intimate or professional.
- Child Sexual exploitation and how to look out for this
- An introduction to managing our feelings
- Relationships and some aspects of puberty
- Safety online – privacy/online reputation/grooming and laws and dangers

5.3. Year 8:

- Drugs and alcohol awareness and the links to risky behaviour when under the influence
- Healthy and unhealthy relationships
- Contraception
- Puberty and Hygiene
- LGBTQ+ awareness
- Child Sexual exploitation and how to look out for this
- Relationships
- Role of sex in the media
- Online Safety – reputation/privacy/passwords/fake websites sexting/challenges and hoaxes/persuasion/cyber bullying/mob mentality
- Hygiene and puberty
- Separation, divorce and bereavement in families
- Drugs and alcohol awareness
- Contraception
- Body image

5.4. Year 9:

- Healthy relationships recap
- Sexually Transmitted Infections (STIS)
- Consent
- Pornography

- Drugs and alcohol awareness and how this links to other risky behaviour
- Child Sexual exploitation and how to look out for this
- LGBT and gender identity
- Managing unwanted attention online
- Pornography
- Online reputation
- Domestic abuse
- Drugs and alcohol awareness
- Body image including eating disorders and being happy and healthy
- Mental health awareness
- Parenting
- STIs
- Fertility
- Consent and delay

5.5. Year 10:

- Parenting and Fertility
- FGM
- Child Sexual exploitation and how to look out for this
- Parenting
- Fertility
- Cancer prevention

5.6. Year 11:

- Recap of topics:
 - STIs
 - Contraception
 - LGBTQ+
 - Healthy relationships
- Child sexual exploitation and how to look out for this
- Recap on aspects of sexual health and relationships

6. Health education subject overview

- 6.1. 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

- 6.2. 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

6.3. 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

6.4. 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

6.5. 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 tooth decay and cancer.

Drugs, alcohol and tobacco

6.6. 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.

Health and prevention

6.7. 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.
- The benefits of regular self-examination and screening. (Year 10 – Cancer prevention)
- 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

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

- Basic treatments for common injuries. (Year 7 basic first aid)
- Life-saving skills, including how to administer CPR. (Restart a Heart – Year 8)
- The purpose of defibrillators and when one might be needed.

Changing adolescent body

6.9. 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.

7. Health education programmes of study

7.1. The school is free to determine an age-appropriate, developmental curriculum which meets the needs of young people and includes the statutory content outlined in [section 6](#) of this policy.

The Personal Development curriculum is embedded across the school in many different subjects and strands of Health education are taught across many subjects. There are stand-alone Personal Development (PD) lessons and days off timetable (DDD) which cover any gaps in the PD curriculum to ensure that students gain a robust experience of all statutory and bespoke requirements. There is a whole school audit in place to map out this delivery. health will be actioned accordingly and the curriculum will reflect this with various individual, group or year group sessions as appropriate.

In PD lessons and on DDDs we cover:

7.2. Year 7:

- Smoking
- Online safety and the links to health with social media

- Grooming and links to mental health
- Managing feelings
- Growth mindset and the benefits of positivity
- Mental health prevention package

7.3. Year 8:

- Drugs and Alcohol awareness
- Benefits of healthy relationships on health
- Sexual health
- Body image
- Hygiene, puberty and health
- Cyberbullying and links to mental health
- Mental health prevention package
- Outdoor play
- Growth mindset and the benefits of positivity

7.4. Year 9:

- Sexual health linking to STIs
- Mental health awareness
- Mental health prevention package
- Eating disorders and nutritional health
- Body image linking to online life
- Growth mindset and the benefits of positivity

7.5. Year 10:

- Cancer prevention
- Mental health prevention package
- Online safety and the links to health for challenges
- Fertility
- Growth mindset and the benefits of positivity

7.6. Year 11:

- Fertility
- STIs and sexual health
- Growth mindset and the benefits of positivity

8. Delivery of the curriculum

8.1. The majority of the RSE and health education curriculum will be delivered through the Personal Development curriculum.

8.2. Through effective organisation and delivery of the subject, 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.
- 8.3. RSE and health education complement several national curriculum subjects. Where appropriate, the school will look for opportunities to make links between the subjects and integrate teaching.
 - 8.4. The RSE and health education curriculum will be delivered by appropriately trained members of staff.
 - 8.5. The curriculum will proactively address issues in a timely way in line with current evidence on student's physical, emotional and sexual development.
 - 8.6. RSE and health education will be delivered in a non-judgemental, age-appropriate, factual and inclusive way that allows students to ask questions in a safe environment.
 - 8.7. 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.
 - 8.8. The school will integrate LGBTQ+ content into the RSE curriculum – this content will be taught as part of the overall curriculum, rather than a standalone topic or lesson, and will be included in lessons or DDDs where appropriate. LGBTQ+ content will be approached in a sensitive, age-appropriate and factual way that allows students to explore the features of stable and healthy same-sex relationships.
 - 8.9. All teaching and resources are assessed by the Personal Development Leader 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, if applicable.
 - 8.10. Classes may be taught in gender-segregated groups dependent on the nature of the topic being delivered at the time, and the cultural background of students where it is only appropriate to discuss the body in single gender groups.
 - 8.11. Throughout every year group, appropriate diagrams, videos, books, games, discussion and practical activities will be used to assist learning.
 - 8.12. Inappropriate images, videos, etc. will not be used, and resources will be selected with sensitivity given to the age and cultural background of students.
 - 8.13. 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 Acceptable Terms of Use Agreement.
 - 8.14. Teachers will establish what is appropriate for one-to-one and whole-class settings, and alter their teaching of the programmes accordingly.
 - 8.15. Teachers will ensure that students' views are listened to and will encourage them to ask questions and engage in discussion. Teachers will answer questions sensitively and honestly.
 - 8.16. The curriculum will be designed to focus on boys as much as girls and activities will be planned to ensure both are actively involved, matching their different learning styles.

- 8.17. Teachers will focus heavily on the importance of marriage and healthy relationships when teaching RSE, though sensitivity will always be given as to not stigmatise students on the basis of their home circumstances.
- 8.18. Teachers 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.
- 8.19. In teaching the curriculum, teachers will be aware that students may raise topics such as self-harm and suicide. When talking about these topics in lessons, teachers will be aware of the risks of encouraging these behaviours and will avoid any resources or material that appear as instructive rather than preventative.
- 8.20. At all points of delivery of the curriculum, parents will be consulted, and their views will be valued. What will be taught and how, will be planned in conjunction with parents.
- 8.21. The procedures for assessing student progress are outlined in [section 15](#) of this policy.

9. Curriculum links

- 9.1. The school seeks opportunities to draw links between RSE and health education and other curriculum subjects wherever possible to enhance students' learning.
- 9.2. RSE and health education will be linked to the following subjects:
 - **Citizenship** – students 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.
 - **RE** – students gain an appreciation that they are a creation of God and should make personal decisions with this in mind. They also learn about the importance of marriage, the family unit, and abortion.

10. Working with parents

- 10.1. The school understands that parents' role in the development of their children's understanding about relationships and health is vital.
- 10.2. The school will work closely with parents when planning and delivering the content of the school's RSE and health education curriculum.
- 10.3. When in consultation with parents, 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' right to withdraw their child from non-statutory elements of RSE and health education.
- 10.4. Parents will be provided with frequent opportunities to understand and ask questions about the school's approach to RSE and health education.
- 10.5. The school understands that the teaching of some aspects of the curriculum may be of concern to parents.
- 10.6. If parents have concerns regarding RSE and health education, they may submit these via email to hello@stcuthberts.com, or contact the school office to arrange a meeting with the Headteacher on 01744 678123.
- 10.7. Parents will be regularly consulted on the curriculum content, through meetings and letters, and the curriculum will be planned in conjunction with parents' views.

11. Working with external agencies

- 11.1. Working with external agencies can enhance our delivery of RSE and health education, and brings in specialist knowledge and different ways of engaging students.
- 11.2. External experts may be invited to assist from time-to-time with the delivery of the RSE and health education curriculum but will be expected to comply with the provisions of this policy.
- 11.3. The school will check the visitor/visiting organisation's credentials of all external agencies.
- 11.4. The school will ensure the teaching delivered by the external experts fits with the planned curriculum and provisions of this policy.
- 11.5. 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.
- 11.6. 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.
- 11.7. 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 Safeguarding and Child Protection Policy.
- 11.8. The school will use visitors to enhance teaching by an appropriate member of teaching staff, not to replace teaching by those staff.

12. Withdrawal from lessons

- 12.1. Parents have the right to request that their child is withdrawn from some or all of sex education delivered as part of statutory RSE.
- 12.2. Parents **do not** have a right to withdraw their child from the relationships or health elements of the programmes.
- 12.3. Requests to withdraw a child from sex education will be made in writing to the Headteacher.

- 12.4. Before granting a withdrawal request, the Headteacher will discuss the request with the parents and, as appropriate, the child, to ensure their wishes are understood and to clarify the nature and purpose of the curriculum.
- 12.5. The Headteacher will inform parents of the benefits of their child receiving RSE and any detrimental effects that withdrawal might have.
- 12.6. All discussions with parents will be documented. These records will be kept securely in the school office in line with the school's Records Management Policy.
- 12.7. Following discussions with parents, the school will respect the parents' request to withdraw their child up to and until three terms before the child turns 16. After this point, if the child wishes to receive RSE rather than be withdrawn, the school will make arrangements to provide the child with RSE.
- 12.8. Students who are withdrawn from RSE will receive appropriate, purposeful education during the full period of withdrawal.
- 12.9. For requests concerning the withdrawal of a student with SEND, the Headteacher may take the students' specific needs into account when making their decision.

13. Equality and accessibility

- 13.1. The school will comply with the relevant requirements of the Equality Act 2010 and will ensure the curriculum does not discriminate against students because of their:
 - Age
 - Sex
 - Race
 - Disability
 - Religion or belief
 - Gender reassignment
 - Pregnancy or maternity
 - Marriage or civil partnership
 - Sexual orientation
- 13.2. 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.
- 13.3. The school understands that students with SEND are entitled to learn about RSE and health education, and the curriculum will be designed to be inclusive of all students.
- 13.4. The school is aware that some students are more vulnerable to exploitation, bullying and other issues due to the nature of their SEND – teachers will understand that they may need to liaise with the SENCO and be more explicit and adapt their planning or work to appropriately deliver the curriculum to students with SEND.

- 13.5. 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.
- 13.6. The school will take steps to foster healthy and respectful peer-to-peer communication and behaviour between boys and girls, and provide an environment which challenges perceived limits on students based on their gender or any other characteristic.
- 13.7. 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.
- 13.8. 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 school's Anti Bullying, Harassment and Hate Incidents Policy.

14. Safeguarding and confidentiality

- 14.1. All students will be taught about keeping themselves safe, including online, as part of a broad and balanced curriculum.
- 14.2. Confidentiality within the classroom is an important component of RSE and health education, and teachers are expected to respect the confidentiality of their students as far as is possible, in compliance with the school's Student Privacy Policy.
- 14.3. Teachers 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 will be alerted immediately.
- 14.4. Students will be made aware of how to raise their concerns or make a report, and how their report will be handled – this includes the process for when they have a concern about a peer.

15. Assessment

- 15.1. The school has the same high expectations of the quality of students' work in RSE and health education as for other curriculum areas.
- 15.2. Lessons are planned to provide suitable challenge to students of all abilities.
- 15.3. Assessments are used to identify where students need extra support or intervention.
- 15.4. There are no formal examinations for RSE and health education; however, to assess student outcomes, the school will capture progress in the following ways:
 - Tests
 - Self-evaluations
 - Student voice

16. Staff training

- 16.1. Training will be provided by the Personal Development Leader to the relevant members of staff to ensure they are up-to-date with the RSE and health education curriculum.
- 16.2. 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.
- 16.3. The school will ensure teachers receive training on the Social Exclusion Report on Teenage Pregnancy, and the role of an effective RSE curriculum in reducing the number of teenage conceptions.
- 16.4. 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.

17. Monitoring quality

- 17.1. The Personal Development Leader is responsible for monitoring the quality of teaching and learning for the subject.
- 17.2. The Personal Development Leader will conduct appropriate assessments during the course of the year, which will include a mixture of the following:
 - Self-evaluations
 - Lesson observations
 - Topic feedback forms
 - Learning walks
- 17.3. The Personal Development Leader will create annual subject reports for the Headteacher and Governing Board to report on the quality of the subjects.
- 17.4. The Personal Development Leader will work regularly and consistently with the Headteacher and RSE link governor, e.g. through monthly review meetings, to evaluate the effectiveness of the subjects and implement any changes.

18. Monitoring and review

- 18.1. This policy will be reviewed by the Headteacher in conjunction with the Personal Development Leader on an annual basis.
- 18.2. Any changes needed to the policy, including changes to the programmes, will be implemented by the Headteacher.
- 18.3. Any changes to the policy will be clearly communicated to all members of staff and, where necessary, parents and students, involved in the RSE and health education curriculum.
- 18.4. The next scheduled review date for this policy is September 2022.