

Brighton Girls RSE Policy- PW8
September 2023

Policy statement:

Definition of RSE – from *Sex Education Forum*

Relationships and sex education (RSE) is learning about the emotional, social and physical aspects of growing up, relationships, sex, human sexuality and sexual health. It should equip children and young people with the information, skills and positive values to have safe, fulfilling relationships, to enjoy their sexuality and to take responsibility for their sexual health and well-being.

Brighton Girls takes its responsibility to provide relevant, effective and responsible Relationships and Sex education (RSE) to all its pupils as part of the school's Personal, Social, Health and Economic Education curriculum (Wellbeing Programme) very seriously. At our school we want parents and pupils to feel assured that sex education will be delivered at a level appropriate to both age and development of students.

This teaching is not intended to replace advice or guidance which is ideally received at home, but to supplement and broaden knowledge and understanding.

This policy is drafted by the Head of Wellbeing (Senior School) and the PSHE Lead (Prep School) in consultation with the Head, Deputy Head Pastoral, the school nurse and SENDCo. Parents are given the opportunity to discuss this policy content.

Aims of policy:

RSE is lifelong learning about physical, moral and emotional development. It is about teaching sex, sexuality and sexual health in a way that is fully understood and effectively retained by pupils in our care. This includes emphasis on good health, the value of self-esteem in making choices and judgements, the nature of healthy and consensual relationships, and knowledge about how the body works, all within a context of moral issues and values.

RSE will outline the importance of marriage and family life and the raising of children, as well as highlighting the role of marriage and other stable relationships as building blocks for community and society.

We want our students to lead a healthy and safe lifestyle and to care for and respect their bodies, and we provide them with a toolkit that will enable them to seek information or support, should they need it, both during their school years and after.

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Provision:

We follow the Department of Education guidance mandatory in England from September 2021: *Relationships Education, Relationships and Sex Education (RSE) and Health Education Statutory Guidance*. Taught PSHE has also been part of the Independent Schools Standards Regulations since 2014. We aim to provide a relevant, broad and balanced curriculum that not just fulfils, but exceeds externally set standards.

The Wellbeing curriculum is spiral, so that topics can be re-visited in later years. Although the topics below are listed specifically, we treat Relationships and Sex Education as part of the wider PSHE curriculum. We support equal opportunities in education, seeing it as enabling and encouraging all our students to build self-esteem through discussion and activities in a safe environment. We are equipping them with decision-making skills irrespective of gender roles and stereotyping.

Prep School - Including EYFS

The Relationships Education, RSE, and Health Education (England) Regulations 2019 have made Relationships Education compulsory in all primary schools. Sex education is not compulsory in primary schools and, therefore, in the Prep School, the focus is on Relationships Education. In PSHE lessons, and in the wider context of school life, the focus is on teaching the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships, and relationships with other children and adults. The students are taught about their health, including puberty. The curriculum for science also includes subject content in related areas, such as the main external body parts, the human body as it grows from birth to old age (including puberty) and reproduction in some plants and animals.

The PSHE and RSE statutory guidance is comprehensively covered by learning opportunities for each key stage across three core themes:

'Health and Wellbeing'
'Relationships',
'Living in the Wider World'

The main topics covered in RSE are:

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

Through Relationships Education (and RSE), the students will be taught the knowledge they need to recognise and to report abuse, including emotional, physical and sexual abuse. In the Prep School this is delivered by focusing on boundaries and privacy, ensuring young people understand that they have rights over their own bodies. This includes understanding boundaries in friendships with peers and also in families and with others, in all contexts, including online.

Relationships Education also creates an opportunity to enable pupils to be taught about positive emotional and mental wellbeing, including how friendships can support mental wellbeing.

As part of the PSHE programme, Relationships Education is taught by form tutors in form groups, using a range of activities. The programme is developed and reviewed by students, staff and parents to ensure that it meets the needs of the whole school community. We ensure that RSE is age relevant and appropriate across all year groups; this means ensuring that the curriculum develops as our pupils do and meets their needs. Staff are given regular and ongoing training on issues related to RSE including confidentiality, setting ground rules and establishing positive behaviour, handling controversial issues and responding to questions. All staff are up to date with policy changes, and familiar with the school policy and guidance relating to relationships and sex education. We ensure their personal beliefs and attitudes will not prevent them from providing balanced RSE in school.

Terminology:

Students will be taught the anatomically correct names for body parts as is age appropriate, but alternative words and nicknames that they already know will be discussed; this will be part of the discussion about what is and what isn't acceptable language to be used.

Ground rules are essential when discussing sensitive subject matter and staff will use strategies to enable students to feel comfortable to ask questions. If controversial questions are asked, the teacher will use professional judgement about how to answer them and students will be allowed to raise anonymous questions if preferred, by using the "Ask it Basket" in each Prep form room. We recognise that because of the nature of the subject, sensitive and controversial issues are likely to arise. These are dealt with within the framework of the aims of the school and of the Relationships and Sex

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Education policy as a whole. Any cause for concern will be dealt with in accordance with our pastoral systems and safeguarding arrangements.

Equal Opportunities

We support the principle of equal opportunity in education, viewing it as enabling and encouraging our students to build self-esteem through various activities and equipping them with decision making skills regardless of gender roles, stereotyping, race, religion and disability. Our RSE and Health education is accessible to all students and care is taken to ensure that lessons are differentiated to ensure accessibility for SEND students. The school recognises that SEND students are more vulnerable to exploitation, bullying and other issues and our programme of study is designed with this in mind.

Monitoring, evaluation and review:

The educational and personal needs of our pupils develop in line with varying societal pressures and other changes. For this reason, we monitor, evaluate and regularly review our RSE curriculum.

Students:

Prep students complete an anonymous end of unit half termly questionnaire at the end of each unit. The results of these feeds into the evaluation and review of the SOW. Engagement in RSE is also monitored through discussions in every RSE lesson, questions added to the "Ask it Basket" and in Form times.

Parents:

Parents are consulted and engaged on the development of the RSE Policy as well as the overview of the PSHE curriculum and the resources used. This includes offering parental evenings to discuss the RSE curriculum.

Staff:

Staff are consulted and engaged on the development of the RSE Policy as well as the overview of the PSHE curriculum and the resources used. Staff are encouraged to share their expertise and knowledge. The delivery of RSE sessions is monitored via learning walks and subsequent discussion with staff. Staff are asked to provide feedback on the content and resources available as part of the curriculum.

Pre-Prep and Prep Overview:

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Senior School

The main topics covered in RSE are:

- Establishing healthy relationships
- Puberty, menstruation and change
- Consent and how to communicate this to others
- Contraception
- Sexually transmitted infections
- Understanding our bodies
- Sexting
- Safer sex
- Sexual exploitation
- Sex and pornography
- Personal choices

As part of the PSHE programme, Relationships and Sex Education is taught by form tutors, Heads of House, the school nurse and Head of Wellbeing mainly in small groups, using a range of activities with materials and support provided by health professionals. External organisations are used when necessary to enhance the delivery of a particular topic.

The programme is developed and reviewed in consultation with students, staff and parents to ensure that it meets the needs of the whole school community, including students with SEND. We ensure that RSE is age relevant and appropriate across all year groups; this means ensuring that the curriculum develops as our pupils do and meets their needs.

Staff are given regular and ongoing training on issues related to RSE including confidentiality, setting ground rules and establishing positive behaviour, handling controversial issues and responding to questions. Staff are up to date with policy changes, and familiar with the school policy and guidance relating to RSE. Finally, we ensure their personal beliefs and attitudes will not prevent them from providing balanced RSE in school.

Sensitive topics:

Students will be taught the anatomically correct names for body parts, but slang and everyday terms used in social situations will be discussed; this will be part of the discussion about what is and what isn't acceptable language to be used.

Ground rules are essential when discussing sensitive subject matter and staff will use strategies to enable students to feel comfortable to ask questions. If controversial questions are asked, the teacher will use professional judgement about how to answer them and students will be allowed to raise anonymous questions if preferred.

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We recognise that because of the nature of the subject, sensitive and controversial issues are likely to arise. These may include, for example, abortion, emerging gender identity, sexuality and sexual abuse. These are dealt with within the framework of the aims of the school and of the Relationships and Sex Education policy as a whole. Any cause for concern will be dealt with in accordance with our pastoral systems and safeguarding arrangements.

Guest speakers:

We sometimes use outside speakers to complement our teaching of this content, who are asked to work within the framework of the school's Relationship and Sex Education policy and adhere to the protocol for Visiting Speakers. Information about these sessions is shared with parents ahead of time. A teacher will be present throughout these lessons.

Withdrawal from RSE:

The school aims to keep parents informed about all aspects of the RSE curriculum and urges parents to review this policy. RSE is a vital part of the school curriculum and supports the whole development of the child. Parents have the right to withdraw their children from sex education. Any parents considering withdrawing their child from RSE should contact the Head / Pastoral Deputy Head to discuss their concerns. According to *Relationships Education, Relationships and Sex Education (RSE) and Health Education Statutory Guidance* paragraph 41-43 pupils can opt into sex education from three terms before their 16th birthday.

Equal Opportunities

We support the principle of equal opportunity in education, viewing it as enabling and encouraging our students to build self-esteem through various activities and equipping them with decision making skills regardless of gender roles, stereotyping, race, religion and disability. Our RSE and Health education is accessible to all students and care is taken to ensure that lessons are differentiated to ensure accessibility for SEND students. The school recognises that SEND students are more vulnerable to exploitation, bullying and other issues and our programme of study is designed with this in mind.



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[Wellbeing Curriculum](#)

Students:

Students are consulted about the RSE curriculum and its delivery as a part of student voice and as a standing item on the School Council. A half termly Wellbeing Impact Survey also gives the opportunity to evaluate and review. Regular Google Quizzes as part of the RSE curriculum are used to monitor progress and are subsequently used to value the impact of sessions. Engagement in RSE is also monitored on regular report cards.

Parents:

Parents are consulted and engaged on the development of the RSE Policy as well as the overview of the Wellbeing/PSHE curriculum and the resources used. This includes offering parental evenings to discuss the RSE curriculum.

Staff:

Staff are consulted and engaged on the development of the RSE Policy as well as the overview of the Wellbeing/PSHE curriculum and the resources used. Staff are encouraged to share their expertise and knowledge. The delivery of RSE sessions is monitored via learning walks and subsequent discussion with staff. Staff are asked to provide feedback on the content and resources available as part of the curriculum.

This policy will be reviewed annually.

Policy last updated: September 2023

Policy to be reviewed: September 2024

Responsibility for review: Deputy Head Pastoral