

Sex Relationship & Health Education Policy

Documentation Information

Reviewed by:	Ivanhoe School Local Governing Body		
Last Reviewed:	02 February 2023	Next Review:	February 2025
Review Cycle:	2 Yearly	Ratified by Governors	

Please read this policy in conjunction with:

- Equality Policy
- Safeguarding Policy
- E-Safety Policy
- Curriculum Policy
- Positive mental health Policy

Statement of intent

At Ivanhoe, we understand the importance of educating pupils about sex, relationships and health in order that they are able to make responsible and well-informed decisions in their lives.

The teaching of RSE and health education can help to prepare pupils 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 pupils 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 pupils. Health education is a legally binding statutory requirement and all students in all primary and secondary schools must take part in this area of the curriculum. We encourage and welcome an open dialogue between school, parents and students on this curriculum. Whilst there is no legal right for parents to request to withdraw students from any part of the health education programme, we would seek to put in place any reasonable adjustments to this in light of any individual circumstances.

Legal obligations

Maintained secondary schools in England and Wales have a legal responsibility to provide a 'relationship and sex education' and 'health education' programme. They also have a responsibility to keep an up to date written statement of the policy they choose to adopt and this must be available to parents.

Parents have the right to express their wish that their child be withdrawn from some or all of sex education delivered as part of statutory RSE.

Before granting any such request we would discuss the queries parents and carers have around the curriculum and this may involve a discussion the headteacher and/or relevant staff. We would want to engage with parents and carers with a view to resolving any concerns raised so that the student can fully participate in the curriculum. We would not usually permit students to be withdrawn from sex education as it is imperative that students receive guidance and information on this subject matter from appropriate and non-biased sources. Sex education has been included within the statutory guidance for schools from the Department of Education in response to students not always getting information from appropriate and reliable sources and this can place them at risk of harm. We recognise that parents and carers may have queries about this part of the curriculum and would always look to resolve those and put appropriate support in place for the student to take part in the sex education part of the curriculum as opposed to withdrawing them from it. Withdrawal would only be permitted in exceptional circumstances and as a last resort after all other possibilities had been exhausted. This process is the same for students with SEND needs.

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 (2021) '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

Our curriculum at Ivanhoe follows the statutory guidance from the DfE. It applies to all primary and secondary schools. We ensure that content is sequenced through the age range of students and taught at an age appropriate level.

[Click here for the full guidance from the DfE](#)

Curriculum Map

See appendix 1 for curriculum map of RSE and health education at Ivanhoe.

Curriculum Links

- The school seeks opportunities to draw links between RSE and health education and other curriculum subjects wherever possible to enhance pupils' learning.
- RSE and health education will be linked to the following subjects:

Citizenship (delivered through PSHRE) – pupils 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 – pupils are taught about the main external parts of the body and changes to the human body as it grows, including puberty.

ICT and computing – pupils are taught about how they can keep themselves safe online and the different risks that they may face online as they get older.

PE – pupils 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 (delivered through PSHRE) – pupils learn about respect and difference, values and characteristics of individuals.

Working with Parents

- Ivanhoe School understands that the teaching of some aspects of the programme may be of concern to parents/carers.
- Parents/carers will be informed of the content and delivery of the sex and relationship programme and the health education programme via the parental newsletter and are invited to give feedback to the school at any time.
- Ivanhoe School respects the legal right of parents/carers to request to withdraw their child from all or part of the sex and relationship education programme, except for those statutory parts included in the science national curriculum. See appendix 2 – Letter to parents/carers
- 19.4 A list of the statutory topics included in the science national curriculum at the different key stages, can be found in Appendix 3– Science National Curriculum.

Confidentiality

- Confidentiality within the classroom is an important component of sex and relationship education, and teachers are expected to respect the confidentiality of their pupils as far as is possible.
- Teachers must, however, alert the Head Teacher about any suspicions of inappropriate behaviour or potential abuse as per the Safeguarding and Child Protection Policy.

Monitoring and review

- This policy will be reviewed by the Governors Curriculum and Learning Committee as appropriate.
- Any changes to the policy will be clearly communicated to all members of staff involved in the sex and relationship education programme.

Appendix 1

Relationship and sex education at Ivanhoe School curriculum map - January 2022 (PSHRE, Science, Computing & PE)

	Year 7	Year 8	Year 9	Year 10	Year 11
Families Respectful relationships including friendships	PSHRE - Personal safety Friendships and conflicts Bullying PE – social development & self-esteem through physical activity	PSHRE – Discrimination and tolerance PE – social development & self-esteem through physical activity	PSHRE - Healthy relationships – romantic, Consent PE – social development & self-esteem through physical activity	PSHRE – different types of relationships (including same-sex) Recognising and understanding abuse (including domestic abuse)	Community relations (including with regard to race) and the harms of extremist ideology and content
Online and media	PSHRE - Anti bullying Healthy and responsible use of social media Internet Safety Comp – Digital Footprints, privacy online, responsibilities, risks & support. Online reporting	PSHRE – County Lines and online activity Comp – Legal framework relating to computer use e.g., GDPR.	PSHRE – Online media and the impact of it in relation to body image Comp – Dealing with and reports issues online. Data generation & use	PSHRE – CSE and sexualised imagery Comp – Dealing with and reports issues online, ethical issues relating to technology usage, e.g. Fake News. IT (Option) – Legal framework relating to computer use e.g., GDPR.	
Sexual relationships and sexual health	Sci - Reproduction	PSHRE - Peer pressure Sci – Health risks	PSHRE - Contraception and sexual health Sci - Consent as part of the Personal Relationships topic	PSHRE – recognising unsafe sex and promoting safe sex Sci – Communicable Diseases	Sci - Reproduction

Health education at Ivanhoe School curriculum map - Feb 2020 (PSHRE, Computing, PE & Food Tech)

	Year 7	Year 8	Year 9	Year 10	Year 11
Mental wellbeing	<p>PSHRE – Managing emotions and stress management</p> <p>PE – Emotional wellbeing through physical activity</p>	<p>PSHRE - What is mental health – keeping a healthy mind and recognising early signs of concern</p> <p>PE – Emotional wellbeing through physical activity</p> <p>Sci – Digestion (includes eating disorders)</p>	<p>PSHRE - Mental health and substance abuse</p> <p>PE – Emotional wellbeing through physical activity</p>	<p>Recognising self-harm and eating disorders</p>	
Internet safety and harms	<p>PSHRE – Internet safety</p> <p>Anti-bullying</p> <p>Comp – Online v IRL bullying behaviours</p>	<p>PSHRE – County Lines and online activity</p>	<p>PSHRE – online media, unrealistic expectations and body image</p> <p>Comp – Cybercrime</p> <p>Harassment, abuse & support</p> <p>Targeted information & using information well.</p>	<p>PSHRE - Harassment, abuse & support</p>	
Physical health and fitness	<p>PSHRE – Puberty and</p>	<p>PSHRE – Balanced diets</p>	<p>PE – fit for life</p>	<p>Sci – Coronary heart disease and it's</p>	

	<p>physical development</p> <p>PE – fit for life</p> <p>Sci – Puberty in reproduction topic</p>	<p>Sci – Health</p> <p>PE – fit for life</p>		<p>treatments as part of the Organisation topic</p>	
Healthy eating	<p>Food tech – basic nutrition</p>	<p>Food tech – balanced diet</p> <p>Sci – balanced diet</p>	<p>Food tech - food choice/study of nutrients.</p>		
Drugs alcohol and tobacco		<p>PSHRE</p> <p>Impact of alcohol and drugs and the laws</p> <p>Sci - Health</p>	<p>PSHRE</p> <p>Addiction</p>	<p>PSHRE – personal safety in the wider world (including when alcohol may be being consumed)</p> <p>Sci – Non-communicable diseases</p>	
Health and prevention	<p>PSHRE – puberty, hygiene and sleep</p> <p>Sci – Reproduction topic (puberty sexual health, vaccination)</p>	<p>PSHRE – substance misuse</p> <p>Sci – Digestion (nutrition and eating disorders)</p>		<p>PSHRE – recognising signs of deteriorating mental and physical health and seeking support</p> <p>Sci – Coronary heart disease and it's treatments as part of the Organisation topic</p> <p>Sci – Non-communicable diseases</p>	

Basic first aid				PSHRE – Basic first aid and CPR	
Changing adolescent body	PSHRE – puberty and how it impacts physical, emotional and psychological development Sci - reproduction		PSHRE – body image and how this changes through adolescence and in to adulthood Sci – Personal Relationships	Sci - Reproduction	

Appendix 2 — Science National Curriculum

In accordance with the DfE’s ‘Sex and Relationship Education Guidance’ 2021, there are certain aspects of sex and relationship education which are compulsory for pupils to learn as they progress through the key stages.

Key stage	Pupils must be taught:
Key stage 1	<ul style="list-style-type: none"> • That animals, including humans, move, feed, grow, use their senses and reproduce. • To recognise and compare the main external parts of the bodies of humans. • That humans and animals can produce offspring, and they grow into adults. • To recognise similarities and differences between themselves and others. • To treat others with sensitivity.
Key stage 2	<ul style="list-style-type: none"> • That nutrition, growth and reproduction are common life processes for humans and other animals. • About the main stages of the human life cycle.
Key stage 3	<ul style="list-style-type: none"> • That fertilisation in humans is the fusion between the egg and sperm. • About the physical and emotional changes that take place during adolescence. • How the foetus grows and develops. • How the growth and reproduction of bacteria and viruses can affect health.
Key stage 4	<ul style="list-style-type: none"> • The way in which hormonal control occurs, including the effects of sex hormones. • The medical uses of some hormones, including the control of fertility. • The defence mechanisms of the body. • How sex is determined in humans.

Letter to parents

Dear Parent/carer,

RE: Relationship and sex education and health education at Ivanhoe School

Government guidelines outline that, from the age of 11 it is compulsory for all schools to provide a relationship and sex education programme.

At Ivanhoe School we believe that it is important to provide our pupils with a thorough and balanced curriculum, including age-appropriate information about sex and relationships.

The details of what will be taught to the various year groups is detailed in the Relationship and Sex Education Policy, which can be accessed on our school website or in hard copy via our main reception.

The full statutory guidance on Relationships and Sex Education and Health Education from the Department for Education can be found [HERE](#)

The statutory guidance which came in to effect in September 2021 makes it clear that the expectation is that all students will participate in these lessons though we recognise parents and carers may wish to discuss the content of these lessons prior to them being delivered to students.

If you have any concerns or queries about your child's participation in these lessons, please do not hesitate to contact either myself or Claire Gee (Subject Leader for PSHRE) to discuss these.

Yours sincerely,

Alison Allford

Head Teacher