

THE COTSWOLD SCHOOL – POLICY DOCUMENT



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1. Aims

We aim to teach relationships and sex education in a sensitive, age appropriate, developmentally appropriate way, which is delivered with reference to the law.

The aims of relationships and sex education (RSE) at our school are to:

- › Provide a framework in which sensitive discussions can take place
- › Prepare pupils for puberty, and give them an understanding of sexual development and the importance of health and hygiene
- › Help pupils develop feelings of self-respect, confidence and empathy
- › Create a positive culture around issues of sexuality and relationships
- › Teach pupils the correct vocabulary to describe themselves and their bodies

2. Statutory requirements

As a secondary academy school we must provide RSE to all pupils as per section 34 of the [Children and Social work act 2017](#).

In teaching RSE, we are required by our funding agreements to have regard to [guidance](#) issued by the secretary of state as outlined in section 403 of the [Education Act 1996](#).

At The Cotswold School, we teach RSE as set out in this policy.

3. Policy development

This policy has been developed in consultation with staff, pupils and parents. The consultation and policy development process involved the following steps:

1. Review – a member of staff and a small working group pulled together all relevant information including relevant national and local guidance
2. Staff consultation – all school staff were given the opportunity to look at the policy and make recommendations
3. Parent/stakeholder consultation – parents and any interested parties were invited to consult on the plan and ask questions
4. Pupil consultation – we investigated what exactly pupils want from their RSE
5. Ratification – once amendments were made, the policy was shared with governors and ratified

4. Definition

RSE is about the emotional, social and cultural development of pupils, and involves learning about relationships, sexual health, sexuality, healthy lifestyles, diversity and personal identity.

RSE involves a combination of sharing information, and exploring issues and values.

RSE is not about the promotion of sexual activity.

5. Curriculum

Our curriculum is set out as per Appendix 1 but we may need to adapt it as and when necessary.

We have developed the curriculum in consultation with parents, pupils and staff, taking into account the age, needs and feelings of pupils. If pupils ask questions outside the scope of this policy, teachers will respond in an appropriate manner so they are fully informed and don't seek answers online.

For more information about our curriculum, see our curriculum map in Appendix 1.

6. Delivery of RSE

RSE is taught within the personal, social, health and economic (PSHE) education curriculum, which is delivered on a weekly basis by your child's, form tutor. Biological aspects of RSE are taught within the science curriculum, and other aspects are included in religious education (PBE).

Pupils also receive stand-alone sex education sessions delivered by a senior member of The Cotswold School Pastoral Team.

RSE teaching is delivered in ways that are accessible to all pupils with SEND. (see SEND policy)

RSE focuses on giving young people the information they need to help them develop healthy, nurturing relationships of all kinds including:

- › Families
- › Respectful relationships, including friendships
- › Online and media
- › Being safe
- › Intimate and sexual relationships, including sexual health

For more information about our RSE curriculum, see Appendices 1 and 2.

These areas of learning are taught within the context of family life taking care to ensure that there is no stigmatisation of children based on their home circumstances (families can include single parent families,

LGBT parents, families headed by grandparents, adoptive parents, foster parents/carers amongst other structures) along with reflecting sensitively that some children may have a different structure of support around them (for example: looked after children or young carers).

Our teaching will comply with the relevant provisions of the Equality Act 2010.

7. Roles and responsibilities

7.1 The governing board

The governing board will make sure that the school can fulfil its legal obligations by approving the RSE policy, and holding the Principal to account for its implementation.

7.2 The Principal

The Principal is responsible for ensuring that RSE is taught consistently across the school, and for managing requests to withdraw pupils from non-statutory components of RSE (see section 8).

7.3 Staff

Staff are responsible for:

- › Delivering RSE in a sensitive way
- › Modelling positive attitudes to RSE
- › Monitoring progress
- › Responding to the needs of individual pupils
- › Responding appropriately to pupils whose parents wish them to be withdrawn from the non-statutory components of RSE

Staff do not have the right to opt out of teaching RSE. Staff who have concerns about teaching RSE are encouraged to discuss this with the Principal / RSE lead for the school

The Senior Leader responsible for the delivery of RSE at The Cotswold School is Jodi Carter, Assistant Principal.

7.4 Pupils

Pupils are expected to engage fully in RSE and, when discussing issues related to RSE, treat others with respect and sensitivity.

8. Parents' right to withdraw

The school will communicate to parents what will be taught and when. Parents have the right to withdraw their children from some or all of the non statutory components of sex education within RSE up to and until 3 terms before the child turns 16. After this point, if the child wishes to receive sex education rather than being withdrawn, the school will arrange this.

Requests for withdrawal should be put in writing using the form found in Appendix 3 of this policy and addressed to the Principal.

A copy of withdrawal requests will be placed in the pupil's educational record. The Principal will discuss the request with parents and take appropriate action.

Alternative work will be given to pupils who are withdrawn from sex education.

9. Training

Staff are trained on the delivery of RSE as part of their induction and it is included in our continuing professional development calendar.

The Principal may also invite visitors from outside the school, such as school nurses or sexual health professionals, to provide support and training to staff teaching RSE.

10. Monitoring arrangements

The effective planning and delivery of RSE is monitored by Jodi Carter (Assistant Principal) through:

Learning walks, student voice, staff training, parent survey, formal and informal feedback, collaboration with Year Leaders.

Pupils' development in RSE is monitored by class teachers as part of our internal assessment systems.

In consultation with parents, this policy will be reviewed by Jodi Carter and Linda Rowley (safeguarding governor) on an annual basis. At every review, the policy will be approved by the governing body and the Principal.

Appendix 1: Curriculum map

Relationships and sex education curriculum map

YEAR GROUP	TERM	TOPIC/THEME DETAILS	RESOURCES
Year 7	Autumn 1	RSE - British Values 1 - What is PSHE? Part 1 2 - What is PSHE? Part 2 3 - Staying Safe in our Community 4 - Justice or Injustice 5 - Having Your Voice Heard 6 - Life in Modern Britain	
Year 7	Autumn 2	RSE - British Values 1 - What is Democracy? 2 - The British Government 3 - Political Parties and Manifestos 4 - Political Parties and Manifestos 5 - Criminal Justice 6 - Citizenship in Britain SCHOOLS BEAT – Internet Safety - Grooming	
Year 7	Spring 1	Careers and Futures Guidance SCHOOLS BEAT – Drugs and Alcohol	
Year 7	Spring 2	Careers and Futures Guidance	

YEAR GROUP	TERM	TOPIC/THEME DETAILS	RESOURCES
Year 7	Summer 1	<p>Health and Wellbeing</p> <p>1 - What is a Balanced Diet? 2 - Food Groups and Nutrition 3 - What's in an Energy Drink? 4 - What is Bullying and it's Effects 5 - What is Bullying and it's Effects 6 - Don't be a Victim</p> <p>SCHOOLS BEAT – Relationships PASTORAL DAY – Mental Health and Positive Relationships</p>	
Year 7	Summer 2	<p>RSE Relationships & Sex Education</p> <p>1 - Random Acts of Kindness 2 - How to manage anger or anxiety 3 - Personal Hygiene 4 - Puberty 1 Physical 5 - Puberty 2 Physical 6 - Puberty 3 Emotional</p>	
Year 8	Autumn 1	<p>RSE - British Values & Citizenship</p> <p>1 - What is PSHE? 2 - Everyday Sexism 3 - Stereotyping, Prejudice or Discrimination 4 - Prejudice or Discrimination 5 - Body Image - what's my identity? 6 - Unifrog</p>	

YEAR GROUP	TERM	TOPIC/THEME DETAILS	RESOURCES
Year 8	Autumn 2	<p>RSE - British Values & Citizenship</p> <p>1 – Gangs 2 – Gangs 3 – Extremism and Radicalisation 4 – The Importance of Sleep 5 – The Importance of Sleep 6 – Personal Safety and First Aid</p> <p>PASTORAL DAY – Staying Safe Online SCHOOLSBEAT - Bullying</p>	
Year 8	Spring 1	<p>Careers and Futures Guidance</p> <p>SCHOOLSBEAT – Internet Safety (Sexting)</p>	
Year 8	Spring 2	<p>Careers and Futures Guidance</p> <p>SCHOOLSBEAT - Exploitation</p>	
Year 8	Summer 1	<p>Health and Wellbeing</p> <p>1 – The Dangers of Smoking 2 – The Dangers of Smoking and Vaping 3 – Young People and Alcohol 4 – How to handle Peer Pressure 5 – Domestic Conflict – What goes wrong and why?</p> <p>SCHOOLSBEAT – Fearless from County Lines</p>	

YEAR GROUP	TERM	TOPIC/THEME DETAILS	RESOURCES
Year 8	Summer 2	Health and Wellbeing 1 – Alcohol and Smoking – Advice for Young People 2 – What does Cannabis Do? 3 – Staying Safe Online 4 – Staying Safe Online 5 – What is Mindfulness?	
Year 9	Autumn 1	Health and Wellbeing 1 – Tolerance and Understanding 2 – Disability 3 – Sexuality and Homophobia 4 – Emotional Awareness 5 – What is Self Harm?	
Year 9	Autumn 2	Health and Wellbeing 1 – Mental Health – Beyond Fed Up 2 - Mental Health – Beyond Fed Up 3 – Should Cannabis be Legalised? 4 - Should Cannabis be Legalised? SCHOOLSBEAT – Drugs and DDN's	
Year 9	Spring 1	Careers and Futures Guidance PASTORAL DAY – Sexuality / Drugs SCHOOLSBEAT – Crime and Anti-Social Behaviour	

YEAR GROUP	TERM	TOPIC/THEME DETAILS	RESOURCES
Year 9	Spring 2	<p>Careers and Futures Guidance</p> <p>SCHOOLSBEAT – Hidden Hurt – Domestic and Honour Based Violence</p>	
Year 9	Summer 1	<p>Relationships and Sex Education</p> <p>1 – Healthy Relationships 2 – Consent 1 3 – Consent 2 4 – Consent 3 5 – Peer Pressure – Why is it so powerful? 6 – What role does the media play on body image?</p> <p>SCHOOLSBEAT – Internet Safety in an Online World</p>	
Year 9	Summer 2	<p>Relationships and Sex Education</p> <p>1 – Sexual Assault 2 – Sexting and Online Safety 3 – Contraception and STI's 4 - Teenage Relationships 5 – Sexuality 6 – LBGT</p>	

YEAR GROUP	TERM	TOPIC/THEME DETAILS	RESOURCES
Year 10	Autumn 1	British Values and Citizenship 1 – First Aid 1 – Recovery Position 2 – First Aid 2 - Choking 3 – First Aid 3 – CPR 4 – Drugs 1 5 – Drugs 2 6 – Knife Crime	
Year 10	Autumn 2	British Values and Citizenship 1 – Managing Money 1 2 – Managing Money 2 3 – Politics and Democracy	
Year 10	Spring 1	Careers and Futures Guidance	
Year 10	Spring 2	Careers and Futures Guidance	
Year 10	Summer 1	Relationships and Sex Education 1 – Keeping Yourself Safe when you are out 2 – Unhealthy Relationships 1 3 – Unhealthy Relationships 2 PASTORAL DAY – Contraception, Consent, Pregnancy, Termination and STI's PASTORAL DAY – Alcohol and Drugs	

YEAR GROUP	TERM	TOPIC/THEME DETAILS	RESOURCES
Year 10	Summer 2	Relationships and Sex Education 1 – Consent 1 2 – Consent 2 3 – Coercive Control 4 - County Lines 5 - Sexuality	
Year 11	Autumn 1	Citizenship and British Values 1 – First Aid 1 – Dealing with an Emergency 2 – First Aid 2 – Burns 3 – First Aid 3 – Shock	
Year 11	Autumn 2	Citizenship and British Values 1 – Racism – Men of Honour 1 2 – Racism – Men of Honour 2 3 – Racism – Men of honour 3	
Year 11	Spring 1	Citizenship and British Values 1 – The Dangers of Discrimination 1 2 – The Dangers of Discrimination 2 3 – The Dangers of Discrimination 3 PASTORAL DAY – Mental Health, Dealing with Pressure, Consent	

YEAR GROUP	TERM	TOPIC/THEME DETAILS	RESOURCES
Year 11	Spring 2	Wellbeing and Health 1 – Mental Health and Dealing with Exams	

Appendix 2: By the end of secondary school pupils should know

TOPIC	PUPILS SHOULD KNOW
Families	<ul style="list-style-type: none"> • 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 of children, including the characteristics of successful parenting • 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 to recognise this in others' relationships); and, how to seek help or advice, including reporting concerns about others, if needed
Respectful relationships, including friendships	<ul style="list-style-type: none"> • 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 relationship • Practical steps they can take in a range of different contexts to improve or support respectful relationships • How stereotypes, in particular stereotypes based on sex, gender, race, religion, sexual orientation or disability, can cause damage (e.g. how they might normalise non-consensual behaviour or encourage prejudice) • That in school and in 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 get help • That some types of behaviour within relationships are criminal, including violent behaviour and coercive control • What constitutes sexual harassment and sexual violence and why these are always unacceptable • The legal rights and responsibilities regarding equality (particularly with reference to the protected characteristics as defined in the Equality Act 2010) and that everyone is unique and equal

TOPIC	PUPILS SHOULD KNOW
Online and media	<ul style="list-style-type: none"> • Their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online • About online risks, including that any material someone provides to another 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 is sent to them • 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 (including those created by children) is a criminal offence which carries severe penalties including jail • How information and data is generated, collected, shared and used online
Being safe	<ul style="list-style-type: none"> • 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 (in all contexts, including online)

TOPIC	PUPILS SHOULD KNOW
Intimate and sexual relationships, including sexual health	<ul style="list-style-type: none"> • 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 or 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 men and women • That there are a 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 to enjoy intimacy without sex • The facts about the full range of contraceptive choices, efficacy and options available • The facts around pregnancy including miscarriage • That there are choices in relation to pregnancy (with medically and legally 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), including HIV/AIDs, are transmitted, how risk can be reduced through safer sex (including through condom use) and the importance of and 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

Appendix 3: Parent form: withdrawal from sex education within RSE

TO BE COMPLETED BY PARENTS			
Name of child		Class	
Name of parent		Date	
Reason for withdrawing from sex education within relationships and sex education			
Any other information you would like the school to consider			
Parent signature			

TO BE COMPLETED BY THE SCHOOL	
Agreed actions from discussion with parents	

This policy is written and administered with due regard to our duty and commitment as a school: to consider all aspects of equality and diversity.

ratified by Governors and

signed as such by The Chair of Governors (07-09-2020)