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## *Relationships and Sex Education Policy*

*The aim of The Grey Coat Hospital is to enable girls to take charge of their learning, make decisions based on Christian values, live in the world as independent women and meet the challenges of the twenty-first century.*

At The Grey Coat Hospital Relationships and Sex Education (RSE) is part of a balanced Personal, Social Health, Citizenship and Economic Education (PSHCE) programme supported by the Christian foundation and ethos of the Hospital. We intend this programme to complement parental responsibilities and we see it as an integral part of each individual student's emergence into adulthood.

### *Development process*

This policy has been written following the DfE statutory RSE guidance and through consultation with SLT, Heads of Year, and student feedback through their PSHCE lessons, our school nurse, parents and the Governors' curriculum committee.

### *Aims and Objectives*

We affirm in our teaching traditional Christian values and seek to promote a Christian understanding of marriage and family life. At the same time we recognise the diverse religious and social conditions to be found in a twenty-first century pluralist society. We believe that RSE should be set within a broader base of self-esteem and responsibility for the consequences of one's actions.

This policy is a working document which provides guidance and information on all aspects of RSE in the school for staff, parents/carers and governors.

Our aims are:

- to offer students information, as fully and broadly as possible with the benefit of an enlightened Christian background
- to promote the spiritual, moral, cultural, mental and physical development of students at the school
- to prepare students at the school for the opportunities, responsibilities and experiences of later life
- to allow students to grow into independence of choice and judgement
- to enable students to understand the relationships they are forming in terms of personal growth and commitment
- to develop a thoughtful concern for others and a sympathetic awareness of ethical choice
- to build upon a knowledge of Christian values as they affect our understanding of marriage, family life and personal relationships
- to encourage a respect for diversity of culture and religious conviction
- to encourage an understanding of the responsibility they have for their own actions, and
- to encourage an understanding of the responsibility for their family, friends, school and wider community.

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We will promote respect for self and others, countering ignorance and prejudice and the pressures of exploitation by:

- encouraging the development of self esteem and the valuing of each other
- creating a positive and secure environment for open discussion and constructive critical thinking
- offering opportunities to share and explore feelings, attitudes and values
- developing and practising interpersonal skills.
- providing relevant information.

## *Curriculum*

Our RSE programme, over key stages 3 and 4, will teach our students to understand:

- relationships, including different types and in different settings
- how to develop and maintain a variety of healthy relationships, within a range of social/cultural contexts and to develop parenting skills
- how to recognise and manage emotions within a range of relationships
- how to recognise and respond to harmful or negative relationships including all forms of bullying, abuse (including the distinct challenges posed by online bullying) sexual or other violence and online encounters and ask for help about the concept of consent in a variety of contexts (including in sexual relationships)
- how to respect equality and diversity in relationships
- physical development during puberty
- human sexuality, reproduction, sexual health, emotions and relationships
- about contraception and the range of local and national sexual health advice and support services
- identify and understand reasons for delaying sexual activity, and the benefits to be gained from such delay
- the avoidance of unplanned pregnancy
- the moral, religious and legal issues surrounding sexual activity.

RSE will be provided in a coherent programme over Key Stages 3 and 4:

- The Assistant Headteacher with responsibility for PSHCE will review the policy regularly, and will oversee the RSE programme
- Heads of Year will work with the Assistant Headteacher to develop the RSE programme for their year group
- Form tutors will deliver RSE in PSHCE lessons, together with input from the School Nurse and other healthcare professionals as appropriate.

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- Outside agencies may be invited in to school to work with the students in workshops or assemblies. All outside agencies will be vetted and will be informed of our RSE policy.
  - Heads of Year and the Assistant Headteacher will work with other departments, such as Science and RE to ensure that students have RSE in different contexts that enable them to understand both the technicalities and the moral issues surrounding the subject
  - Letters about the content of the RSE programme will be sent to parents before any RSE lessons are started, this will allow parents the opportunity to have an understanding of what will be covered within the PSHCE lessons and to be able to discuss this at home. Parents also have the right to withdraw their daughters if they wish, however they are encouraged to have a conversation with a member of the Senior Leadership Team or their daughter's Head of Year before making this decision.

## *Equal Opportunities*

The school is committed to the provision of RSE to all of its students. Our programme aims to respond to the diversity of children's cultures, faiths and family backgrounds. Equal time and provision is allocated for all students but there may be occasions where students with Special Educational Needs are given extra support from Learning Support staff.

## *Confidentiality*

As a general rule a child's confidentiality is maintained by the teacher or member of staff concerned. If this person believes that the child is at risk or in danger, she/he talks to the named Designated Safeguarding Lead who may confer with the Head Teacher before any decision is made about the next steps. The child concerned will be informed that confidentiality is being breached and reasons why. The child will be supported throughout the process.

## *Monitoring*

RSE will be monitored and evaluated regularly throughout the year:

- The Assistant Headteacher will evaluate the programme for each key stage with Heads of Year in the summer term
- Students will complete feedback evaluation sheets which will feed into the review process

The RSE policy and programme of study will be reviewed regularly in the light of DFE guidance.