



Relationships and Sex Education Policy

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1. Introduction and Overview

Bramhall High school understands its obligation to provide effective and up-to-date RSE for pupils in accordance with current regulations and guidance including:

- Children and Social Work Act (2017)
- Education Act (1996)
- Education and Inspections Act (2002)
- Equality Act (2010)
- Keeping Children Safe in Education (2023)
- Learning and Skills Act (2000)
- Relationships and sex education (RSE) and health education (2019, 2021)
- Supplementary Guidance *SRE for the 21st century* (2014)

We recognise that RSE plays a vital part in meeting our safeguarding obligations and in preparing our pupils for experiences and responsibilities in later life. At Bramhall High School, RSE falls within the PSHE curriculum which, in turn, falls under the wider umbrella of Personal Development. Details information about all aspects of Personal Development can be found on our website under the main safeguarding tab.

This policy aims to define RSE and describe how it is provided at Bramhall High school and who is responsible for providing it. It includes information about parents' right to withdraw their child from aspects of RSE. This policy will be reviewed regularly in line with the published schedule.

2 Definition and context

“SRE is lifelong learning about physical, moral and emotional development. It is about the understanding of the importance of marriage for family life, stable and loving relationships, respect, love and care. It is also about teaching of sex, sexuality, and sexual health.” (Sex and relationships Education Guidance, DfE 0116/2000).

Relationships and Sex Education has three main elements:

Knowledge and understanding

- Learning and understanding physical development at appropriate stages.
- Understanding human sexuality, sexual health, emotions and relationships.
- Learning about contraception and a range of local and national sexual health advice, contraception and support services.
- Learning the reasons for delaying sexual activity until an appropriate age and the benefits to be gained from doing so.
- The avoidance of unplanned pregnancy.

Attitudes and values

- Learning the importance of values and individual conscience and moral considerations.
- Learning the value of family life, marriage and stable and loving relationships for the nurture of children.
- Learning the value of respect, love and care.
- Learning about the harmful impact of pornography.
- Exploring, considering and understanding moral dilemmas.
- Developing critical thinking as part of decision-making.

Personal and social skills

- Learning to manage emotions and relationships confidentially and sensitively.
- Developing self-respect and respect and empathy for others.
- Learning to make choices based on an understanding of difference and with an absence of prejudice.
- Developing an appreciation of consequences for choices made.
- Managing conflict.
- Learning how to recognise and avoid exploitation and abuse.

3 Aims

RSE aims to help pupils understand the facts about sex and sexuality, to develop self-esteem, respect for others and to build self-confidence in decision making. The development of self-esteem is central; children who feel positive about themselves are more likely to develop happy and caring relationships.

RSE provision at Bramhall High School aims to:

- Provide accurate and up-to-date information about RSE topics relevant to both the national agenda and our local agenda.
- Develop confidence in children so they may ask questions without embarrassment, contribute towards discussion, and reflect upon their feelings about RSE topics.
- Develop knowledge and understanding about puberty, reproduction and sexuality.
- Develop positive attitudes, strong moral values, self-respect and self-esteem.
- Ensure pupils understand the law on sexual behaviour, consent and abuse.
- Develop an understanding of the importance of respect, trust and love in relationships.
- Encourage an understanding of the perspectives of difference genders and sexualities.
- Develop a sense of responsibility and an awareness of the consequences of actions in relation to sexual activity.
- Provide information about different types of contraception and about safe sex and how to access further advice and treatment.
- Provide a clear understanding of the arguments for delaying sexual activity and resisting pressure.
- Challenge discrimination based on gender identity, expression, orientation and biological sex.
- Equip pupils to address sexist, LGBTQI+ phobic bullying.
- Correct misunderstandings and counteract myths drawn from the media and/or peers.
- Link RSE with issues of peer pressure and risk-taking behaviours such as smoking, drug and alcohol usage.
- Develop an awareness of the dangers of grooming and sexual exploitation on- and off-line.
- Develop the skills required to keep themselves safe on-line and in the real world.
- Enable pupils to seek information, advice and help when needed.

Bramhall High School aims to provide RSE which is inclusive and meets the needs of all pupils.

Special Educational Needs and Disability (SEND): some pupils have learning, emotional or behavioural difficulties or physical disabilities that may result in particular RSE needs.

Delivery of RSE will be differentiated where necessary to address the needs of these pupils, enable them to access the content of RSE and ensure inclusivity.

Sexuality: Some pupils identify as LGBTQI+ - lesbian, gay, bisexual or transgender, genderqueer, questioning, intersex, and asexual (not an exhaustive list) or may have LGBTQI+ family members or friends.

Our approach to RSE will include sensitive, honest and balanced consideration to gender identity, gender expression and sexual orientation.

Pastoral, safeguarding, medical and counselling support will always take account of the needs of LGBTQI+ pupils.

Cultural background: We strive to deliver RSE in a culturally appropriate and sensitive way.

4 Working with parents/carers

A summary of our PSHE content, including the RSE elements, can be found on our website (under the main safeguarding tab). Our PSHE Policy can be found here: [PSHE Policy, 2023_24.docx](#). The learning journeys for each year group within this subject can also be seen on the website.

If parents/carers require further information, they can request it from the Head of Department for Personal Development, Mrs Andrea Woods or from Mrs Nikki Joyson, the Deputy Headteacher who oversees the school's curriculum.

Parents/carers have the right to withdraw their children from non-statutory components of RSE. Requests for withdrawal should be put in writing to the Headteacher. A copy of withdrawal requests will be placed in the child's educational record. The Headteacher will discuss the request with parents/carers and take appropriate action.

5 Content

RSE is primarily delivered through our Personal Development programme, taught by teachers, School Nurses and external experts. Teachers' directed time is protected for planning the delivery of PSHE and RSE and dedicated time is provided for the delivery of the programme.

Teaching of RSE is done within a 'safe' learning environment where ground rules are agreed by all. Additionally, sex education* is taught within the Biology schemes of work and questions of moral and ethical codes are covered in the Beliefs and Values schemes of work. It is expected that in other areas of the curriculum, particularly English and the Humanities, there will be further opportunities to discuss and reflect on RSE themes.

* Sex ed. In Biology at KS3:

- Male /female reproductive systems
- Structure and function of male and female reproductive systems (including structure and function of sperm and egg cells)
- Changes in adolescence (in the uterus and ovaries; hormones)
- Roles of oestrogen and testosterone in the development of secondary characteristics.
- Fertilisation, pregnancy and birth
- Protection of developing embryo by amniotic fluid
- Role of the placenta in the nutrition of the developing embryo
- Contraception (condoms and the pill) and IVF (in vitro fertilisation)

* Sex ed. In Biology at KS4:

- Specialised cells (including sperm and egg cells)
- Sexually transmitted infections
- Roles of oestrogen, progesterone, FSH and LH in the control of menstrual cycle (follicle stimulating hormone - FSH and luteinising hormone - LH higher tier)
- Contraception (condoms and the pill)
- Assisted reproductive technology, Clomifene therapy and IVF (higher tier)

Biology is part of the core curriculum at Bramhall High School up to GCSE so every student will be taught these topics.

All teachers delivering aspects of the RSE programme are supported in doing so by the Head of Personal Development and the school's Designated Safeguarding Lead who oversees Personal Development.

High quality resources are used. Resources are kept up-to-date and new resources are purchased regularly in response to the changing safeguarding agenda. The Personal Development programme (and, within it, RSE, PSHE and SMSC) is reviewed and updated regularly and delivered in such a way as to build on the skills, knowledge and understanding of pupils as they progress through school. The teaching and learning is informed by statutory obligations as well as the national and local safeguarding agendas.

6 Evaluation and monitoring

Although there is no formal assessment in RSE, pupils' understanding is monitored through thorough self-evaluation, form tutor monitoring of pupils' workbooks, end of topic quizzes and student voice activities. RSE is also monitored and evaluated as part of the Teaching and Learning QA cycle established at Bramhall High School.