

Bedford Prep School Relationships and Sex Education (RSE) Policy.

Updated: November 2020

Next Review: September 2022

Legislations (statutory regulations and guidance)

We are required to teach relationships education/RSE as part of the Department of Education statutory guidance. This guidance states that, from September 2020, all schools must deliver relationships education (in primary schools) and relationships and sex education (in secondary schools). The parental right to withdraw pupils from RSE remains in primary and secondary education, for aspects of sex education which are not part of the Science curriculum.

Documents that inform the school's RSE policy include:

- [Government Sex and Relationship Education Guidance \(2020\)](#)
- [Government Relationships Education, Relationships and Sex Education \(RSE\) and Health Education \(2020\)](#)
- [Education Act \(1996\)](#)
- [Learning and Skills Act \(2000\)](#)
- [Education and Inspections Act \(2006\)](#)
- [Equality Act \(2010\)](#)
- Supplementary Guidance SRE for the 21st century (2014)
- [Keeping children safe in education – Statutory safeguarding guidance \(2020\)](#)
- [Children and Social Work Act \(2017\)](#)

Rationale and Ethos

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 does not promote sexual activity either directly or indirectly.

Rationale

RSE serves a vital purpose within school. At a time when children have unprecedented access to technology and the internet, providing all pupils a safe learning environment where they can learn using age appropriate material, is vitally important for their development into good young men.

The school's aim is to provide an outstanding all-round RSE provision for pupils, in conjunction with parents. We believe the partnership of home and school is vital in providing effective RSE teaching; providing pupils with a safe environment to ask questions at school, and ensuring parents are aware and supportive of the topics covered within the classroom.

Our RSE education is supported by lessons and assemblies throughout the Prep School. The School's core values (Endeavour, Responsibility, Integrity, Curiosity, and Kindness) are regularly discussed, and linked to healthy relationships throughout life. The school's community is inclusive and aims to support all pupils, regardless of faith, race, or background. This community ethos is developed and discussed throughout PD lessons, and in particular, during the relationship section in our RSE provision.

Aims

The intended outcomes from our programme are that by the end of Year 8, pupils will:

- Understand the characteristics of a good friendship and know tools to be a positive friend for peers within school. (Taught to all year groups)
- Know and understand what a healthy relationship looks like. (Taught to all year groups)
- Combatting racism in society. (Taught to all year groups)
- To be aware of the body changes that are associated with puberty (Taught to Year 6 - 8)
- Understanding how to identify abuse in relationships. (Taught to Year 7 & 8)
- To have a knowledge of contraception. (Taught to Year 7 & 8)
- Understand 'consent' as well as the verbal and non-verbal 'red-flags'. (Taught to Year 8)
- Encourage LGBT+ Equality (combatting homophobic language and encouraging equal rights) (Taught to Year 6, 7 & 8)
- Understand the risk and consequences of sharing sexual images (Taught to Year 8)

Roles and Responsibilities

The RSE programme is led by the Head of the PD department (HoD) (Alex Gordon). Decisions on what material is deemed appropriate will be decided by the HoD in conjunction with the Headmaster (IJS), the Head of Years (HoYs) as well as guidance from the PSHE association.

Lessons are taught by specialist year group teachers (1 teacher for all classes within a year group). Where possible (influenced by timetabling availability), PD lessons are taught by the HoY, this gives them a chance to develop positive relationships with all the pupils in the year, as well as being able to effectively monitor any vulnerable pupils.

The Prep School's RSE education is supported by one external speaker who provides sessions for boys in Years 6-8. Jo Radnor, the service manager for iCaSH Bedfordshire, is brought in for a 'Guys and Guardians evening' with Year 6 boys and parents, and class workshops for boys in Year 7 and 8. Full details of this can be found later in the policy.

Provision of the resources for lessons is the responsibility of both the HoD and individual year group teachers. Resources are generally sourced by the HoD, and then adapted to suit specific year groups.

As with all departments in the Prep School, PD is overseen by the SLT and the Headmaster.

Curriculum Design

RSE is taught within the Personal Development (PD) curriculum, with the exception of the initial sex education which is covered as part of a Year 6 Science topic on the human body (and thus not included in the current 'opt-out' systems).

What is covered in each year group?

Each year group (from Year 3 to year 8) covers the topic of 'relationships' in the Autumn term, this helps establish high expectations of all students, particularly looking at peer to peer interactions and relationships. From Year 6 upwards, this relationship topic broadens to include 'Sex Education'. The Year 6 – 8 RSE curriculums outlined below are subdivided into 'Relationships' and 'Sex Education'. *Externally led sessions are included in italics.*

Year 3

Relationships Education

- Teamwork
- Understanding emotions
- Showing empathy
- Resolving conflict
- 'Winning and Losing Well'
- Importance of telling the truth

Year 4

Relationships Education

- How to communicate with others
- Positive body language
- 'What makes a good friend?'
- Teamwork
- Appropriate contact with other
- Anti-bullying
- How to self-calm
- Showing manners

Year 5

Relationships Education

- Identifying emotions
- How to make good friends
- Anti-bullying
- Understanding self-esteem
- 'How do I want to be seen by others?'
- The importance of marriage in Britain

Year 6

Relationships Education

- Friendship and making new friends
- Challenging stereotypes (identifying religious and gender stereotypes/pre-conceptions)
- Identifying emotions and developing strategies to avoid conflict
- Teamwork
- Challenging Racism
- Challenging Sexism and homophobic language
- Dangers associated with 'dares'
- Respecting boundaries
- Developing morals
- Marriage and Civil Partnership in Britain.

Sex Education

- *Guys and Guardians Evening. An evening led by Jo Radnor (local youth health worker) to inform and break down any myths associated with puberty and body changes. Parents and students are invited to an evening in the EMH where adults sit with their children. This helps break down the boundaries associated with discussing puberty and the future years' sex education.*
- Within lessons, students are given the chance to ask any questions that may have arisen from the evening. There is a reinforcement of topics covered in the Guys and Guardians Evening in lessons for students who were not able to attend Guys and Guardians Evening.

Year 7

Relationships Education

- Important characteristics of a friendship
- Anti-bullying
- Racism in sport
- Prejudice in Society
- Abuse in relationships
- Challenging Homophobic language

Sex Education

- *RSE Workshop. Jo Radnor & Lorraine Law Sessions. Each workshop (whilst covering the same general information) is tailored to individual teaching groups from questions that each group has indicated that they would like answered. The sessions, held in classrooms, recap the physical and emotional changes during puberty, as well as reproduction and conception (first introduced last year in Y6 Science). How different contraceptive methods prevent pregnancy from occurring and how contraceptives can provide protection from STIs (Sexually Transmitted Infections) will also be discussed. The law and the legal age of consent in the UK is also covered, as well as reassurance around development of relationships, feelings and emotions.*

Year 8

Relationships Education

- Role of Year 8s within BPS
- Team Building
- Online relationships
- Random acts of kindness
- Healthy Body Image
- Healthy Relationships
- Challenging Racism

Sex Education

- Homophobia, gender identity and LGBT+ rights
- Dangers of sharing sexual images
- Consent (verbal and non-verbal), specifically sexual consent and consequences (including defining rape)
- Contraceptive methods
- *RSE Workshop. Jo Radnor & Lorraine Law Sessions. Each workshop, whilst covering the same general information, is tailored to each teaching group from questions that each group has said that they would like answered. The sessions, held in classrooms, will recap the physical and emotional changes during puberty, as well as reproduction and conception (first introduced in Y6 Science). How different contraceptive methods prevent pregnancy from occurring and how contraceptives can provide protection from STIs (Sexually Transmitted Infections) will also be discussed. The law and the legal age of consent in the UK is also covered, as well as reassurance around development of relationships, feelings and emotions.*

Parents' Right to Withdraw

Parents have the right to request that their child be withdrawn from some or all of sex education delivered as part of statutory RSE. All requests for withdrawal should be put in writing and addressed to the Headmaster (IJS). The Headmaster will discuss the request with parents and take appropriate action. Alternative work will be given to pupils who are withdrawn from Sex Education. Parents can withdraw pupils up until their sixteenth Birthday.

Pupils' Right to Opt-in

Pupils are expected to engage fully in RSE and, when discussing issues related to RSE, treat others with respect and sensitivity. Pupils who have been withdrawn by their parents have a right to opt back into RSE three terms before their sixteenth birthday. Please see government guidance for full detail.

Safeguarding

Teachers are aware that effective RSE, which brings an understanding of what is and what is not appropriate in a relationship, can lead to a disclosure of a child protection issue. All staff are trained

annually on how to respond to student disclosures. Teachers will consult with the designated safeguarding lead and in his/her absence their deputy.

Any external agencies are informed of the school's safeguarding policy prior to interaction with students.

Monitoring, Reporting and Evaluating

Monitoring

Provision of the RSE curriculum is overseen by the HoD, with the resources for lessons organised by both teachers and the HoD. Teachers will critically reflect on their work in delivering RSE through departmental meetings, sharing good practice and regular conversations with the HoD. As many of the teachers are Heads of Year, they are able to adapt their teaching to best suit the needs of the cohort. Their knowledge of the students, combined with the flexibility that is provided by the regularity of PD lessons, means that there is all round monitoring of students' progress, as well as an ability to respond quickly and effectively to any specific needs of cohorts or individuals. Those PD teachers who are not Heads of Year are encouraged to regularly communicate with tutors and Heads of Years of their teaching groups.

PD reports

As of 2020, a standardised subject paragraph report will be sent to parents termly, keeping them informed of what students are learning during their PD lessons.

Evaluating

Pupils will have opportunities to review and reflect on their learning during lessons through good teaching practice and plenaries. At the end of each term, students are asked to complete a knowledge/topic review, which looks at their own learning throughout the last topic. Areas where cohorts show a lack of understanding, or felt the lessons needed more development are reviewed by the teacher and the HoD.

RSE Policy review date

As part of effective RSE provision, the RSE policy should be reviewed at least every 2 years to ensure that it continues to meet the needs of pupils, staff and parents and that it is in line with current Department for Education advice and guidance.

This policy will be reviewed by September 2021. It will be reviewed by the Head of the PD department in conjunction with the Headmaster. This will ensure that the RSE curriculum stays up to date with both governmental advice and the requirements of the pupils.