

Relationships and Sex Education and Health Education at St Martin in the Fields High School for Girls from September 2020

As the DfE statutory guidance states: *'Parents should be given every opportunity to understand the purpose and content of Relationships Education and RSE. Good communication and opportunities for parents to understand and ask questions about the school's approach help increase confidence in the curriculum.'*



New RSE Policy

It is mandatory that we have a RSE policy in place and we want to consult with parents and carers about this policy

A draft copy of the RSE Policy was sent with this presentation for your reading, reflection and comments

There are some questions included in the Parent Survey (google form) regarding this policy and we would be very grateful for your feedback on it

Once the consultation period is over and stakeholder views have been taken into account his policy will be approved by Governors



Policy

The RSE policy includes the following information:

- How the programme is taught
- How religious backgrounds of pupils are taken into account
- How SEND students are supported before, during and after PSHE lessons
- How sensitive topics are approached
- When sex education is taught – including clarity for parents on the right to withdraw
- Reference to any requirements on schools in law e.g. the Equality Act
- When the policy will be updated and who approves it
- Topic specified by the DfE are attached as an appendix to the policy



Planning for implementation

•From September 2020 the Statutory Guidance becomes a requirement and will apply to all schools in all the relevant year groups

•Our Head of Wellbeing has attended a number of different workshops and Government led training days to ensure we are up to date and working in the right way to provide the highest quality PSHE curriculum

•We are currently adapting the curriculum to ensure that it is up to date with the new guidance and requirements



What is age-appropriate?

- The use of the PSHE Association Programme of Study is supportive of guidance towards age-appropriate delivery
- This means that we consider this guidance and teach topics that we believe, through our experience with our students, is appropriate for them to learn about
- For example – in Sex Education we teach about consent and the law regarding consent in Year 9
- We feel Year 7 or Year 8 is too early and for Year 10 students this might surpass the requirement at this age
- Parent/carer views will be taken into consideration via the consultation process



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Curriculum links

For all of our topics we will establish firm links between curriculum based learning and learning in Wellbeing. We will invite students to make that link where possible.

For example; the reproductive system is studied in Biology and also in some elements of Wellbeing. We will encourage students to apply their theoretical knowledge gained in other subjects in order to better understand the context used in Wellbeing.



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Relationship and sex education topics

1. Families
2. Respectful relationships, including friendships
3. Online and media
4. Being safe
5. Intimate and sexual relationships, including sexual health



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RSE topics covered per year group

	Families	Respectful relationships, including friendships	Online and media	Being safe	Intimate and sexual relationships, including sexual health
7	Family relationships- why we don't always get along	Keeping good friendships and avoiding toxic ones	How do we keep safe and positive relationships online?	Personal safety	Feelings in relationships, sexual attraction Respecting yourself and setting boundaries
8	Family types, marriage and diversity	Relationships- dealing with new feelings	Internet safety- what is online grooming and why must we be so careful?	How can we prevent radicalisation and recognise the signs of extremism?	How do we have safe sex and use different forms of contraception? How do we keep good sexual health and avoid STI
9	Roles and responsibilities within the family	Same-sex relationships	Safe use of social media, including sexting and cyber-bullying	What is consent and why is it important we know about it?	Managing sexual pressure



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10	What are forced and arranged marriages and what do we need to know?	How to deal with a break up	Instagram v reality	CSE – how are children and young people lured into dangerous relationships and what do these look like?	Making the right choice: when and why you choose to have sex
11	Parenting, the different types and styles and looking after a child.	What are domestic violence and abusive relationships? Healthy and unhealthy relationships.	The portrayal of sex and relationships in the media, including pornography and music videos	Harassment and stalking – what are these things and what does the law say about it?	Different types of intimate relationships



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Health education topics

1. Mental well-being
2. Internet safety and harms
3. Physical health and fitness
4. Healthy eating
5. Drugs, alcohol and tobacco
6. Health and prevention
7. Basic first aid
8. Changing adolescent body



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LGBT inclusive education

DfE statutory Guidance says:

“Schools should ensure that all of their teaching is sensitive and age appropriate in approach and content. At the point at which schools consider it appropriate to teach their pupils about LGBT, they should ensure that this content is fully integrated into their programmes of study for this area of the curriculum rather than delivered as a stand-alone unit or lesson. Schools are free to determine how they do this, and we expect all pupils to have been taught LGBT content at a timely point as part of this area of the curriculum”.



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LGBT inclusive education

- The statutory guidance states that all pupils should receive teaching on LGBT relationships during their school years. The guidance is clear that secondary schools should include LGBT content in their teaching
- Awareness of LGBT issues is covered through assemblies, tutor activities and other areas of school life as well as in the Wellbeing curriculum



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Dealing with sensitive issues

Staff who deliver the RSE curriculum will receive bespoke training

General principles include:

- Whole class discussions can be a useful way to model listening respectfully to the views of others and turn-taking
- Teachers should manage and lead discussions attentively. If the discussion is at risk of straying, the teachers need to be prepared to redirect it back to intended topics
- It is generally not helpful to ask pupils to lead or chair discussions on sensitive topics as there can be a greater risk of going off topic



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Assessment and evaluation

- To assess Wellbeing (including RSE) we have developed a short question paper for each topic
- Students will sit their question paper at the end of every topic
- Students will mark their work using a mark scheme
- Students will give feedback to their peers on their answers
- Progress will be monitored and attitude to learning fed back to parent via the school's usual reporting process
- Any concerns will be dealt with via the school's existing systems



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Advice for supporting students at home

Ideas for engaging with students at home

- Discuss topics over dinner
- Ask open questions not leading ones "What did you learn today in Wellbeing?", "Did you hear any words you don't understand?", "Did anything worry or concern you today? Would you like to talk about it?"
- Drawing or mind mapping what was learnt
- Writing a statement of learning
- Presenting ideas
- Showing resources



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Statutory and non-statutory guidance

[Statutory Relationships Education, Relationships and Sex Education and Health Education guidance](#) – schools will be required to have regard to this from September 2020

[Current SRE \(2000\) guidance](#) – schools can teach to the new subjects but must continue to have regard to the SRE guidance until September 2020.

[Guides for parents](#) and [FAQs](#)

[Teaching online safety in schools](#) - new non-statutory guidance which aims to support schools in teaching pupils how to stay safe online within new and existing school subjects, such as Relationships Education, Relationships and Sex Education, Health Education, Citizenship and Computing.



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Consultation process

Consultation window for parents and carers:

4th May to 22nd May

Ways to give us your feedback:

- Fill in the **consultation form** - <https://docs.google.com/forms/d/1EolReRacvdOimMThU1q5ZfzVVPJFKqJewY82lRowfzA/edit>
- **Email** Miss Pieroulli (Head of Wellbeing) on dpieroulli@stmartins.academy
- Arrange a **telephone conversation** by calling the main school office (020 86745594) and asking for a telephone appointment with Miss Pieroulli
- **Write** to Miss Pieroulli, St Martin-in-the-Fields High School for Girls, 155 Tulse Hill, London SW2 3UP



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