



# Relationship and Sex Education Policy

## Introduction

The King's House School Windsor, aims to provide all our young people with the knowledge and preparation to be equipped for adult life in modern Britain and to give them the necessary tools to make informed choices about safe relationships in our diverse society.

This policy reflects the DfE guidance, (Relationships Education, Relationships and Sex Education (RSE) and Health Education 2019), that states all schools teach relationship education, meet the needs of pupils and parents, and reflect the community in which we serve. This accords with biblical commandments – Mark 12: 31... *“Love your neighbour as yourself”*.

This policy is designed to be complimentary to, and supportive of, the role of parents/carers in educating their children about sexuality and relationships. It recognises that the prime responsibility for bringing up children rests with parents/carers.

This policy covers relationship education for

- 3-13 year olds, focusing on building healthy relationships and staying safe, in accordance with our faith, and
- Sex and relationship education for students who are 11 years old and above, developing healthy adult relationships and their understanding of sex education in more depth, with delivery in accordance with our faith.

## Aims and Objectives

### Aim

The King's House school Windsor aims to provide pupils with an understanding of the physical, biological, emotional, social, spiritual, legal and moral aspects of sex and sexuality. We teach RSE within the wider context of building self-esteem, emotional well-being, relationships and healthy lives beginning in the early years through to year 8. This prepares our pupils for the opportunities, responsibilities and experiences of adult life.

We aim to ensure our pupils understand the biblical view of sex and relationships, as outlined in Genesis 1, that God made man and woman in his image and that he made them to become one flesh. Sexual relationships were designed to take place between a man and a woman in the context of a loving marriage relationship for both enjoyment and for the purpose of reproduction. Families are an important part of God's plan for our lives and for society.



## Objectives

- To provide our pupils with a positive understanding of what constitutes good loving relationships
- To provide our pupils with a knowledge and understanding of the biological facts, self-esteem, emotional well-being, about relationships and healthy lives, about human reproduction, relevant to their age and in accordance with DfE guidelines.
- To actively promote mental well-being and how to manage one's emotions and receive support if problems arise.
- To raise pupils' self-esteem and confidence especially in their relationships with others
- To help pupils understand their feelings and behaviour, so they can lead fulfilling and enjoyable lives
- To provide the confidence to be participating members of society and to value themselves and others
- To provide an understanding of different types of relationships and different types of family units
- To develop skills for a healthier lifestyle
- To develop and use communication skills and assertiveness skills to cope with the influences of their peers and the media
- To respect and care for their bodies and those of other people
- To be prepared for puberty and adulthood.
- To recognise the importance of marriage and family
- To provide our pupils with the skills and confidence to defend themselves against unwanted pressures to be sexually active and to keep them safe, including how to stay safe online
- To recognise the importance of fidelity, loyalty and faithfulness in relationships
- To provide our senior pupils with an understanding of sexual health including how to protect themselves against unwanted pregnancies and sexually transmitted diseases (STD's), depending on their age and maturity levels
- To teach our senior pupils the Biblical view of refraining from sexual intercourse outside of marriage, whilst also providing them with a clear understanding about contraception

## Responsibilities

The School Management Board and Senior Leadership Team are accountable to ensure that sex and relationship education will be delivered in accordance with the DfE guidance (Relationships Education, Relationships and Sex Education (RSE) and Health Education 2019), the teachings of the bible, and involve consultation with parents.

The Head Teacher and the Chair of the school board have overall responsibility for ensuring the learning objectives for sex and relationship education for the school are met in line with this policy.

All teachers have an active role in the welfare and well-being of pupils and the lead teacher for each class will be responsible for delivering the learning programme each week.



The King's House School, Windsor recognises its responsibility to comply with the relevant requirements of the Equality Act 2010. Under the provisions of this Act, we will not unlawfully discriminate against pupils because of their age, sex, race, disability, religion or belief, gender reassignment, pregnancy or maternity, marriage or civil partnership or sexual orientation.

The school will also make reasonable adjustments to alleviate disadvantage and will be mindful of the SEND Code of Practice when planning for these subjects.

### **Parent and Carer Consultation**

Parents and Carers have a very important role to play in RSE, as they need to feel confident that our school RSE programme complements and supports their role. To enable this to happen, an information session for parents and carers of pupils is held to discuss the RSE programme, which will include any materials and resources that the school intends to use.

Parents and carers have the right to withdraw their children from some or all of sex education, other than that which forms part of the science curriculum. All pupils must participate in Relationships Education. The Head teacher will discuss any withdrawal request with the parents/carers concerned. The school will document the process to ensure a record is kept.

Parents and carers will be advised 3 months before pupils are to be taught about Relationships and Sex education. This provides sufficient opportunity for parents and carers to read the proposed learning programmes. Parents must voice any objections in writing to the Head Teacher within six weeks of receiving the learning programmes. The Head teacher will discuss any withdrawal request with the parents/carers concerned. The school will document the process to ensure a record is kept.

Children who are withdrawn will be required to complete alternative school work.

Up to date copies of this policy will be available for parents/carers on the school website. Parents/Carers will be given opportunity to discuss any queries or concerns with either the class teacher or the Head Teacher.

### **Learning Programmes**

We will ensure that pupils are offered a balanced learning programme by providing an RSE programme that offers a range of viewpoints on issues whilst still maintaining the school's biblical values. Pupils will also receive clear scientific information as well as covering the aspects of the law pertaining to RSE.

We will ensure that pupils have access to the learning they need to stay safe, healthy and understand their rights as individuals.

Our learning programmes focus on teaching the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships and relationships with other children and with adults. It will emphasise the central importance of marriage and the family whilst acknowledging that all pupils have a fundamental right to have their life respected whatever household they come from and support will be provided accordingly.



Our programmes are designed to be both age appropriate and developmentally appropriate and will be delivered in a sensitive and inclusive manner, (and in line with the Kings House School, Windsor SEND policy). Our programmes will respect the backgrounds and beliefs of pupils and parents, whilst providing pupils with the knowledge that they require. We respect the rights of parents to input into which content they deem to be age appropriate and seek to support them in the raising of their children according to their specific faith perspective.

## Curriculum Planning

### The School Leadership and Management will:

- Ensure that all aspects of the programme are covered in sufficient depth.
- Ensure that, at the appropriate age, staff emphasise resisting peer-pressure in relation to drugs, alcohol, and sexual consent.
- Ensure that staff teach about respect for others, different types of bullying and how to prevent and tackle them.
- Ensure that students' economic well-being and financial capability is developed.

### The Following will be taught at the Appropriate Levels from Year 7:

#### Attitudes and Values

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

#### Personal and Social Skills:

- Learning to manage emotions and relationships confidently and sensitively.
- Developing self-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 the consequences of choices made.
- Managing conflict.
- Learning how to recognise and avoid exploitation and abuse.

#### Knowledge and Understanding

- Learning and understanding physical development at appropriate stages.
- Understanding human sexuality, reproduction, sexual health, emotions and relationships within the context of God's new creation.
- Learning about contraception and the range of local and national sexual health advice, contraception, unplanned pregnancy and support services, in line with orthodox Christian teaching.



- Learning the reasons for delaying sexual activity, and the benefits to be gained from such delay.

Our Relationships and Sex Education is woven throughout our curriculum.

Our Relationships and Sex Education will not encourage early sexual experimentation. It will teach young people to understand human sexuality and to respect themselves and others. It will enable our young people to mature, to build up their confidence and self-esteem and understand the reasons for delaying sexual activity. It will build up knowledge and skills that are particularly important today because of the many different and conflicting pressures on young people.

In light of this, sex education will be taught from age 11+ according to statutory guidelines; this will include any such teaching to do with same-sex relationships

### **Links to other Policies**

This policy should be read in-conjunction with our related policies as detailed below:

- Safeguarding
- Attendance
- Equal Opportunities
- Health & Safety
- Anti-Bullying
- Missing Child
- Missing Education
- Performance Management
- Promoting good behaviour
- Safer Internet
- Whistleblowing
- SEND

### **Pastoral Support & Safeguarding**

At The King's House School, Windsor we always want children to feel safe and secure in their environment in line with KCSiE 2021, this also includes when RSE takes place. Effective RSE will provide opportunities for discussion of what is and is not considered healthy within relationships, such as abusive behaviour. Such discussion may well lead to disclosure of a safeguarding issue. Teachers will need to be aware of the needs of their pupils and not let any fears and worries go unnoticed. The school also has a Head of Pastoral Care, who will be available to children who wish to talk through any questions they may have. This member of staff will work closely with the school's DSL. Where a teacher or the Head of Pastoral Care suspects that a child or young person is a victim of or is at risk of abuse they are required to follow the school's safeguarding policy and immediately inform the designated Safeguarding Lead or Deputy.



## **Visiting Speakers**

Visiting speakers may be used to help enhance the school's relationships and sex education learning programmes. Where they are used, they will be required to conform to the Schemes of Work as laid out by the school and will be required to show the lead teacher for the class their lesson plans and resources in advance of the lesson being given. This will ensure that they meet the needs of all our students in accordance with our SEND policy.

Whilst visitors will agree to adhere to the school's Confidentiality Policy, they will also be instructed on how any Safeguarding concerns should be reported in accordance with the school's Safeguarding policy.

## **Monitoring and Reviewing**

The Head Teacher and Chair of the School Board have completed and approved this policy and will review this at least every two years including assessing its implementation and effectiveness. This review will include consultation with parents, should any changes be made. The School Management Board will be informed of any significant issues, relevant to the policy and retain oversight.

Review Leader: Head Teacher

Policy Last Updated: July 2023

Next Review Date: August 2024