

**RELATIONSHIP AND SEX EDUCATION**

# **Westonbirt School**

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**A presentation by Andrea Westmoreland**

# Today's Discussion

## OUTLINE OF TOPICS

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RSE Statutory Legislation  
Introduction  
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Equal Opportunities  
Whole School Approach  
Right to withdraw  
Westonbirt Schools RSE Programme  
Confidentiality  
Monitoring and Review







## INSPIRE EXCELLENCE

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Education is the most powerful weapon we can use to change the world.

- NELSON MANDELA

# RSE Statutory Legislation

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## A BRIEF OVERVIEW



Department  
for Education

Effective sex and relationship education is essential if young people are to make responsible and well informed decisions about their lives.

The objective of sex and relationship education is to help and support young people through their physical, emotional and moral development.

Westonbirt School's Relationship and Sex Education (RSE) will follow the new curriculum that is mandatory from September 2020 and will give pupils the information they need to help them develop healthy, nurturing relationships of all kinds, not just intimate relationships. It will enable them to know what a healthy relationship looks like and what makes a good friend, a good colleague and a successful marriage or other type of committed relationship. It will also cover contraception, developing intimate relationships and resisting pressure to have sex (and not applying pressure). It will teach what is acceptable and unacceptable behaviour in relationships.



# Introduction



## WHAT IS RSE?

Relationships and Sex Education aims to give young people the information they need to help them develop healthy, nurturing relationships of all kinds.

## WHAT TO EXPECT

By the end of secondary school, pupils will have been taught content on:

- families
- respectful relationships, including friendships
- online media
- being safe
- intimate and sexual relationships, including sexual health
- mental wellbeing
- internet safety and harms
- physical health and fitness
- healthy eating
- drugs, alcohol and tobacco
- health and prevention
- basic first aid
- changing adolescent body

# Rationale

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## WHY TEACH RSE?

To embrace the challenges of creating a happy and successful adult life, pupils need knowledge that will enable them to make informed decisions about their wellbeing, health and relationships and to build their self-efficacy. Pupils can also put this knowledge into practice as they develop the capacity to make sound decisions when facing risks, challenges and complex contexts. Everyone faces difficult situations in their lives. These subjects can support young people to develop resilience, to know how and when to ask for help, and to know where to access support.

High quality, evidence-based and age-appropriate teaching of these subjects can help prepare pupils for the opportunities, responsibilities and experiences of adult life. They can also enable schools to promote the spiritual, moral, social, cultural, mental and physical development of pupils, at school and in society.







# Equal Opportunities

## THE EQUALITY ACT 2010

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This act provides a single, consolidated source of discrimination law, covering all the types of discrimination that are unlawful. Under the provisions of the Equality Act, Westonbirt School 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.

# Whole school approach

## HOW WILL RSE BE DELIVERED?



The majority of the objectives are delivered via Personal, Social, Health and Economic (PSHE) specific lessons, tutorial days and tutor times, but some will be delivered by other departments, for example, Religious Studies and Science.

PSHE lessons will be delivered by Westonbirt staff who are competent and trained in the delivery of specific subject content. Outside organisations will be used when required but no outside speaker will be allowed to talk to pupils about relationships and sex without a teacher being present.

Westonbirt School will ensure that all content will be age appropriate and each year group will have continuity from one year to the next, with the delivery of RSE will be monitored through Westonbirt Schools internal PSHE programme and audited against the PSHE standards. This will be updated yearly.



# Right to Withdraw

## **DO I HAVE THE RIGHT TO WITHDRAW MY CHILD?**

The School acknowledge the right of pupils to be withdrawn from this aspect of PSHE as part of statutory RSE. All requests must be written and concerns discussed with the Head Mistress. The School will keep a record of these concerns and of those pupils that have been withdrawn from RSE. PSHE is part of the core curriculum and pupils cannot be withdrawn from the lessons on RSE except in exceptional circumstances with the Heads permission.

# Westonbirt School

## RSE Programme

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### FRIENDSHIPS



- Different types of committed, stable relationships.
- How these relationships might contribute to human happiness and their importance for bringing up children.
- What marriage is, including their legal status – for example, that marriage carries legal rights and protections not available to couples who are cohabiting or who have married, for example, in an unregistered religious ceremony.
- Why marriage is an important relationship choice for many couples and why it must be freely entered into.
- The characteristics and legal status of other types of long-term relationships.
- The roles and responsibilities of parents with respect to raising of children, including the characteristics of successful parenting.
- How to determine whether other children, adults or sources of information are trustworthy, judge when a family, friend, intimate or other relationship is unsafe (and to recognise this in others' relationships), how to seek help or advice, including reporting concerns about others, if needed



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## RSE Programme

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### ONLINE AND MEDIA

- Their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online
- Online risks, including that any material someone provides to another has the potential to be shared online and the difficulty of removing potentially compromising material placed online
- Not to provide material to others that they would not want shared further and not to share personal material which is sent to them
- What to do and where to get support to report material or manage issues online
- The impact of viewing harmful content
- That specifically sexually explicit material, for example pornography, presents a distorted picture of sexual behaviours, can damage the way people see themselves in relation to others and negatively affect how they behave towards sexual partners
- That sharing and viewing indecent images of children (including those created by children) is a criminal offence which carries severe penalties including jail How information and data is generated, collected, shared and used online





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## RSE Programme

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### RESPECTFUL RELATIONSHIPS



- Characteristics of positive and healthy friendships, in all contexts including online, such as: trust, respect, honesty, kindness, generosity, boundaries, privacy, consent, management of conflict, reconciliation and ending relationships
- Practical steps pupils can take in a range of different contexts to improve or support respectful relationships
- How stereotypes, in particular stereotypes based on sex, gender, race, religion, sexual orientation or disability, can cause damage
- That in school and in wider society pupils can expect to be treated with respect by others, and that in turn they should show due respect to others, including people in positions of authority and due tolerance of other people's beliefs
- Different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help
- That some types of behaviour within relationships are criminal, including violent behaviour and coercive control
- What constitutes sexual harassment and sexual violence and why these are always unacceptable
- The legal rights and responsibilities regarding equality (particularly with reference to the protected characteristics as defined in the Equality Act 2010) and that everyone is unique and equal



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## RSE Programme

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### BEING SAFE

- The concepts of, and laws relating to, sexual consent, sexual exploitation, abuse, grooming, coercion, harassment, rape, domestic abuse, forced marriage, honour-based violence and FGM, and how these can affect current and future relationships
- How people can actively communicate and recognise consent from others, including sexual consent, and how and when consent can be withdrawn, in all contexts, including online



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## RSE Programme

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### INTIMATE AND SEXUAL RELATIONSHIP

- How to recognise the characteristics and positive aspects of healthy one-to-one intimate relationships
- That all aspects of health can be affected by choices they make in sex and relationships, positively or negatively
- The facts about reproductive health, including fertility and the potential impact of lifestyle on fertility for men and women and menopause

- There are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others
- Pupils have a choice to delay sex or to enjoy intimacy without sex
- The facts about the full range of contraceptive choices, efficacy and options available
- The facts around pregnancy including miscarriage
- That there are choices in relation to pregnancy
- How the different sexually transmitted infections (STIs), including HIV and AIDs, are transmitted, how risk can be reduced through safer sex (including through condom use) and the importance of and facts about testing
- About the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment
- How the use of alcohol and drugs can lead to risky sexual behaviour
- How to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment



# Westonbirt School RSE Programme

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## THE LAW



- Marriage
- Consent, including the age of consent
- Violence against women and girls
- Online behaviours including image and information sharing (including 'sexting', youth-produced sexual imagery, nudes, etc.)
- Pornography
- Abortion
- Sexuality
- Gender identity
- Substance misuse
- Violence and exploitation by gangs
- Extremism and radicalisation
- Criminal exploitation (for example, through gang involvement or 'county lines' drugs operations)
- Hate crime female genital mutilation (FGM)

# Safeguarding

## **HOW WILL THESE SENSITIVE ISSUES BE MONITORED?**

At the heart of these subjects there is a focus on keeping children safe, and Westonbirt School can play an important role in preventative education. Keeping Children Safe in Education (KCSIE) sets out that all schools and colleges should ensure children are taught about safeguarding, including how to stay safe online, as part of providing a broad and balanced curriculum.

Westonbirt School will give children an open forum to discuss potentially sensitive issues. Children be made aware of how to raise their concerns or make a report and how any report will be handled.



# Assessment

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## HOW ARE STUDENTS ASSESSED?

Assessment of all PSHE lessons including specific RSE content will be carried out at the end of each session to ensure pupils understanding and tracked via the School PSHE Assessment tracking.



# Westonbirt School

## STAFF CONTACT



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# References

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## RELATIONSHIPS EDUCATION, RELATIONSHIPS AND SEX EDUCATION (RSE) AND HEALTH EDUCATION

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/805781/Relationships\\_Education\\_\\_Relationships\\_and\\_Sex\\_Education\\_\\_RSE\\_\\_and\\_Health\\_Education.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/805781/Relationships_Education__Relationships_and_Sex_Education__RSE__and_Health_Education.pdf)

## EQUALITY ACT 2010

<https://www.gov.uk/government/publications/equality-act-2010-advice-for-schools>