



Executive Headteacher: Mrs J McKeown

Initial policy date	Sep 2023	Next scheduled review	Sep 2024
Governor approved	February 2024	Key person/people	Nicky Goodridge
Model policy	Y	Model localised	Y
Pupil leadership team review		Y	

RSHE (Relationships, Sex and Health Education) Policy

This policy outlines our school’s commitment to provide effective Relationships, Sex and Health Education for all students in support of that offered by parents, who are the first educators of their children in this area. It has been written with regard to the DfE Relationships Education, Relationships and Sex Education (RSE) and Health Education guidance 2019 (updated 2021). The Relationships Education, Relationships and Sex education and Health Education (England) Regulations 2019 made under sections 34 and 35 of the Children and Social Work Act 2017 make Relationships and Health Education compulsory for children receiving secondary education. The RSHE teaching in Test Valley contributes to our statutory duty to safeguard children and prepare them for the responsibilities and experiences of adult life. RSHE is taught in an age-appropriate manner throughout the school.

What is RSHE?

RSHE is lifelong learning about physical, moral, and emotional development. Through RSHE children learn about relationships, diversity, respect, healthy lifestyles, safety, the body and how it changes, reproduction and birth in a sensitive and age-appropriate way. Our key aim in providing RSHE throughout the school is to safeguard our students. During their time at this school children will learn key knowledge and skills to help keep them safe and prepare them for adult life.

Why RSHE is important in our school?

At Test Valley School we ensure that through our vision, values, relationships and teaching we promote tolerance and respect for all cultures, faiths, and lifestyles. The Governors also ensure that this ethos is reflected and implemented effectively through school policy and practice and that there are effective safeguarding policies in place to safeguard and promote students’ welfare. We have a duty to prepare our students for life in modern Britain and to keep them safe. Everyone at Test Valley School has the right to learn and work safely. We do not tolerate bullying of any kind and will challenge derogatory, discriminatory language and behaviour towards others. We acknowledge that

not all parents feel confident or comfortable talking to their children about this area therefore our work in school ensures that all students have the information they need to keep safe and make positive, healthy choices.

Key Objectives

The key objectives of the national RSHE programme are to:

- Develop knowledge and understanding of positive and healthy relationships and the importance of commitment.
- Make students aware of their rights especially in relation to their bodies.
- Enable the development of social and relationship skills and protective behaviours.
- Prepare students for the physical and emotional changes of puberty.
- Develop understanding of reproduction and birth within the context of loving and caring relationships.
- Explore a range of attitudes, values and faith perspectives around aspects of relationships and sex.
- Support students to use the internet safely and to recognise the benefits and risks that it brings.
- Develop students' skills around assessing risk and keeping safe.
- Enable children to gain the skills and understanding to support the development of healthy bodies and minds.
- Enable students to recognise and manage their emotions.
- Provide students with the knowledge and skills to access appropriate support.

The RSHE programme is based on the needs of students in the school with learning outcomes appropriate to their age, ability, and level of maturity. RSHE will be firmly embedded within our broader curriculum areas, in addition to more focused learning through RSHE sessions. Students will be helped to appreciate difference and to respect themselves and others.

Diversity, Equality, Inclusion and support

Our school values diversity, encourages respect for all and promotes tolerance for, and celebration of, difference. We do not discriminate against students. At times, when there is an identified need, we may take positive action through our planning and delivery of RSHE to deal with disadvantages facing those with a particular characteristic. RSHE will be accessible to all regardless of their gender.

Parents and carers are key partners in RSHE and are best placed to support their children to understand how their learning at school fits with their family's faith, beliefs and values. We will use a range of materials and resources that reflect the diversity of our school population and encourage acceptance and tolerance. We want every child and family to feel included, respected and valued. Some students may have experienced adverse childhood experiences that may impact on their ability to engage with RSHE in a variety of ways. Care will be taken to ensure that planning is sensitive to their situations, and where appropriate, parents and carers will be consulted. A range of different

families and relationships will be explored within RSHE. All children whatever their identity, developing identity, or family background need to feel that RSHE is relevant to them and sensitive to their needs.

The curriculum delivery:

Our commitment to the RSHE curriculum can be seen in our decision to develop a whole school approach to focus on Relationships for Learning, with sessions being delivered weekly to our students during tutor time, (PDL & Wellbeing sessions) in addition to a one-hour lesson once a fortnight within curriculum time.

Below is a list of topics covered by our RSHE programme:

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe
- Mental wellbeing
- Internet safety and harms
- Physical Health and fitness
- Healthy eating
- Drugs, alcohol and tobacco
- Health and prevention
- Becoming an active citizen

Parents have a right to request that their child is withdrawn from sex education, but not from relationships education.

Parents can ask their school for their child to be withdrawn from some or all the sex education lessons

Sex education forms part of the National Curriculum for Science and could be taught within these lessons.

Further information

Information on RSHE can be found on our website. If you would like to discuss our offer for RSHE further, please contact our Head of School.