



ST CLEMENT'S HIGH SCHOOL

Relationships and Sex Education Policy

Approved by: Governing body

Last reviewed on: December 2025

Next review due by: September 2026

St Clement's High School Relationships and Sex Education Policy

Introduction

This policy covers St Clement's High School's whole school approach to Relationships and Sex Education (RSE).

We believe that RSE is vital for the personal, social and emotional development of our pupils. It equips children and young people with the information, skills and values they need to have safe, respectful and enjoyable relationships and empowers them to take responsibility for their sexual health and well-being.

At St Clement's High School we believe that all children and young people have a right to holistic, inclusive and needs-led RSE. We believe that through providing high quality RSE, we are upholding the ethos and values of our school and its commitment to equality and celebration of difference. This also supports our PRIDE ethos, with students learning to be respectful of others.

The information below complies with our statutory obligations to deliver RSE under sections 34 & 35 of the Children and Social Work Act 2017. It will have due regard for the DfE's statutory Relationships Education, Relationships and Sex Education and Health Education Guidance and other relevant guidance. We will review the policy on a regular basis to ensure that it is in line with current Government guidance and legislation and to ensure that our RSE programme continues to meet the needs of our pupils.

Definition of relationships and sex education

We define relationships education as learning about the physical, social, legal and emotional aspects of human relationships including friendships, intimate, sexual and committed relationships and family life.

We define sex education as learning about the physical, social, legal and emotional aspects of human sexuality and behaviour, including human reproduction. This includes conception and contraception, safer sex, sexually transmitted infections and sexual health.

We take the approach that Relationships and Sex Education are best approached in an integrated way and using a gender equity and human rights framework.

We will take care to highlight lessons that contain what we define as sex education so that we can respect the wishes of parents who have withdrawn their children from this content. Simultaneously, we will seek to nurture children's curiosity about the world around them, supporting their development and their respect for themselves and each other.

To cover the curriculum content outlined in the RSHE Guidance, we will equip our pupils to build positive and respectful relationships online and offline. We seek to ensure that it gives pupils the knowledge, skills, attitudes and values that will help them to:

- realise their health (including sexual health), wellbeing and dignity
- build self-esteem and self-worth
- explore and value their personal and sexual identity and the personal/sexual identities of others
- understand family structures, committed relationships and the legal status of different types of long-term relationships
- understand and make sense of the real-life issues they are experiencing in the world around them
- manage and explore difficult feelings and emotions
- consider how their choices affect their own wellbeing and that of others
- develop as informed and responsible citizens
- understand and ensure the protection of their rights throughout their lives.

We believe that high quality, comprehensive RSE does not encourage early sexual experimentation but in fact builds young people's confidence and self-esteem and helps them understand the reasons for delaying sexual activity. Evidence shows that effective RSE plays a role in behaviour change, including reducing unprotected or unwanted sex and reducing harmful behaviour, including sexual harassment and sexual violence.

Subject Content

The curriculum programme is developed by Mrs K Ambrose-Bone, PSHE Coordinator, in conjunction with Mr C Wood, Designated Safeguarding Lead, the views of teachers, pupils, parents and the Department for Education Sex and Relationships Education guidance 2020.

At St Clement's we will meet the learning objectives and content outlined in the Relationships Education, Relationships & Sex Education and Health Education Guidance. All content will be delivered in a timely way and will be age and developmentally appropriate to meet the needs of our pupils, including those pupils with SEND.

During Years 7 and 8, students start to look at the features of different relationships, including families and romantic relationships and what makes them healthy and unhealthy. Students will learn about diversity in sexuality, sexual orientation and gender identity. They also explore body changes including puberty to prepare them for later study, and learn how to stay healthy including physical health online behaviours and mental health.

During Year 9, students learn about the choices around sex including the law; contraception; conception, pregnancy and birth; and sexually transmitted

infections. Students will also look at the dangers of sexting and pornography, and at Female Genital Mutilation (FGM).

During Years 10 and 11, students learn about diversity in sexual attraction and sexuality; sexual health services, including family planning and sexually transmitted diseases; and grooming and sexual harassment. Students also learn how good relationships can promote mental wellbeing, how to manage their feelings positively, and how to manage changing relationships, including manipulation, coercive control and domestic abuse.

Organisation

During KS3 (Years 7-9), sex and relationships content is delivered through PSHE lessons on a rotation basis throughout each year. During KS4 (Years 10-11), sex and relationships content is delivered through science lessons. In addition, this content is complemented by form time sessions, school assemblies and collapsed timetable "Super Learning Days". A curriculum plan for PSHE, which encompasses RSE, can be found on the school website.

Sex and relationships education is delivered by experienced teachers in mixed gender groups. Occasionally, appropriate and suitably experienced and/or knowledgeable visitors from outside school may be invited to contribute to the delivery of sex and relationships education. St Clement's is currently part of the Norfolk Constabulary Safer Schools Team. As part of this provision key messages are delivered to Years 7 to 10 throughout the year, including hate crime, child sexual exploitation, online relationships, peer on peer abuse, healthy relationships, knife crime and county lines.

St Clement's High School has a code of practice for using visitors to support the delivery of PSHE:

- Visitors are invited into school because of their particular expertise or contribution they are able to make
- All visitors are familiar with, and understand the school's Sex and Relationships Education policy and work within it
- All inputs to PSHE lessons are part of a planned programme, negotiated and agreed with staff in advance
- All visitors are supervised/supported by a member of staff at all times
- The input of visitors is monitored and evaluated by staff and students which informs future planning

Evaluation of the sex and relationships education programme outside the Science curriculum is conducted using a variety of informal activities built into the programme, including a PSHE assessment booklet during form time. The programme is also included in the school quality assurance programme, within the wider PSHE curriculum. This includes work scrutiny, learning walks and pupil voice meetings.

Teachers are required to make their own personal evaluations of their lessons and these are used by the co-ordinator to inform future planning.

St Clement's High School believes in the importance of training for staff delivering sex and relationships education. Staff are encouraged to access appropriate training and support to help them deliver content effectively.

Specific Issues Regarding Sex and Relationships Education

Withdrawal

Parents/carers have the right to withdraw their child from parts of the sex education elements but not from the relationship lessons up until three terms before a child's 16th birthday. The child will then be able to make the decision for themselves. Those parents/carers wishing to exercise this right are invited in to see the Head teacher, who will explore any concerns and discuss the impact that withdrawal may have on the child. Once a student has been withdrawn they cannot take full part in the sex and relationships education programme until the request for withdrawal has been removed or if, three terms before their 16th birthday, the child decides to participate.

The lessons that are classed as sex education are outlined in the PSHE scheme of lessons.

Materials are available to parents/carers who wish to supplement the school sex and relationships education programme or who wish to deliver sex and relationships education to their children at home.

Confidentiality and Safeguarding

As a general rule, student confidentiality is maintained by the teacher or member of staff concerned. However, effective Sex and Relationships education may bring about disclosures of child protection issues. Staff will follow the safeguarding policy and if they believe the student is at risk or in danger, they will report to the Designated Safeguarding Officer.

Dealing with Questions

Both formal and informal sex and relationships related issues arising from students' questions are answered according to the age and maturity of the student concerned. Questions do not have to be answered directly, and can be addressed individually, later. The school believes that individual teachers must use their skill and discretion in this area and refer to the designated senior professional if they are concerned.

Dissemination

All members of staff and governors receive a copy of this policy. Training on the policy content is delivered to staff from time to time, as appropriate. Parents are sent

a copy of the policy as part of the RSE parental consultation. Copies of this policy are available on the website.