



## Relationships & Sex Education Policy (RSE)

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## Purpose of The Policy

The main objective of Relationship and Sex Education (RSE) is to help and support young people through their emotional, physical and moral development. Being knowledgeable and well-informed about sexual health is a key step in reducing possible negative consequences of sexual activity. At Gateways, we firmly embed RSE teaching into our robust Personal, Social, Health and Economic (PSHE) programme. These lessons help young people learn to respect themselves and others. This will allow them to move with confidence from childhood, through adolescence, and into adulthood.

In addition to the knowledge that young people must be taught to stay safe, RSE promotes the consideration of personal values, attitudes and beliefs. The Gateways RSE programme deals with issues beyond the statutory science curriculum; we think it is vital to center the development of personal and social skills. Effective sex and relationship education are essential if young people are to make responsible and well-informed decisions about their lives.

*“Today’s children and young people are growing up in an increasingly complex world and living their lives seamlessly on and offline. This presents many positive and exciting opportunities, but also challenges and risks. In this environment, children and young people need to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way.”* - Relationships Education, Relationships and Sex Education (RSE) and Health Education Guidance (DfE July 2019).

This RSE policy would be best considered and read alongside the school’s Personal, Social, Health and Economic Education (PSHE) policy, Equality, Diversity and Inclusion (EDI) policy, the Online Safety Policy and the school’s Behaviour Policy.

## Core Commitments of RSE

RSE learning can be divided into 4 key elements that contribute towards a pupil's understanding of sex and relationships: Knowledge and understanding, keeping ourselves and others safe, morals and personal values, as well as personal, emotional and social skills. These 4 elements of RSE are interwoven into our PSHE programme. Below will detail the objectives for each key element.

### Knowledge and Understanding

- Understanding our physical development at appropriate stages.
- Learning appropriate language to describe body parts and functions.
- Comprehending human sexuality, reproduction, sexual health, emotions and relationships.

### Keeping Ourselves and Others Safe

- Developing an awareness of contraception and sexually transmitted diseases.
- Knowing the range of sexual health services that are available.
- Exploring the reasons for sex.
- Considering the benefits of delaying sexual activity until the person is ready.
- Discussing unplanned pregnancies and options.
- Understanding UK law as it relates to RSE, including Marriage, consent, sexual exploitation, pornography, female genital mutilation (FGM) and The Equality Act 2010.

### Morals and Personal Values

- Reflecting on our personal values.
- Learning the value of family life, marriage, and stable, loving relationships for the nurture of children.
- Understanding the concepts of trust and consent.
- Consideration of respect, love and care in relationships.
- Exploring, considering and understanding moral dilemmas.

### Personal and Social Skills

- Skills to manage emotions and relationships with confidence and sensitivity.
- A sense of self-respect.
- Fostering empathy for others.
- Acknowledging different with an absence of prejudice.
- Developing an appreciation of the consequences of choices made.

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- Managing conflict.
- Recognising, avoiding and reporting exploitation or abuse.
- Reviewing the impact and influence of media and pornography.
- Skills to stay safe in an increasingly sexualised society.
- Building self-esteem and assertiveness in order to resist pressure or coercion.
- Fluency in internet safety to stay safe online or when using mobile technology.

## What is Covered in RSE?

RSE seeks to ensure pupils acquire the skills and knowledge to make informed choices about their personal and sexual relationships, so they can enjoy their sexuality without harm.

In keeping with the findings of best practice research, RSE at Gateways School is delivered to all age groups (EYFS to post-16) through a curriculum that is embedded in our whole school PSHE framework. As a result, topics are visited and revisited throughout a pupil's school life, ensuring that knowledge, attitudes, values and skills are delivered to track a pupils' developmental stage and age-related milestones.

### EYFS & Prep School

In EYFS and Prep, RSE is taught in an age-appropriate way through use of the Jigsaw PSHE & RSE package. This helps teachers to deliver high quality, meaningful learning that blends classwork, discussion and personal reflection.

We look at relationships (friendships, families and relationships with other children and adults), how the body works and the natural changes that happen as we grow. Some of this learning, along with health and drugs education, takes place within the science curriculum.

At no point will a child be taught something that is inappropriate; if a question arises and the teacher feels it would be inappropriate to answer, (for example, because of its mature or explicit nature), the child will be encouraged to ask their parents or carers. The question will not be answered to the child or class if it is outside the remit of that year group's programme.

Year	Content
EYFS	Understanding privacy Learning about bodies Keeping our body safe (NSPCC PANTS) Different kinds of families Seeking help when you need it Interpersonal skills
Year 1	Understanding how children's bodies change from infancy
Year 2	Understanding boys and girls body parts Respecting privacy
Year 3	How babies grow How boys' and girls' bodies change as they grow older Introduction to puberty and menstruation.

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<b>Year 4</b>	Internal and external reproductive body parts. Recap about puberty and menstruation. Conception explained in simple terms.
<b>Year 5</b>	Puberty for boys and girls in more detail including the social and emotional aspects of becoming an adolescent. Conception explained in simple biological terms.
<b>Year 6</b>	Puberty for boys and girls revisited. Understanding conception to the birth of a baby. Becoming a teenager.

## High School & Sixth Form

In High School and Sixth Form, RSE lessons are planned and taught by Gateways' PSHE Coordinator. They are integrated throughout the PSHE curriculum from Upper 3 to Upper 6. Learning is purposefully sequenced to introduce students to basic concepts in earlier years, building on their learning with more complex topics as they progress in age and maturity.

Pupils are taught about the changes and responsibilities that come along with adolescence and becoming a young adult. Lessons focus on providing students with the skills to successfully manage the physiological, social, legal and moral implications of relationships. We strive to empower independence, critical thinking and a sense of compassion as students enter the wider world.

<b>Year</b>	<b>Content</b>
<b>Year 7</b>	Puberty and physical changes Internet safety Stranger danger Friendships Reconciliation The power of choice Prejudice and discrimination
<b>Year 8</b>	The mental consequences of puberty Empathy Sex Stereotypes Breakups Trust and consent
<b>Year 9</b>	Fertility Foetal development Different routes into parenthood Sexual harassment and the law

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	<p>Marriages and civil partnerships</p> <p>LGBT+ Visibility</p> <p>Personal Safety and Keeping Each Other Safe</p>
<b>Year 10</b>	<p>FGM</p> <p>Contraception</p> <p>Sexually Transmitted disease</p> <p>How infatuation impacts thinking</p> <p>'Honour' based violence, Forced marriage and UK law</p> <p>Recognising, avoiding and reporting child criminal and sexual exploitation</p>
<b>Year 11</b>	<p>Unplanned pregnancies</p> <p>What is an abortion?</p> <p>Tackling misogyny</p> <p>When to seek help in relationships</p> <p>Relationship abuse</p>
<b>Sixth Form</b>	<p>Registering with a GP and accessing health care</p> <p>Accessing contraception and sexual health services</p> <p>Online dating safety</p> <p>Relationships and pace</p> <p>Ending relationships</p> <p>Domestic violence</p> <p>The Equality Act 2010</p> <p>Unplanned pregnancies and choice</p>

## Parental Right to Withdraw

Many parents or guardians recognise that their own sex education was inadequate and support Gateways in its provision of RSE. An annual communication is sent out to inform parents and guardians of their right to withdraw their children from RSE.

Pupils may be withdrawn from specific lessons relating to RSE (for example, conception). To withdraw a pupil from these lessons, parents must liaise with the PSHE coordinator who will seek permission from Head of EYFS, Head of Prep or Head of School, as appropriate.

Guidance states parents have the right to withdraw their child for up to three terms before the child turns 16. After that point, it is the child's decision if they would like to receive RSE education.

Whilst being aware of the right to withdraw children, we aim to deliver RSE in a way that is welcomed and appreciated by all parents or guardians in our community. We welcome consultation from families, so please do not hesitate to get in touch if you have any queries about our provision or indeed if you have suggestions on material we might considering covering in the future.



## Legal Framework

This policy has been developed in accordance with the principles established by government and other external guidance, including:

- Relationships Education, Relationships & Sex Education (RSE) and Health Education Guidance 2019
- Keeping Children Safe in Education 2023
- Education Act 1996
- Education Act 2002
- Working Together to Safeguard Children 2018
- Children and Social Work Act 2017
- The Childcare Act 2006
- Teacher Standards
- Independent School Standards Regulations 2018
- Statutory Framework for EYFS (updated Dec 2023)
- Data Protection Act 2018 Overview and GDPR (updated Aug 2020)
- Equality Act 2010
- Charities Act 2022