



Cokethorpe

SCHOOL

Relationships and Sex and Health Education Policy (RSE)

September 2023

RELATIONSHIPS AND SEX AND HEALTH EDUCATION POLICY (RSE)

The School's position

A Liberal Education allows children the freedom to contemplate, explore and respond. In keeping with the School's Leadership Traits, Cokethorpe values integrity, courage, empathy, judgement, ambition and responsibility to allow children to live productively in a dramatically changing world.

We embrace the diversity of children's talents, ideas and experiences. As part of this, pupils and students are made aware of the protected characteristics outlined in the 2010 Equality Act. These characteristics are: age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion and belief, sex and sexual orientation. All pupils are taught specifically about the Equality Act when studying legal rights, responsibilities, and obligations from Fourth Form upwards, although the characteristics are also continuously revisited lower down the School.

This Policy was written by the Co-ordinator of the Wellbeing and Integrity Toolkit (WIT) programme that in other schools is referred to as the Personal Social Health Education programme (PSHE) in consultation with parents, teachers and pupils. It has been approved by the School's Governing Body.

Legal Requirements of School

It is now a statutory requirement for schools to deliver Relationships Education and the Department of Education (DfE) encourages schools to deliver Sex Education that ensures both boys and girls are prepared for the changes adolescence brings and – drawing on knowledge of the human life cycle set out in the National Curriculum for science – how a baby is conceived and born.

We acknowledge that under the Education Act 2002/Academies Act 2010 all schools must provide a balanced and broadly-based curriculum and wish to have a policy that not only covers the statutory content but covers all aspects of our Personal, Social, Health and Economic (PSHE) Education provision.

Definitions

For the purpose of this policy, "Relationships and Sex Education" is defined as teaching students about developing healthy, nurturing relationships of all kinds, and helping them to understand human sexuality and to respect themselves and others and includes puberty, conception, reproduction and birth. "Health Education" is defined as teaching students about how they can make good decisions about their own health and wellbeing, and how physical health and mental wellbeing are interlinked

Subject Content

Our PSHE education, including statutory Relationships and Health education, and sex education, as recommended by the DfE, provides a framework through which key skills, attributes and knowledge can be developed and applied. This promotes positive behaviour, good mental health and wellbeing, resilience and achievement, helping children to stay safe online, develop healthy and safe relationships, making sense of media messages, challenging extreme views and having the skills and attributes to negotiate and assert themselves now and in the future.

The School's PSHE provision supports the School's aims of preparing pupils for the future as global citizens who are creative, resourceful and able to identify and solve problems. The social and emotional development of pupils is embedded throughout the entire School's curriculum and culture. The School has a powerful combination of a planned thematic PSHE program, built around a spiral curriculum of recurring themes, designed to:

- Give pupils the knowledge and develop the self-esteem, confidence and self-awareness to make informed choices and decisions;
- Encourage and support the development of social skills and social awareness;
- Enable pupils to make sense of their own personal and social experiences;
- Promote responsible attitudes towards the maintenance of good physical and mental health, supported by a safe and healthy lifestyle;

- Enable effective interpersonal relationships and develop a caring attitude towards others;
- Encourage a caring attitude towards and responsibility for the environment;
- Help our pupils understand and manage their feelings, build resilience and be independent, curious problem solvers;
- Understand how society works and the laws, rights and responsibilities involved.

There is a proven link between pupils' health and wellbeing, and their academic progress. Crucial skills and positive attitudes developed through comprehensive Personal, Social, Health and Economic education are critical to ensuring children are effective learners.

The content of PSHE and WIT lessons can be found in the attached Scheme of Work (Appendix A). Content is taken from PSHE Association, Every Child Matters and Coram SCARF (Prep School). PSHE and WIT lessons are delivered by Tutors and visiting speakers.

The WIT coordinator is responsible for the Senior School Curriculum and the Head of Prep School is responsible for the Prep School Curriculum.

Where pupils may have a particular sensitivity to an issue, Housemasters and Tutors will discuss the sessions with the pupil in advance (or with the parent in the Prep School.)

As with all lessons, RSE is differentiated to suit the pupils needs including those with SEND.

Monitoring and Evaluation

Parents are encouraged to communicate regularly with Tutors and Housemasters on all aspects of School life and are invited to contact the WIT coordinator, Deputy Headmaster or Head of Prep School with any questions or concerns about Sex and Relationships Education.

The WIT coordinator and Head for Prep School organise an annual workshop for parents in the Lent term.

Delivery is monitored by Housemasters in the Senior School and overseen by the WIT coordinator. Evaluations are also made through pupil contributions to lessons and pupil voice.

Right to Withdraw

There is no right to withdraw from Relationships Education; all sessions are carefully planned to provide pupils and students with an age-appropriate, inclusive overview of relationships and factors which can influence these. It is possible to withdraw pupils from Sex Education after consultation with the Headmaster, but pupils are able to opt back into the programme after the age of fifteen. Cokethorpe School has determined the distinction between Sex and Relationships Education carefully to ensure that pupils and students have a comprehensive understanding of how to form, maintain, and resolve conflict in relationships.

If parents wish to discuss withdrawing their child from Sex Education sessions then they should make contact with Mrs Black (Prep School) or Mr Stevens (Senior School).

Appendix A: Whole School Long Term Plan

	Michaelmas 1 Me and My Relationships <i>Risk-Taking</i>	Michaelmas 2 Valuing Difference <i>Empathy</i>	Lent 1 Keeping Myself Safe <i>Curiosity</i>	Lent 2 Rights and Responsibilities <i>Resilience</i>	Summer 1 Being my Best <i>Creativity</i>	Summer 2 Growing and Changing <i>Reflection</i>
Reception	What makes me special People close to me Getting help	Similarities and difference Celebrating difference Showing kindness	Keeping my body safe Safe secrets and touches People who help to keep us safe	Looking after things: friends, environment, money	Keeping my body healthy – food, exercise, sleep Growth Mindset	Cycles Life stages
Year 1	Feelings Getting help Classroom rules Special people Being a good friend	Recognising, valuing and celebrating difference Developing respect and accepting others Bullying and getting help	How our feelings can keep us safe – including online safety Safe and unsafe touches Medicine Safety Sleep	Taking care of things: Myself My money My environment	Growth Mindset Healthy eating Hygiene and health Cooperation	Getting help Becoming independent My body parts Taking care of self and others
Year 2	Bullying and teasing Our school rules about bullying Being a good friend Feelings/self-regulation	Being kind and helping others Celebrating difference People who help us Listening Skills	Safe and unsafe secrets Appropriate touch Medicine safety	Cooperation Self-regulation Online safety Looking after money – saving and spending	Growth Mindset Looking after my body Hygiene and health Exercise and sleep	Life cycles Dealing with loss Being supportive Growing and changing Privacy
Year 3	Rules and their purpose Cooperation Friendship (including respectful relationships) Coping with loss	Recognising and respecting diversity Being respectful and tolerant My community	Managing risk Decision-making skills Drugs and their risks Staying safe online	Skills we need to develop as we grow up Helping and being helped Looking after the environment Managing money	Keeping myself healthy and well Celebrating and developing my skills Developing empathy	Relationships Keeping safe Safe and unsafe secrets
Year 4	Healthy relationships Listening to feelings Bullying Assertive skills	Recognising and celebrating difference (including religions and cultural difference) Understanding and challenging stereotypes	Managing risk Understanding the norms of drug use (cigarette and alcohol use) Influences Online safety	Making a difference (different ways of helping others or the environment) Media influence Decisions about spending money	Having choices and making decisions about my health Taking care of my environment My skills and interests	Body changes during puberty Managing difficult feelings Relationships including marriage
Year 5	Feelings Friendship skills, including compromise Assertive skills Cooperation Recognising emotional needs	Recognising and celebrating difference, including religions and cultural Influence and pressure of social media	Managing risk, including online safety Norms around use of legal drugs (tobacco, alcohol) Decision-making skills	Rights and responsibilities Rights and responsibilities relating to my health Making a difference Decisions about lending, borrowing and spending	Growing independence and taking responsibility Keeping myself healthy Media awareness and safety My community	Managing difficult feelings Managing change How my feelings help keeping safe Getting help
Year 6	Assertiveness Cooperation Safe/unsafe touches Positive relationships	Recognising and celebrating difference Recognising and reflecting on prejudice-based bullying Understanding Bystander behaviour Gender stereotyping	Understanding emotional needs Staying safe online Drugs: norms and risks (including the law)	Understanding media bias, including social media Caring: communities and the environment Earning and saving money Understanding democracy	Aspirations and goal setting Managing risk Looking after my mental health	Coping with changes Keeping safe Body Image Sex education Self-esteem

	Michaelmas 1	Michaelmas 2	Lent 1	Lent 2	Summer 1	Summer 2
First Form	<p>Self-Development Transitioning to secondary school – identifying aspirations, suitable goals & recognising strengths and weaknesses</p>	<p>Emotional Growth Identifying factors which affect self-esteem, considering the treatment of others & practicing resilience</p>	<p>Online Idols & Identities Being aware of the dangers of prejudice and bullying online. Separating online identities from real ones. Laws surrounding image sharing.</p>	<p>Dealing with change (health and puberty) Healthy routines, forming friendships, puberty, unwanted contact, menstruation.</p>	<p>Relationships & Respect Expectations of romantic relationships, consent, types of relationships and families</p>	<p>Diversity Understanding the value of inclusivity in society.</p>
Second Form	<p>Being the Best Version of Yourself Positive and unhealthy friendships, leadership qualities & online etiquette. Understanding how to deal with hormones, frustrations & conflict</p>	<p>Effects of Addiction Alcohol and drug misuse and pressures relating to drug use. How media portrayal of drugs and alcohol differs.</p>	<p>Physical Health Understanding the importance of maintaining physical health – including cancer detection, HPV vaccinations and discrimination surrounding HIV.</p>	<p>Why the Treatment of Others Matters Discrimination in a number of forms, including: focusing on racism, exploitation of workers through fast fashion & tackling prejudices around homeless people.</p>	<p>Careers Dealing with Pressure Understanding the pressures of media (& specifically social media) on teenage perceptions of body image. Separating celebrity culture from real life & dealing with peer pressure.</p>	<p>Leadership Understanding the qualities required to become a leader. Learning how to balance assertiveness with respect. Recognising that leadership qualities can be shown through treatment of others. Focus on Cokethorpe's six Leadership traits</p>
Third Form	<p>Respectful & Responsible Relationships Families and parenting, healthy relationships, conflict resolution, and relationship changes. Consent, sexual attraction, sexuality & gender identity.</p>	<p>Intimate relationships Relationships and sex education including contraception and the risks of STIs. Consent is also explored as well as pressures around intimacy.</p>	<p>Dealing with Societal Pressures Healthy and unhealthy friendships, county lines substance misuse, and gang exploitation.</p>	<p>Self-Improvement Basic First Aid The impact of financial decisions, debt, gambling and the impact of advertising on financial choices</p>	<p>Taking care of your mental wellbeing Understanding types of mental ill-health, safeguarding mental health. Dealing with grief, loss & bereavement.</p>	<p>Being a Critical Thinker Understanding how the media affects your view of the world. Recognising 'fake news' and forming a more balanced opinion,</p>
Fourth Form	<p>Looking After Your Health Understanding the importance of self-care, routine checks for testicular/breast cancer. The dangers of smoking and vaping.</p>	<p>Mental Health Mental health and ill health, stigma, 'diet culture' and its effect on mental health. Drug use & how this can affect mental health.</p>	<p>Healthy relationships Relationships and sex expectations, including the impact of the media and pornography. Types of relationships including marriage & civil partnerships. Fertility, family planning & pregnancy. Laws around consent, coercion, harassment, and abuse.</p>	<p>Sexuality & the Law Challenging gender expectations. Tackling discrimination around gender. The Equality Act and gender equality in the workplace. Body image, expectations and pressures put on the opposite sex.</p>	<p>Understanding Others Understanding different communities, belonging and challenging extremism. Immigration, international Aid & the work of NGO's. Modern Slavery, trafficking & climate change.</p>	<p>Diversity Exploitation, including FGM.</p>

Fifth Form	<p>Aiming High Self-efficacy, stress management, and future opportunities. Identifying strengths, dealing with failures & setbacks.</p>	<p>Careers Application processes, and skills for further education, employment and career progression Privilege & solidarity – making a positive change</p>	<p>Communication in relationships Personal values, assertive communication & consent. Relationship challenges and abuse, including HBV and forced marriage. Sexting & sharing of images</p>	<p>Appreciating the Experiences of Others Challenges faced by immigrants and refugees in the UK, understanding the work of charities & benefits of volunteering.</p>	<p>Addiction Understanding the effects of addictive substances, including smoking & substance abuse. Risks associated with gambling & financial impact.</p>	<p>Exams</p>
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