



DORSET HOUSE SCHOOL

RSE and Health Education Policy

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Prepared by: Laura Hutchings, Deputy Head

Approved by: Governors' Academic Committee



1. POLICY STATEMENT

Dorset House School recognises its responsibility to promote positive relationships amongst its pupils; to help pupils understand the world which they are growing up in and to prepare pupils for the opportunities, responsibilities and experiences of adolescent and adult life. We seek to provide a safe and stimulating environment which will enable pupils to learn about spiritual, moral, cultural, mental, physical and emotional development.

This policy has been created to have regard to DfE's statutory guidance on 'Relationships Education, Relationships and Sex Education (RSE) and Health Education'. It is also intended that it will address issues raised by the government's 'Review of Sexual Abuse in Schools and Colleges' by teaching age-appropriate content about sexual abuse, cyber bullying and pornography as well as healthy relationships and consent.

2. AIMS AND OBJECTIVES

The aim of Relationships Education is to teach pupils the fundamental building blocks and characteristics of positive relationships with particular reference to friendships, family relationships and relationships with other children and with adults. The principles of positive relationships also apply in the online world.

The aim of Relationships and Sex Education (RSE) is to provide pupils with age appropriate information, to explore attitudes and values and develop skills to empower them to make positive decisions about themselves. This will help pupils respect themselves and others and allow them to move with confidence from childhood through adolescence into adulthood by putting in place the building blocks needed for positive and safe relationships of all kinds, starting with family and friends, and moving out to other kinds of relationships, including those that take place online.

Dorset House will help pupils to:

- Value and respect themselves
- Value and respect others for who they are
- Value healthy, stable and caring relationships based on mutual respect as the basis of a society in which people care for one another
- Value and respect difference in religion, culture, sexual orientation, physical and mental ability and social background
- Value and respect their own and others' rights
- Value discussion so that pupils can be active participants and gain confidence in talking about relationships, health and mental well-being



3. COURSE CONTENT

Primary age range

By the end of Year 6 pupils will have covered:

- Families and people who care: Healthy family life, marriage and civil partnerships
- Caring friendships: Respecting others, tolerance, trust and understanding
- Online relationships: Keeping safe online
- Being Safe: Respecting boundaries, appropriate and inappropriate behaviour, asking for advice and help
- National Curriculum KS2 content in Science regarding life cycles and physical and emotional changes that occur during adolescence
- Physical health and mental wellbeing: Healthy physical lifestyle and healthy eating
- Basic First Aid and how to call for help to the emergency services if necessary
- Puberty: The changes that take place (Year 5 & 6 Science curriculum)

Secondary age range

By the end of Year 8 pupils will have covered:

- Families: different types of family units, marriage/civil partnerships and the law
- Families: Roles and responsibilities of parents/carers
- Respectful relationships: recognise healthy and unhealthy relationships
- Online, the media and being safe
- Sexual health, contraception, being safe and respect
- Stereotyping and discrimination including sexual orientation and gender identity including LGBTQIA+, with reference to the Equality Act 2010 and the Protected Characteristics
- Reproduction and how puberty can affect emotions (delivered as part of the Science curriculum)
- Physical Health and mental well-being: equal parts to healthy lifestyle
- Healthy eating
- The dangers of drugs, alcohol and tobacco abuse (delivered as part of the formal Year 8 Leavers' Post-exam Programme)
- Basic First Aid including treatment for common injuries, how to administer CPR and the purpose of defibrillators (delivered as part of the formal Year 8 Leavers' Post-exam Programme)

4. KEY STAFF

PSHEE Co-ordinator – Deputy Head (Laura Hutchings)

Form Teachers

Mr Keane – Head of Science:

Miss Oland - Head of Girls' Games



Mr Weaver – Head of Boys' Games

Karl Hopwood, an external provider, delivers a talk on e-safety, cyber bullying, social media and online safety issues to all pupils, staff and parents on an annual basis.

Laura White from 'It Happens', delivers age-appropriate talks on consent, the body, puberty and online pornography to pupils in Years 5 – 8, form teachers and parents on an annual basis.

Marie-Claire Arrowsmith – Independent Listener

5. DELIVERY OF THE RSE AND HEALTH PROGRAMME INCLUDING DELIVERY TO SEND PUPILS

Relationships and Sex education (RSE), together with Health Education must be accessible to all secondary age pupils. The programme should also be mindful that some pupils are more vulnerable to exploitation, bullying and other issues due to the nature of their SEND. Delivery of the programme as outlined in the contents will be via classroom teaching in a range of curriculum areas such as PSHEE, Science, PE, ICT and Theology and Philosophy; through assemblies, talks by visiting speakers; the School Council; the awarding of pupil responsibilities and via displays around the school.

It will also be delivered via age-appropriate talks by 'It Happens' (an external provider: www.ithappens.education) who visit the school annually.

6. DEALING WITH DIFFICULT QUESTIONS

Clear boundaries for questioning will be established and ground rules set in place, determining what is appropriate and inappropriate. Where possible (and appropriate), teachers will endeavour to answer pupils' questions honestly and openly. However, if a pupil asks a question that a teacher is not comfortable with answering, then provision will be made to ensure the needs of that pupil are met. If a pupil asks a question that raises a safeguarding concern, the teacher will report this to the Designated Safeguarding Lead in line with the school's Safeguarding Policy.

7. WORKING WITH PARENTS

The role of parents in the development of their children's understanding about relationships is vital. The school will work with parents with regard to the RSE and Health Education programme and ensure parents know what will be taught. The school aims to involve parents closely in promoting RSE and Health Education by:

- Providing information about Relationship and Sex Education.
- Providing an annual meeting to discuss Social Media using an external speaker
- From March 2022 – by arranging parent sessions with 'It Happens' (as above) to ensure that parents are aware of the areas their children (in Years 5 – 8) will be covering in RSE
- Parents are consulted regarding revisions to the RSE Policy and this policy is posted on the school website



This policy was originally written in-house, and parents were then invited to submit comments or pose questions about the content in an online Teams meeting held with Laura Hutchings and Laura White ('It Happens').

The policy is up-dated annually and parents are invited to a meeting with Laura White ('It Happens') and Laura Hutchings where they are able to raise issues of concern and also request that certain topics be covered/are given more attention.

8. PARENTS' RIGHT TO WITHDRAW THEIR CHILD FROM SEX EDUCATION

Whilst parents will not be able to withdraw their child from relationships education, parents will be able to request withdrawal of their child from sex education.

Legislation states that *'parents have the right to withdraw their children from any and every aspect of sex education that is not taught as part of the statutory curriculum'*.

The Headmaster will automatically grant a request to withdraw a pupil from any sex education delivered at the primary age range other than as part of the Science curriculum which may include content on human development and features of life cycles which are common to all animals.

Before granting any request for withdrawal in the secondary age range (Years 7 and 8) other than as part of the Science curriculum which may include content on human development, including reproduction, it would be good practice for the Headmaster to discuss the request with the parent. Once those discussions have taken place, outlining the benefits of receiving this important aspect of the RSE programme, unless there are exceptional circumstances, the school should respect the parental request. For those pupils concerned, alternative provision will be made.

9. ASSESSMENT

A range of assessment methods may be used: brainstorming, pupil discussion, portfolios of work. Folders or exercise books are used at the discretion of form teachers.