

# Relationship, Sex and Health Education (RSHE) policy

<b>Name of Policy:</b>	Relationship, Sex and Health Education (RSHE) Policy
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<b>Approved by:</b>	Students, Parents and Governors
<b>Applicable to:</b>	Students, Staff, Parents
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# 1) Background, scope & the BRIT approach to RSE

## 1a) Background and scope

Comprehensive Relationship, Sex and Health Education (RSHE) aims to empower young people with evidence-based information. Fact-based knowledge enables young people to make well-informed decisions about their own health and well-being. Rights-based RSE builds empathy through developing a better understanding of other people's experiences, and provides young people with the opportunity to understand their own rights and those of others. Through the critical thinking skills that this subject provides, students can be encouraged to work together to build positive relationships and inclusive communities.

At BRIT we approach RSHE in line with our values: responsible, inclusive, ambitious, original and kind. We will deliver high quality RSHE lessons and sessions throughout the school year, giving space and time to support students as they develop their understanding of healthy relationships and sex, with a programme that is non-judgmental, honest and respectful. All of our classrooms are consent-based, and staff are trained in how to deliver age appropriate RSHE. The impact of our RSHE curriculum is to enable students to understand and make informed choices,

The policy has been developed in line with the government's [Relationships Education, Relationships and Sex Education statutory guidance](#) 2019 and in conjunction with The School of Sexuality Education guidance.

## 1b) Aims of the RSHE Curriculum at BRIT

- Provide information and support for students and their parents or carers
- Provide accurate and evidence-based information on a range of RSHE topics
- Support students in understanding their own rights and those of others within the context of the law
- Empower students with information to enable them to develop positive relationships and improve relationships
- Create safe, non-judgmental spaces for young people to discuss and explore RSHE topics
- Support students to confront stigmas relating to relationships, sex and health education
- Empower students to build more equitable spaces through analysis of historical power structures (this is an advisable starting point for embedding RSHE across the curriculum)

## 2. Content

Relationship, Sex and Health Education forms part of the curriculum throughout Years 10 to 14. This section outlines the topics that are covered through the RSHE curriculum, delivered through our Personal and Professional Development (PPD) programme.

The member of staff with overall responsibility for RSHE across the school is Claire Mullord, Assistant Principal Student Experience & Designated Safeguarding Lead. RSHE is also planned, delivered and reviewed by Rachel Penn, Director of Pastoral Care, and Olivia Green, Student Wellbeing Officer, with feedback and input from students and staff via focus groups, annually. We work with several specialist external experts including The School of Sexuality Education, Croydon Sexual Health, Our Schools Now, Everyone's Invited and the Terrence Higgins Trust.

### 2a. By the end of Key Stage 4:

The table below outlines the subjects that will be covered in each year group. This aligns with the statutory [Relationships, Sex and Health Education guidance](#), which details what pupils should know by the end of secondary school.

Year 10	Year 11
Consent Cancel Culture (anti-bullying) LGBTQIA+ assembly Period Poverty Digital consent Toxic masculinity Male Violence Pride	Healthy relationships (including consent and domestic abuse) Online reputation (including online consent) Public Sexual Harassment LGBTQIA+ assembly
<b>Delivery method:</b>	<b>Delivery method:</b>
Via Tutors in PPD time	Via Tutors in PPD time

The school will always seek to provide high quality RSHE by responding to topical events, and delivery will be tailored to the needs of the students.

## 2b. By the end of Key Stage 5:

Year 12	Year 13
Consent Digital consent LGBTQIA+ assembly Period Poverty Toxic masculinity Male violence Pride	Pornography (including consent/online consent) Public Sexual Harassment LGBTQIA+ assembly
<b>Delivery method:</b>	<b>Delivery method:</b>
Sex-Ed deliver consent workshops Rest via Tutor in PPD sessions	Via Tutor in PPD sessions

## 2c. By the end of Year 14:

Year 14
Consent & Law/Groomed to Perfection
<b>Delivery method:</b>
Kirsty Dillon workshop/performance

## 3. Confidentiality and safeguarding

Confidentiality will be managed in line with the school's Safeguarding and Child Protection policy. At the start of every RSE session a confidentiality agreement will be made between all parties.

## 4. Withdrawal of students from RSE

Under the government guidance 2019, parents or carers have the right to withdraw their child from all or part of the sex education programme, except for those compulsory aspects taught as part of the Science National Curriculum.

The School will encourage parents or carers wishing to exercise this right to make an appointment with the Assistant Principal or Director of Pastoral Care to discuss matters before making a final decision. Any requests for withdrawal should be made in writing to the Director of Pastoral Care: [rpenn@brit.croydon.sch.uk](mailto:rpenn@brit.croydon.sch.uk)

Even if a student has been withdrawn by a parent at some stage during their time at school, when they are five BRIT School terms (the equivalent of three DfE school terms) before their sixteenth birthday, students can decide for themselves whether they wish to take part in RSE. At that point, if the student wishes to receive sex education rather than be withdrawn, the school will make arrangements to provide sex education during one of those terms, with support from the school Wellbeing Officer or tutor, as deemed appropriate.

In addition to the aspects indicated, biological and ethical issues may well arise in relation to other subjects. When this occurs, as long as any discussion takes place within the context of that subject, it will not be deemed to be part of the RSE curriculum and therefore not subject to the parental right of withdrawal.

## 5. Monitoring and Review

This policy will be reviewed and updated annually, or as events or legislation change dictates, by Claire Mullord in consultation with Rachel Penn and Olivia Green, and in consultation with students, parents and staff reviewing the effectiveness of the provision.

Useful resource: Sex Education Forum [Monitoring, evaluating and assessing RSE - the basics](#)

All teaching staff and relevant stakeholders will be informed of any changes in the current legislation as they affect the policy.

<b>Review period</b>	12 months	<b>Next review</b>	June 2023
<b>Author</b>	Director of Pastoral Care	<b>Approver</b>	Board of Governors
<b>Category</b>	Public	<b>Key updates in this version</b>	New lessons and resources to inc DASV.