



Kings International College believes in having uncompromising aspirations for every individual and for the school to be an exceptional, caring and inspirational community. We seek to promote a caring environment in which the young person receives an education towards self-fulfilment and self-awareness.

It is within this context that all students are entitled to an age-appropriate relationship & sex education (RSE) programme as an integral part of our whole school PSHE programme. RSE encompasses the developing of adolescents in matters concerning human relationships and sexual activity based upon a comprehensive programme of study; embracing moral, spiritual, cultural values, attitudes and behaviour as well as knowledge in line with the school ethos. The lessons do not encourage early sexual experimentation, they teach young people to understand human sexuality, to respect themselves and others and to understand the law. Kings International College recognises that parents have a vital role to play in this matter and that this policy must be seen as a working partnership between home and school.

The content and organisation of the RSE programme is informed by the DfE Guidelines (circular No. 11/87), the Education (No. 2) Act 1986, the 1993 Education Act and the Sex and Relationship Education Guidance (DfE 2000).

Approved by: FGB	Date: 9 th May 2019
Status and Review Cycle	3 yearly
Person(s) responsible	Alan Inns
Last reviewed on:	9 th May 2019
Next review due by:	9 th May 2022

Aims

1. To provide a safe environment where questions of a sexual nature can be asked and answered openly without embarrassment and to encourage mature attitudes to natural bodily functions.
2. To enable pupils to develop knowledge, communication skills and understanding in order to facilitate personal decision making.
3. To enable pupils to understand the impact of external factors, such as the media, internet, peer groups and remain independent assertive decision-makers.
4. To promote healthy relationships and the idea of mutual responsibility within these relationships.
5. To enable pupils to develop the ability to form positive, non-exploitative relationships.
6. To promote self-respect and to help young people to understand that they have rights and should have control over who touches their bodies and to offer strategies for dealing with such situations.
7. To counter misleading information and challenge attitudes.
8. To provide up to date information regarding the law and sexual behaviour and consent.
9. To provide students with the knowledge, confidence and skills to avoid unintended pregnancies.
10. To develop an understanding of the implications and responsibilities of parenthood.
11. To challenge attitudes and beliefs around gender/ sexual behaviours.
12. To ensure RSE fosters gender equality and LGBT+ reducing stigma and discrimination.
13. To raise awareness of the health risks associated with sexual activity, including HIV/AIDS.
14. To inform pupils of where they can go for further information and advice.

Values

1. Respect for oneself and other people.
2. Being aware of consequences and taking responsibility for one's actions in all situations.
3. Honesty and loyalty in relationships.
4. The importance and responsibilities of the family unit for all members.
5. Sensitivity towards the needs and views of others.
6. To recognise the physical, emotional and moral implications, and risks, of certain types of behaviour.
7. To recognise and challenge stereotypes and respect the differences and sexuality of others.

All students will have access to Relationships and Sex Education as part of their curriculum entitlement in order to support their physical, moral and emotional development. We recognise that students need knowledge and understanding appropriate to their maturity and development. They also need reassurance about their body image, behaviour, feelings and relationships. Families who wish to discuss the programme may do so by contacting the PSHE Co-ordinator. Families who do not wish their son/daughter to participate in these lessons should inform the PSHE Co-ordinator in writing. Communication is sent from the school prior to these lessons signposting how to opt out.

Where students are withdrawn from non-statutory aspects of the programme, they will be expected to work in an area of the school approved and designated by Senior Staff and bring their own work.

What is covered and by whom?

Key Stage 3

Science:

- Adolescence, puberty and the menstrual cycle
- Male and female reproductive systems
- Fertilisation and implantation
- Pregnancy and the development of the foetus

PSHE:

- Human relationships, including friendships, family relationships and the purpose of romantic relationships.
- Emotional and physical changes during adolescence and changing hygiene needs
- Agencies that provide help and support
- Gender roles and equality
- LBGTQ+ relationships and equality
- Consent and the law surrounding physical relationships
- Enabling students to ascertain when they are ready for physical relationships within the context of the law
- Contraception, protected sex (the physical aspects of sexual behaviour are always dealt with in the context of relationships, parenthood and family life)
- The law around explicit images and the sharing of images within social media and electronic devices

PE:

- Effects of exercise on the body
- Communication and team work within mixed groups

Year 8 RSE PD Day:

- Contraception and STIs/STDs
- Puberty and hygiene
- Healthy Relationships

- Consent and assertiveness
- LGBTQ+ awareness
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Key Stage 4

Science:

- Hormones
- Fertility
- STIs and STDs e.g. gonorrhoea

PSHE – pending revised curriculum September 2019

- Education for parenthood and family life
- Pregnancy and contraception
- Consent and the law
- Pornography / false expectations
- Body image and confidence
- FGM
- Chest ironing
- Marriage, for love, arranged and forced

Teaching

1. Sex Education is taught in an atmosphere of mutual trust and respect.
2. Where possible, use will be made of the expertise of the local community Health Service. Visitors will be used as a resource, not to replace the teacher.
3. Where issues related to personal relationships and sexual matters arise outside the planned programme, they will be dealt with according to the general spirit of the school policy.
4. For some aspects of the programme (hygiene and puberty) students will be taught in single sex groups.
5. General information about contraception is provided in PSHE lessons; teachers cannot give individual advice on contraceptive matters without parental knowledge and consent. The School Nurse can give individual advice without parental permission although parental involvement is encouraged. The school nurse is booked by students via student reception or a drop box situated in the main building.
6. Where discussions give rise to concerns for the welfare of a student, teachers will contact the relevant Designated Safeguarding Lead and the procedures explained in the Child Protection policy will be followed.
7. It will be made clear to students that teachers cannot offer unconditional confidentiality and why matters of concern have to be passed onto the appropriate person. The School Nurse can offer unconditional confidentiality except in matters of Child Protection.

Child protection and safeguarding

Teachers are aware that effective RSE brings an understanding of what is and what is not appropriate in a relationship. We also recognise that the teaching of sensitive subject matter could lead to a disclosure of a child protection or safeguarding issue.

If this is the case, then teachers will follow the Child Protection policy and consult with the Designated Safeguarding Lead.