



Approved by:	FGB	Date: 17th September 2020
Status and Review Cycle	3 yearly	
Person(s) responsible	Emma Beattie	
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Next review due by:	Autumn 2023	

Overview

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 pupils 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, 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 2020). The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019, made under sections 34 and 35 of the Children and Social Work Act 2017, make Relationships and Sex Education (RSE) compulsory for all pupils receiving secondary education. The Equalities Act 2010 is also reflected in this document.

All students will have access to Relationships and Sex Education as part of their compulsory PSHE 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 Subject lead for PSHE: E.beattie@kings-international.co.uk

The right to withdraw

Parents have the right to request to withdraw their child from sex education delivered as part of RSE in secondary schools (this does not include content covered as part of the Science curriculum) which, unless there are exceptional circumstances, will be granted up to three terms before your child turns 16. At this point, if your child wishes to receive sex education rather than be withdrawn, Kings will make arrangements for this to happen in one of the three terms before the child turns 16 - the legal age of sexual consent. There is no right to withdraw from Relationships Education at primary or secondary as the DfE believe the contents of these subjects – such as family, friendship, safety (including online safety) – are important for all children to be taught.

Families who do not wish their child to participate in these lessons should inform the Subject lead for PSHE in writing: E.beattie@kings-international.co.uk

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.

Roles and responsibilities

Members of staff responsible: The Subject lead for PSHE, Head of Science, Designated Safeguarding Lead.

The Subject lead for PSHE and Head of Science are responsible for the planning of the RSE provision and are responsible for ensuring its effective delivery.

The provision is reviewed yearly by the Subject lead for PSHE and Head of Science.

Students will also be influential in adapting and amending the curriculum through student voice and evaluations.

Parents will also be invited to a yearly consultation with the Subject lead for PSHE to discuss the current curriculum, explore any changes to the curriculum and to share the students' feedback and request for changes.

Implementation and curriculum design

RSE is taught in Science and PSHE at Kings International College. The statutory guidance states that from 2020 all schools must deliver a RSE programme. RSE is taught within the National Science Curriculum and the PSHE curriculum. The PSHE programme includes an emphasis on: relationships and responsibilities; families and parenthood; as well as knowledge about the anatomy and physiology of growth and development; reproduction, contraception, sexually transmitted infections, including HIV/AIDS; forced-marriage; sexual exploitation and female genital mutilation (FGM). In addition to this, there is also guidance on coping with social pressures which might lead to irresponsible sexual behaviour and strategies are provided to counter sexual harassment/ discrimination.

The aim is for students to be equipped to make safe, informed, nurturing, healthy choices as they progress through adult life. An overview of the learning in each year can be found below. At Kings we support pupils in developing confidence in talking, listening and thinking about RSE. We establish a safe learning environment through ground rules that the students help to create.

SEND

The RSE curriculum is inclusive and meets the needs of all our children. Careful consideration is given concerning the level of learning and differentiation needed, and in some cases the content or delivery will be adapted, in consultation with the SEND Department. The Speech and Language staff will supplement the RSE of the students with whom they work, guided by the individual needs of the group; this additional work will usually focus on the social skills connected with relationships. ELSA (Emotional Literacy Support Assistant) are also on site and run drop-ins/clubs and appointments to help students who require further support. More about the support they provide can be found in the 'what is covered and where' section of this policy.

What is covered and where?

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 romantic relationships.
- Emotional and physical changes during adolescence and changing hygiene needs.
- Gender roles, within equality and equity.
- LGBTQ+ relationships and equality.
- Consent and the law surrounding physical relationships including assertiveness and saying no.
- 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.
- Agencies that provide help and support.

PE:

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

Key Stage 4

Science:

- Hormones
- Fertility
- Contraceptives
- STIs and STDs e.g. gonorrhoea
- Reproduction, genetics and DNA – inherited diseases e.g. cystic fibrosis

PSHE

- Education for parenthood and family life
- Pregnancy and contraception
- Adoption and Abortion
- Consent and the law
- The dangers surrounding pornography
- Body image and confidence
- FGM and Chest ironing
- Marriage, for love, arranged and forced

ELSA

- Relationships
- Recognising emotions
- Social skills
- Friendship difficulties
- Self esteem
- Understanding anger
- Loss and bereavement
- Anxiety
- Coping strategies
- Building resilience
- Bullying problems

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. 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.
5. 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.
6. 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.