



Arbour House School

Relationships & Sex Education Policy

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Signed off by:	Arbour House School Board of Governors
Distributed to:	All staff, including the Governing Body, the Proprietors, or anyone working on behalf of the Proprietors (Potens) at Arbour House School

This policy covers our school's approach to Relationships and Sex Education. It was produced through consultation with parent/carers, staff teams, senior leaders and the Governing Body.

The Department for Education published statutory guidance for Health Education, Relationships Education and Relationships and Sex Education in June 2019. This covers broad areas of particular relevance and concern to children and young people today. It should ensure that every pupil is guaranteed a PSHE education that covers mental health and wellbeing; physical health (including healthy lifestyles and first aid); learning about safe, healthy relationships and sex (including understanding consent, negotiating life online, and intimate relationships).

The Health Education and Relationships and Sex Education (RSE) aspects of PSHE have been compulsory in all state secondary schools from September 2020. Whilst the Health Education elements are not statutory in an independent school, we feel that adopting this guidance ensures that our pupils can have the same opportunities as their peers for learning, growth and personal development, with access to a broad and balanced curriculum.

The Department for Education 'continues to recommend that all primary schools should have a sex education programme tailored to the age and the physical and emotional maturity of the pupils.'

We define 'Relationships and Sex Education' (RSE) as lifelong learning about sex, sexuality, emotions, relationships and sexual health. It involves acquiring information, developing skills and forming positive beliefs, values and attitudes.

At Arbour House School, we believe that effective and positive Sex and Relationships Education (SRE) is essential if our pupils, as they grow, are to make responsible and well-informed decisions about their lives and the relationships they choose. It contributes to promoting the spiritual, moral, social, cultural, emotional, mental and physical development of our pupils, preparing them for opportunities, responsibilities and experiences of adult life. It is about respect, love, care, and the benefits of making and maintaining stable relationships. We recognise that to be human is to experience sexual feelings, seek connections with other people and develop relationships, which may be physical or nonphysical.

Our teaching of Sex and Relationships Education is applicable to all sexual orientations and may include teaching aspects of sex, sexuality and sexual health.

Our SRE seeks to enable young people to feel positive about themselves, manage relationships and access appropriate support available.

At Arbour House School we aim to provide our pupils with an appropriate SRE curriculum that meets the needs of their emotional maturity. It should enable them to make positive choices about their sexual and emotional health, both now and in the future. We believe that SRE will be achieved by providing an environment and atmosphere where pupils feel safe, relaxed, not intimidated, but focussed; and where

they have confidence and trust in the knowledge, ability and skills of their teachers and support teams.

RSE will be taught by class teachers within Primary and timetabled teachers across Secondary. Teaching staff will receive RSE training to develop their skills in order to effectively deliver the curriculum. Continuous professional development and training will be provided to ensure a high level of expertise for staff involved in delivering the SRE programme in the school. A School Nurse or other specified visitor/s and/or agencies may also contribute to the delivery of the curriculum.

Overall lead for the RSE curriculum at Arbour House School is Charlie Smith, Deputy Headteacher.

A broad range of teaching approaches will be used and the Headteacher and Deputy Headteacher will always identify staff who have the appropriate skills, qualities and knowledge to teach the more sensitive and contentious aspects of SRE. They will also ensure that the School Governors are advised about the nature and organisation of SRE within the school's curriculum and how it reflects on its aims and values.

Primary parents/carers will have the right to request to withdraw their child from Sex Education if it does not form part of the Science curriculum, but not from statutory Relationships Education or Health Education.

Secondary parents/carers can request to withdraw their child from Sex Education if it does not form part of the Science curriculum, up and until three terms before their child turns 16 years old.

For some pupils at Arbour there may be exceptional circumstances where the Headteacher may want to take a pupil's specific SEN into account when considering their Sex and Relationship education. Any decisions will be made in discussion with parents/carers.

Aspects of SRE are encompassed within the ethos of the school and may be delivered through:

- Core and foundation subjects
- PSHE lessons
- Independent Living Skills sessions
- Thrive
- ELSA
- On a 1:1 basis as and when a need or an issue arises for an individual pupil

SRE is inclusive of all students; they have an equal entitlement to good quality SRE. The programme will be delivered in line with the school's Equal Opportunities Policy within an atmosphere of mutual respect. The whole school community will support an approach which ensures that no individual will be discriminated against. Resources selected to support the programme will be free from cultural bias. The programme will be sensitive to the needs of all pupils in the school.

Arbour House School is committed to working in close partnership with parents/carers who are the key people in teaching their children about sex and relationships. The role of parents/carers in the development of their children's

understanding about relationships is vital. They have the most significant influence in enabling their children to grow and mature and form healthy relationships. Information will be sent to parents/carers notifying them of any statutory changes, and to advise them of any visitors to the school who will be supporting SRE curriculum delivery and learning.

Parent/carers can also request to view any resources being used for teaching SRE and are encouraged to talk to their child's teacher in the first instance if they have any queries about any element of this Policy or are concerned about their child's participation in the SRE curriculum.

