



Belong... Believe...

# Islwyn High School

## Relationships and Sexuality Education Policy

Reviewed by: Mrs N Bowden Deputy Headteacher

Ratified by Governors: 16<sup>TH</sup> January 2025

Date to be reviewed: 15<sup>th</sup> January 2028

**Signed:** Mr J Hicks  
Headteacher

Mr G Bryce  
Chair of Governors

### Relationships and Sexual Education (RSE) Policy

#### 1. Introduction

At Islwyn High School, we are committed to providing a comprehensive and inclusive Relationships and Sexual Education (RSE) program for all students aged 11-16. This policy is designed to meet the requirements of the statutory guidance provided by the Department for Education and aligns with the principles of the Curriculum for Wales Framework.

#### 2. Aims and Objectives

The aims of RSE at Islwyn High School are to:

- Equip students with the knowledge, skills, and attitudes necessary to form and maintain healthy, respectful relationships.
- Promote understanding of physical, emotional, and social changes during adolescence.
- Foster respect for diversity and inclusivity, including LGBTQ+ communities.
- Encourage informed decision-making and personal responsibility regarding health and well-being.
- Safeguard students by teaching them to recognise and respond to inappropriate or harmful behaviours.

#### 3. Statutory Requirements

RSE is a statutory component of the CFW. ensuring that the content delivered is age-appropriate, evidence-based, and meets statutory requirements.

#### 4. Curriculum Content

The RSE curriculum is delivered through:

- **Personal, Social, Health and Economic Education (PSHE):** Dedicated lessons addressing RSE topics.
- **Science Curriculum:** Biological aspects of sex education, including reproduction and contraception.
- **Assemblies and Workshops:** Sessions provided where available by external agencies and professionals.

#### Key Themes:

##### 1. Relationships:

- Healthy and unhealthy relationships.
- Consent and boundaries.
- Communication and conflict resolution.

- Friendships and peer pressure.
- Diversity, inclusion, and respect for different family structures and identities.

## 2. Sexual Education:

- Anatomy and reproduction.
- Puberty and sexual development.
- Contraception and pregnancy.
- Sexually transmitted infections (STIs) and prevention.
- Understanding and respecting sexual orientation and gender identity.

## 3. Emotional Well-being:

- Building self-esteem and resilience.
- Managing emotions and relationships.
- Recognising unhealthy patterns of behaviour, including coercion and abuse.

## 4. Safety and Support:

- Online safety, including sexting and social media risks.
- Recognising signs of grooming and exploitation.
- Accessing support services and reporting concerns.

## 5. Delivery of RSE

- **Holistic Approach:** the integration of emotional, social, physical, and ethical dimensions of human relationships. This approach encourages learners to understand the complexities of relationships, focusing on respect, consent, and communication, while also addressing the diverse experiences and identities within society. It fosters an inclusive environment that promotes the well-being and mental health of all pupils, ensuring they have the knowledge and skills to navigate both personal and social aspects of life safely and responsibly. By incorporating topics such as emotional intelligence, gender equality, online safety, and sexual health, a holistic approach supports the development of confidence, respect, and empathetic pupils, prepared for healthy and positive relationships in all areas of their lives.
- **Teaching Approach:** RSE lessons will be delivered by staff in a sensitive, non-judgmental, and inclusive manner. Lessons will include a combination of discussion, activities, and multimedia resources. The content of RSE will be age-appropriate and progressive, with different topics covered at different stages of a pupil's education. This includes topics such as consent, healthy relationships, sexual orientation, gender identity, sexual health, and contraception.
- **Differentiation:** Lessons will be adapted to meet the diverse needs of students, including those with Special Educational Needs and Disabilities (SEND).
- **External Contributors:** Where appropriate, the school will invite accredited professionals to deliver specific sessions, such as Sexual Health or Spectrum.

- The curriculum promotes not only knowledge but also the development of attitudes, skills, and values necessary for forming respectful, safe, and healthy relationships. It also covers emotional and physical well-being, and the importance of mental health.
- **Respect for Diversity:** The RSE curriculum in Wales is designed to be inclusive and sensitive to the diverse backgrounds, experiences, and needs of pupils. It ensures that all students, regardless of gender, sexual orientation, cultural or religious background, are taught about respect, diversity, and equality in relationships.

## 7. Roles and Responsibilities

- **Governing Body:** Ensures compliance with statutory requirements and approves the RSE policy.
- **Headteacher:** Oversees the implementation of the RSE curriculum and ensures adequate training and resources for staff.
- **RSE Coordinator:** Develops and reviews the curriculum and monitors its delivery.
- **Teachers:** Deliver lessons according to the curriculum and provide a safe, inclusive learning environment.
- **Parents/Carers:** Support the school's approach and are encouraged to discuss RSE topics at home.

## 8. Parental Engagement Parents have the right to:

- Be informed about the RSE curriculum and policy.
- Access resources and lesson outlines upon request.
- Withdraw their child from non-statutory elements of sex education (before the age of 15), the school will engage with parents to discuss their concerns and ensure they understand the content and rationale of the program.

**9. Safeguarding and Confidentiality** RSE is delivered within the context of safeguarding policies. Teachers will handle sensitive issues with professionalism and refer any safeguarding concerns to the Designated Safeguarding Lead (DSL). Students will be informed of confidentiality boundaries and encouraged to seek help from trusted adults.

**10. Monitoring and Evaluation:** The RSE program will be regularly reviewed to ensure it meets the needs of students and complies with legal requirements. Feedback will be gathered from students, parents, and staff to inform improvements.

**11. Policy Review** This policy will be reviewed annually by the RSE Coordinator in consultation with the Senior Leadership Team, governors, and stakeholders.

**12. Accessibility** A copy of this policy is available on the school website. Alternative formats are available upon request to ensure accessibility for all members of the school community.

**This policy should be read in conjunction with:**

- Keeping Children Safe in Education (statutory guidance)
- Respectful School Communities: Self Review and Signposting Tool (a tool to support a whole school approach that promotes respect and discipline)
- Behaviour and Discipline in Schools (advice for schools, including advice for appropriate behaviour between pupils)
- Equality Act 2010 and schools
- SEND code of practice: 0 to 25 years (statutory guidance)
- Alternative Provision (statutory guidance)
- Mental Health and Behaviour in Schools (advice for schools)
- Preventing and Tackling Bullying (advice for schools, including advice on cyberbullying)
- Sexual violence and sexual harassment between children in schools (advice for schools)
- The Equality and Human Rights Commission Advice and Guidance (provides advice on avoiding discrimination in a variety of educational contexts)
- Promoting Fundamental British Values as part of SMSC in schools (guidance for maintained schools on promoting basic important British values as part of pupils' spiritual, moral, social and cultural (SMSC))
- National Citizen Service guidance for schools