

CHRIST'S HOSPITAL

RELATIONSHIPS AND SEX EDUCATION (RSE) POLICY

Aim of RSE

At Christ's Hospital we aim to give children the information they need to help them develop healthy, nurturing relationships of all kinds. The goal is to ensure that our children know what a healthy relationship looks like, what makes a good friend or colleague, and what makes a successful marriage or other type of committed relationship.

RSE teaches about contraception and STIs/STDs, but also about developing full, long-lasting intimate relationships and resisting the pressure to have sex (and not applying pressure). Perhaps most crucially it teaches about what is acceptable and unacceptable behaviour in relationships with the importance of consent from both parties being a reoccurring theme.

The Review of Sexual Abuse in schools and Colleges (Ofsted, June 2021) and Sexual Violence and Sexual Harassment Between Children in schools and Colleges (DfE update, September 2021) both outline how serious the situation has become in schools, with sexual misconduct being described as common and normalised within educational settings. The review from Ofsted notes that almost 90% of girls and 50% of boys reported that they or their peers had received unwanted explicit photos or videos, and that sexist name calling happens often to over 90% of girls and 70% of boys. Perhaps the most worrying observation of all is that school leaders and teachers are still consistently underestimating the extent of the problem.

At Christ's Hospital, we acknowledge the prevalence of these and all societal issues relating to sexual harassment, sexual violence, misogyny and homophobia that are widespread in many schools.

Statutory requirement

The Department for Education has stated that RSE needs to be compulsory in all secondary schools from 1 September 2020. Christ's Hospital has a long established RSE programme with all students being expected to engage fully when discussing issues related to RSE and to treat others with respect and sensitivity at all times. At Christ's Hospital our RSE lessons are encompassed within the PSHE (Personal, Social, Health and Economic) component of the Learning for Life programme. These lessons provide our children with the time required to openly discuss the difficult topics within the curriculum.

Roles and responsibilities

The Head of PSHE is responsible for co-ordinating the delivery of RSE at Christ's Hospital. Staff are supported in their delivery of RSE through INSET, observations and folder checks.

Content and delivery of RSE

RSE is taught within the PSHE programme from Yr.7 (Second Form) to Yr.13 (Grecians). The majority of RSE is taught during the summer term.

Term	Second Form	Third Form
Michaelmas – Others	<ol style="list-style-type: none"> 1. CH orientation 2. LfL introduction 3. Being healthy in boarding school 4. Values 5. Black History Month (race) 6. Unconscious bias 7. Equality, diversity, inclusion 8. Friendship 9. Listening 10. Online bullying 11. Bullying 	<ol style="list-style-type: none"> 1. Programme introduction 2. First aid 1 3. First aid 2 4. Library 5. Friendship issues 6. Online relationships 7. Family matters 8. Religion and sex 9. Being human
Lent – Self	<ol style="list-style-type: none"> 1. Positive thinking (self-care) 2. Eating disorders 3. Chartwells talk 4. Online safety 5. Road safety 6. Love languages 7. Money matters 8. Neurodiversity 9. Careers (I am good at) 10. school ethos 	<ol style="list-style-type: none"> 1. First aid 3 2. Careers 3. Nutrition/catering 4. Identity 5. Physical illness 6. Mental illness 7. Happiness 1 8. Happiness 2
Summer - Growth	<ol style="list-style-type: none"> 1. Courage to be me 2. Teamwork 3. Political literacy 4. Child exploitation 5. Online safety (speaker) 6. Growth within nature 7. Spiritual growth 8. Personal hygiene 9. Periods 10. Puberty 	<ol style="list-style-type: none"> 1. Support services 1 Cleaning/Security/Portering 2. Support services 2 Wardrobe/Laundry 3. Support services 3 Grounds 4. Communicating feelings 5. Vaccines 6. FGM 7. Equality

LE

Michaelmas – Health and Wellbeing	Lent – Living in the Wider World	Summer – Relationship and Sex Education
<ol style="list-style-type: none"> 1. Happiness 2. Sleep 3. Exercise 4. Smoking 5. Alcohol 6. Drugs and the law 7. Self-harm 8. Gambling 9. Positive thinking 10. First aid 11. Using the NHS 12. Giving back to the community 	<ol style="list-style-type: none"> 1. Influential people 2. Gangs and knife crime 3. Hate crimes 4. Black Lives Matter 5. LGBT History 6. Fact vs fake news 7. Viral 8. Careers – SACU careers quiz 9. Careers – E-Clips research 10. Careers – Poster design 11. Careers – class presentations 	<ol style="list-style-type: none"> 1. Conflict resolution 2. Intimate relationships and consent 3. Contraception 4. STIs 5. Gender issues 6. Sexuality 7. Pornography 8. Sex in the media 9. Religion and sex

UF Carousel (one topic per term)

Mindfulness Course	Living in the Wider World	Relationship and Sex Education
	<ol style="list-style-type: none"> 1. Cyber crime and security 2. Debit vs credit 3. Effects of drugs 4. Monitoring health 5. Organ donation 6. Amanda Todd (Online bullying) 7. Extremism and radicalisation 8. Fast Tomato (careers) 9. Fast Tomato cont. 10. Road safety 11. Pursuit of perfection 12. Extreme body image 	<ol style="list-style-type: none"> 1. Working out relationships 1 2. Working out relationships 2 3. Loss and bereavement 4. Changes in relationships 5. Sexual attraction 6. Sexual health 7. Sex, drugs, and alcohol 8. Sexual harassment and consent 9. Forced marriage and honour-based violence 10. Parenting 11. Sex in your pocket 12. Teenage pregnancy

GE

Michaelmas	Lent
<ol style="list-style-type: none"> 1. Mental health stigmas 2. Reducing the stigma 3. Coping mechanisms 4. First aid 5. Conception 6. Fertility 7. Unplanned pregnancy 8. Healthy pregnancy 9. Addiction 10. County lines 11. Stress 12. Physical and mental wellbeing 	<ol style="list-style-type: none"> 1. Money management 2. Digital footprint 3. Social dilemma 4. Revenge porn and consent 5. Careers – Old Blues and monitors talk about sixth form 6. Careers – Craig Dove talk about university 7. Cigarettes and alcohol 8. Workplace discrimination 9. Interview skills

Deputy Grecians

Lent	Summer
<ol style="list-style-type: none"> 1. Finding a partner 2. Relationships 3. Sex 4. Contraception 5. Fertility 6. Consent 	<ol style="list-style-type: none"> 1. Mental health 2. Managing stress and anxiety 3. Building resilience 4. Coping with failing 5. Sleep hygiene 6. Healthy eating 7. Alcohol 8. Drugs 9. Exercise

Consent

The issue of consent is addressed with all age groups in age-appropriate ways, in relation to both online and face-to-face relationships. In the sixth form, consent is addressed in the RSE PSHE unit of relationships during the Michaelmas term of the Grecian year.

Impact assessment

At the start of each term where RSE is taught in PSHE, the students complete a baseline assessment of their knowledge and understanding on RSE issues. They then undertake the same assessment at the end of the term. This data is returned to RJK to be used to inform planning and provision of RSE within the PSHE programme.

SEND (Special Educational Needs and Disabilities)

Special requirements of SEND students are met by their individual PSHE teachers. Staff at Christ's Hospital follow guidance from the TLSS (Teaching and Learning Support Skills) department through individualised student passports.

Sexual identity and sexual orientation

Christ's Hospital ensures that teaching is accessible to all students, including those who are lesbian, gay, bisexual and transgender (LGBT+). We tackle all types of prejudice, including homophobia, and aim to create inclusive, friendly and tolerant environments, in accordance with the Equality Act 2010.

Review

The RSE policy is reviewed annually and the process involves students, parents and staff. The policy was introduced during the parents' pastoral morning (Saturday 15 February 2020) and is available in the policy sections of the school website and Parent Portal. It is accessible to all. Regular staff and student input and parental consultation ensure that the teaching of RSE at Christ's Hospital is current, reflects the needs of our community and is inclusive of all. A year-group specific PSHE Newsletter is published termly to keep parents and guardians up-to-date on what is being covered.

Right to withdraw

Parents have the right to withdraw their children from some or all of the non-statutory components of sex education within RSE unless a child within three terms of age 16 requests otherwise. This decision should not be taken lightly and before any request can be granted a discussion would need to take place between the school and the parents making the request and, if appropriate, with the child concerned. Any such requests need to be submitted in writing to the Assistant Head (Pastoral) and agreed by the Head Teacher.

Author: SCY and RJK

Date of last review: September 2023

Date of next review: September 2024