

RSE and MHAW Policy

(Relationships and Sex Education
/ Mental Health and Wellbeing)



Groveside
School

Updated January 2025

Document History

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Contents

1.0 AIMS..... 3

2.0 STATUTORY REQUIREMENTS 3

3.0 DEFINITION 3

4.0 DELIVERY OF RSE..... 3

4.1 Primary Phase – Key Stage 2, age 7 - 11 4

4.2 Secondary Phase – Key Stage 3 and 4, age 11-16..... 4

5.0 ROLES AND RESPONSIBILITIES 5

5.1 The Headteacher 5

5.2 Staff 5

5.3 Pupils..... 5

5.4 Parents’ right to withdraw..... 5

6.0 TRAINING 5

7.0 MONITORING ARRANGEMENTS 6

Appendix 1: Curriculum Map..... 7

Appendix 2: By the end of Year 8 pupils should know 8

Appendix 3: By the end of Secondary School pupils should know..... 10

Appendix 4: Parent form: withdrawal from sex education within RSE..... 13

1.0 AIMS

At Groveside School, we aim to provide each pupil with a programme of learning which is suited to their needs that is age-appropriate and differentiated to match their stage of development. We believe that Healthy Relationships and Sex Education (RSE) is a whole school focus and that it is the responsibility of all staff to make sure that pupils are not exposed to misinformation and that wherever possible misinformation is dealt with immediately so that it does not lead to misunderstanding.

Groveside School provides a safe and supportive environment in which pupils can explore and develop their relationships and their social and emotional wellbeing.

As part of our programme of RSE we aim to give all pupils the opportunity to discuss values, attitudes and behaviour so that they can gain the knowledge, understanding and information needed to make healthy decisions.

The aims of Relationships and Sex Education (RSE) at our school are to:

- Provide a framework in which sensitive discussions can take place
- Prepare pupils for puberty, and give them an understanding of sexual development and the importance of health and hygiene
- Help pupils develop feelings of self-respect, confidence and empathy
- Create a positive culture around issues of sexuality and relationships
- Teach pupils the correct vocabulary to describe themselves and their bodies

2.0 STATUTORY REQUIREMENTS

We provide RSE to all pupils as per the [Children and Social Work Act 2017](#). [In teaching RSE, we must have regard to guidance issued by the Secretary of State as outlined in section 403 of the Education Act 1996](#)

3.0 DEFINITION

RSE is about the emotional, social and cultural development of pupils, and involves learning about relationships, sexual health, sexuality, healthy lifestyles, diversity and personal identity. RSE involves a combination of sharing information and exploring issues and values. RSE is not about the promotion of sexual activity.

4.0 DELIVERY OF RSE

Our RSE curriculum is delivered in different ways across the Key Stages to ensure the appropriate delivery of information. Pupils at Groveside school may have complex SEMH needs and a range of adverse childhood experiences and/or trauma, therefore our the delivering of our curriculum, whilst planned in Key stages, will be appropriate and adapted to the needs of the pupils.

Social Thinking is delivered weekly by tutors and draws the concepts of British Values, RSE, Wellbeing and SMSC into one curriculum journey focusing specifically on values, friendships and self-awareness and perception.

4.1 Primary Phase – Key Stage 2, age 7 - 11

At Key Stage 2, the RSE curriculum is made up of the Kapow RSE & PHSE scheme combined with the Social Thinking sessions. Our curriculum provides a holistic approach to meeting statutory requirements and is broken down into 6 categories

- Families and relationships
- Health and wellbeing
- Safety and the changing body
- Citizenship
- Economic wellbeing
- Wellbeing

4.2 Secondary Phase – Key Stage 3 and 4, age 11-16

At Key Stage 3 and 4, RSE is taught within the Personal, Social, and Health Education (PSHE) curriculum. Additionally, Social Thinking is delivered weekly by tutors.

Social Thinking focusses on the areas that are not covered within PSHE, ICT and Science. It is broken down into 3 subcategories:

- About Me
- Values
- Friendships

Biological aspects of RSE are taught within the Science curriculum and other aspects may be included in the Humanities, PSHE and the ICT curriculum.

Pupils also receive stand-alone sex education and first aid sessions delivered by a trained professional.

In Years 7 to 8 Relationships and Sex Education focuses on teaching the fundamental building blocks and characteristics of positive relationships including:

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe

In Years 9-11 Relationships and Sex Education focuses on giving young people the information they need to help them develop healthy, nurturing relationships of all kinds including:

- Families
- Respectful relationships, including friendships
- Online and media
- Being safe
- Intimate and sexual relationships, including sexual health

For more information about our RSE curriculum, see Appendices 1, 2 and 3.

These areas of learning are taught within the context of family life, taking care to ensure that there is no stigmatisation of children based on their home circumstances (families can include single parent families, LGBT parents, families headed by grandparents, adoptive parents, foster parents/carers amongst other structures) along with reflecting sensitively that some children may have a different structure of support around them (for example: looked after children or young carers).

5.0 ROLES AND RESPONSIBILITIES

5.1 The Headteacher

The Headteacher is responsible for ensuring that RSE is taught consistently across the school, and for managing requests to withdraw pupils from non-statutory components of RSE (see section 6.4).

5.2 Staff

Staff are responsible for:

- Delivering RSE in a sensitive way
- Modelling positive attitudes to RSE
- Monitoring progress
- Responding to the needs of individual pupils
- Responding appropriately to pupils whose parents wish them to be withdrawn from the non-statutory components of RSE
- Staff do not have the right to opt out of teaching RSE. Staff who have concerns about teaching RSE are encouraged to discuss this with the Headteacher.

5.3 Pupils

Pupils are expected to engage fully in RSE and, when discussing issues related to RSE, treat others with respect and sensitivity.

5.4 Parents' right to withdraw

Parents have the right to withdraw their children from the **non-statutory** components of sex education within RSE up to and until 3 terms before the child turns 16. After this point, if the child wishes to receive sex education rather than being withdrawn, the school will arrange this.

Requests for withdrawal should be put in writing using the form found in Appendix 4 of this policy and addressed to the Headteacher. A copy of withdrawal requests will be placed in the pupil's educational record. The Headteacher will discuss the request with parents and take appropriate action.

Alternative work will be given to pupils who are withdrawn from sex education.

6.0 TRAINING

Staff are trained on the delivery of RSE as part of our continuing professional development calendar. The school will also invite visitors from outside the school, such as school nurses or sexual health professionals, to provide support and training to staff teaching RSE.

7.0 MONITORING ARRANGEMENTS

The delivery of RSE is monitored by the Headteacher and SLT.
Pupils' development in RSE is monitored by class teachers as part of our internal assessment systems.

Appendix 1: Curriculum Map
Relationships and Sex Education Curriculum Map

Yr 3-6	Years 7&8		Years 9-11	
	RSE	Mental Health and Wellbeing	RSE	Mental Health and Wellbeing
Families and relationships Health and Wellbeing Citizenship Economic Wellbeing Wellbeing All areas taught through Cross-Curricular Input and Subject specific input	Families and people who care for me (PSHE) (Cross-Curricular Input) (Social Thinking)	Mental Wellbeing (PSHE) (Cross-Curricular Input) Clinical Support	Families (PSHE) (Cross-Curricular Input)	Mental Wellbeing (PSHE) (Cross-Curricular Input) Clinical Support
	Caring friendships (PSHE) (Cross-Curricular Input) (Social Thinking)	Internet safety and harms (ICT) (Cross-Curricular Input)	Respectful relationships, including friendships (Cross-Curricular Input) (Social Thinking)	Internet safety and harms (ICT) (Cross-Curricular Input)
	Respectful relationships (Cross-Curricular Input) (Social Thinking)	Physical health and fitness (PSHE) (PE)	Online and media (ICT) (Cross-Curricular Input)	Physical health and fitness (PSHE) (P.E)
Safety and the changing Body Conception Pregnancy and birth Parents have the right to withdraw their child from these lessons	Online relationships (ICT)	Health eating (Food Studies)	Being safe (PSHE) (Social Thinking)	Health eating (Food Studies)
	Being safe (PSHE) (Cross-Curricular Input)	Drugs Alcohol and Tobacco (PSHE) (Science)	Intimate and sexual relationships, including sexual health (PSHE) (Science) This Unit is non-statutory up to and until 3 terms before a child turns 16. Please see section 8	Drugs Alcohol and Tobacco (PSHE)
		Health and Prevention Basic First Aid (PSHE)		Health and Prevention Basic First Aid (PSHE)
		Changing adolescent body (PSHE and Science)		Changing adolescent body (PSHE) (Science)

Appendix 2: By the end of Year 8 pupils should know

Topic	Pupils should know
Families and people who care about me	<ul style="list-style-type: none"> • That families are important for children growing up because they can give love, security and stability • The characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives • That others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care • That stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up • That marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong • How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed
Caring friendships	<ul style="list-style-type: none"> • How important friendships are in making us feel happy and secure, and how people choose and make friends • The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties • That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded • That most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right • How to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed

Topic	Pupils should know
Respectful relationships	<ul style="list-style-type: none"> • The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs • Practical steps they can take in a range of different contexts to improve or support respectful relationships • The conventions of courtesy and manners • The importance of self-respect and how this links to their own happiness • That in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority • About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help • What a stereotype is, and how stereotypes can be unfair, negative or destructive • The importance of permission-seeking and giving in relationships with friends, peers and adults
Online relationships	<ul style="list-style-type: none"> • That people sometimes behave differently online, including by pretending to be someone they are not • That the same principles apply to online relationships as to face-to face relationships, including the importance of respect for others online including when we are anonymous • The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them • How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met • How information and data is shared and used online
Being safe	<ul style="list-style-type: none"> • What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context) • About the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe • That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact • How to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know • How to recognise and report feelings of being unsafe or feeling bad about any adult • How to ask for advice or help for themselves or others, and to keep trying until they are heard • How to report concerns or abuse, and the vocabulary and confidence needed to do so • Where to get advice e.g. family, school and/or other sources

Appendix 3: By the end of Secondary School pupils should know

Topic	Pupils should know
Families	<ul style="list-style-type: none"> • That there are different types of committed, stable relationships • How these relationships might contribute to human happiness and their importance for bringing up children • What marriage is, including their legal status e.g. that marriage carries legal rights and protections not available to couples who are cohabiting or who have married, for example, in an unregistered religious ceremony • Why marriage is an important relationship choice for many couples and why it must be freely entered into • The characteristics and legal status of other types of long-term relationships • The roles and responsibilities of parents with respect to raising of children, including the characteristics of successful parenting • How to: determine whether other children, adults or sources of information are trustworthy: judge when a family, friend, intimate or other relationship is unsafe (and to recognise this in others' relationships); and, how to seek help or advice, including reporting concerns about others, if needed
Respectful relationships, including friendships	<ul style="list-style-type: none"> • The characteristics of positive and healthy friendships (in all contexts, including online) including: trust, respect, honesty, kindness, generosity, boundaries, privacy, consent and the management of conflict, reconciliation and ending relationships. This includes different (non-sexual) types of relationship • Practical steps they can take in a range of different contexts to improve or support respectful relationships • How stereotypes, in particular stereotypes based on sex, gender, race, religion, sexual orientation or disability, can cause damage (e.g. how they might normalise non-consensual behaviour or encourage prejudice) • That in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including people in positions of authority and due tolerance of other people's beliefs • About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help • That some types of behaviour within relationships are criminal, including violent behaviour and coercive control • What constitutes sexual harassment and sexual violence and why these are always unacceptable • The legal rights and responsibilities regarding equality (particularly with reference to the protected characteristics as defined in the Equality Act 2010) and that everyone is unique and equal

Topic	Pupils should know
Online and media	<ul style="list-style-type: none"> • Their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online • About online risks, including that any material someone provides to another has the potential to be shared online and the difficulty of removing potentially compromising material placed online • Not to provide material to others that they would not want shared further and not to share personal material which is sent to them • What to do and where to get support to report material or manage issues online • The impact of viewing harmful content • That specifically sexually explicit material e.g. pornography presents a distorted picture of sexual behaviours, can damage the way people see themselves in relation to others and negatively affect how they behave towards sexual partners • That sharing and viewing indecent images of children (including those created by children) is a criminal offence which carries severe penalties including jail • How information and data is generated, collected, shared and used online
Being safe	<ul style="list-style-type: none"> • The concepts of, and laws relating to, sexual consent, sexual exploitation, abuse, grooming, coercion, harassment, rape, domestic abuse, forced marriage, honour-based violence and FGM, and how these can affect current and future relationships • How people can actively communicate and recognise consent from others, including sexual consent, and how and when consent can be withdrawn (in all contexts, including online)

Topic	Pupils should know
Intimate and sexual relationships, including sexual health	<ul style="list-style-type: none"> • How to recognise the characteristics and positive aspects of healthy one-to-one intimate relationships, which include mutual respect, consent, loyalty, trust, shared interests and outlook, sex and friendship • That all aspects of health can be affected by choices they make in sex and relationships, positively or negatively, e.g. physical, emotional, mental, sexual and reproductive health and wellbeing • The facts about reproductive health, including fertility and the potential impact of lifestyle on fertility for men and women • That there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others • That they have a choice to delay sex or to enjoy intimacy without sex • The facts about the full range of contraceptive choices, efficacy and options available • The facts around pregnancy including miscarriage • That there are choices in relation to pregnancy (with medically and legally accurate, impartial information on all options, including keeping the baby, adoption, abortion and where to get further help) • How the different sexually transmitted infections (STIs), including HIV/AIDs, are transmitted, how risk can be reduced through safer sex (including through condom use) and the importance of and facts about testing • About the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment • How the use of alcohol and drugs can lead to risky sexual behaviour • How to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment

Appendix 4: Parent form: withdrawal from sex education within RSE

To be completed by parents			
Name of child		Class	
Name of parent		Date	
Reason for withdrawing from sex education within relationships and sex education			
Any other information you would like the school to consider			
Parent signature			

To be completed by the school	
Agreed actions from discussion with parents	