

Relationships, Sex and Health Education (RSHE) QET Statement

This statement should be read in conjunction with the following policies/statements:

Anti-Bullying Policy; Behaviour and Ethos Policy; Child Protection and Safeguarding Policy; Equality and Diversity Policy; Equality Objectives Statement; SEND Trust Statement

Introduction

The Quantock Education Trust (QET) respects every pupils' entitlement to Relationships Education, Relationships and Sex Education (RSE) and Health Education and ensures that it meets its statutory obligations as set out in latest Relationships Education, Relationships and Sex Education (RSE) and Health Education Guidance. Relationships Education is compulsory in all primary schools in England and Relationships and Sex Education compulsory in all se condary schools, as well as Health Education being compulsory in all state-funded schools.

This overarching statement guides the work and implementation of the <u>statutory guidance</u> all schools in the Trust. Each school is also required to have its own school specific RSHE policy which provides the detail relating to roles, responsibilities, curriculum delivery (including SEND and the parental right to withdraw). Relationship Education is a mandatory requirement for all primary schools; Relationship and Sex Education is a mandatory requirement for all secondary schools and Health Education is required in all schools.

- Haygrove Relationships & Sex Education (RSE) Policy
- Sexey's Relationships and Sex Education Policy
- Spaxton RSHE Policy 2021
- Stogursey Sex and Relationships Education Policy

It is the responsibility of all individuals in the Trust to familiarise themselves with the principles set out in this statement, be aware of the statutory guidance, and ensure that individual schools comply with statutory requirements.

Foundation governors and trustees of faith academy trusts will also have wider responsibilities in relation to maintaining and developing the religious ethos of the schools.

Statutory Guidance:

In primary schools, the curriculum will provide the building blocks of healthy, respectful relationships, focusing on family and friendships, in all contexts, including online. This will sit alongside the essential understanding of how to be healthy. At secondary, teaching will build on the knowledge acquired at primary and develop further pupils' understanding of health, with an increased focus on risk areas such as drugs and alcohol, as well as introducing knowledge about intimate relationships and sex.

$\label{lem:Relationships} \textbf{Relationships Education - By the end of primary school:}$

Families and	Pupils should know
people who care	• that families are important for children growing up because they can give love, security
for me	and stability.
ioi ille	• 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.
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	• 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	Pupils should know
friendships	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.
Respectful	Pupils should know
relationships	• the importance of respecting others, even when they are very different from them (for
relationships	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, sepansibilities of buttanders (primarily reporting bullying to an adult) and boy to get below
	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
Out to	adults.
Online	Pupils should know
relationships	• 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-toface 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

Pupils should know

- 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.

Relationships and Sex Education (RSE) - By the end of secondary school: Schools should continue to develop knowledge on topics specified for primary as required and in addition cover the following content by the end of secondary:

Families

Pupils should know

- 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

Pupils should know

- 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.
Online and media	Pupils should know
	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 barmful content.
	 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	Pupils should know
	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).
Intimate and	Pupils should know
sexual	how to recognise the characteristics and positive aspects of healthy one-to-one intimate
relationships,	relationships, which include mutual respect, consent, loyalty, trust, shared interests and
including sexual	outlook, sex and friendship.
health	• 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 and menopause.
	• 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 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.

Physical health and mental wellbeing - By the end of primary school:

Mental wellbeing

Pupils should know

- that mental wellbeing is a normal part of daily life, in the same way as physical health.
- that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations.5
- how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings.
- how to judge whether what they are feeling and how they are behaving is appropriate and proportionate.
- the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness.
- simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.
- isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support.
- that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing.
- where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online).
- it is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough.

Internet safety and harms

Pupils should know

- that for most people the internet is an integral part of life and has many benefits.
- about the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing.
- how to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private.
- why social media, some computer games and online gaming, for example, are age restricted.
- that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health.
- how to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted.
- where and how to report concerns and get support with issues online.

Physical health and fitness

Pupils should know

- the characteristics and mental and physical benefits of an active lifestyle.
- the importance of building regular exercise into daily and weekly routines and how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise.
- the risks associated with an inactive lifestyle (including obesity).
- how and when to seek support including which adults to speak to in school if they are worried about their health.

Healthy eating

Pupils should know

- what constitutes a healthy diet (including understanding calories and other nutritional content).
- the principles of planning and preparing a range of healthy meals.

	• the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health).
Drugs, alcohol and tobacco	Pupils should know • the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.
Health and prevention	Pupils should know • how to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body. • about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer. • the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn. • about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist. • about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing. • the facts and science relating to allergies, immunisation and vaccination.
Basic first aid	Pupils should know: • how to make a clear and efficient call to emergency services if necessary. • concepts of basic first-aid, for example dealing with common injuries, including head injuries.
Changing adolescent body	Pupils should know: • key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes. • about menstrual wellbeing including the key facts about the menstrual cycle.

Physical health and mental wellbeing - Schools should continue to develop knowledge on topics specified for primary as required and in addition cover the following content by the end of secondary:

Mental wellbeing	Pupils should know
	how to talk about their emotions accurately and sensitively, using appropriate
	vocabulary.
	that happiness is linked to being connected to others.
	how to recognise the early signs of mental wellbeing concerns.
	• common types of mental ill health (e.g. anxiety and depression).
	how to critically evaluate when something they do or are involved in has a positive or
	negative effect on their own or others' mental health.
	• the benefits and importance of physical exercise, time outdoors, community participation
	and voluntary and service-based activities on mental wellbeing and happiness.
Internet safety	Pupils should know
and harms	• the similarities and differences between the online world and the physical world,
	including: the impact of unhealthy or obsessive comparison with others online (including
	through setting unrealistic expectations for body image), how people may curate a specific
	image of their life online, over-reliance on online relationships including social media, the
	risks related to online gambling including the accumulation of debt, how advertising

	information is targeted at them and how to be a discerning consumer of information online.
	 how to identify harmful behaviours online (including bullying, abuse or harassment) and how to report, or find support, if they have been affected by those behaviours.
Physical health	Pupils should know
and fitness	• the positive associations between physical activity and promotion of mental wellbeing,
	including as an approach to combat stress.
	• the characteristics and evidence of what constitutes a healthy lifestyle, maintaining a
	healthy weight, including the links between an inactive lifestyle and ill health, including
	cancer and cardiovascular ill-health.
	about the science relating to blood, organ and stem cell donation.
Healthy eating	Pupils should know
	• how to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer.
Drugs, alcohol	Pupils should know
and tobacco	• the facts about legal and illegal drugs and their associated risks, including the link
	between drug use, and the associated risks, including the link to serious mental health conditions.
	• the law relating to the supply and possession of illegal substances.
	the physical and psychological risks associated with alcohol consumption and what
	constitutes low risk alcohol consumption in adulthood.
	• the physical and psychological consequences of addiction, including alcohol dependency.
	• awareness of the dangers of drugs which are prescribed but still present serious health risks.
	• the facts about the harms from smoking tobacco (particularly the link to lung cancer), the
	benefits of quitting and how to access support to do so.
Health and	Pupils should know
prevention	• about personal hygiene, germs including bacteria, viruses, how they are spread,
	treatment and prevention of infection, and about antibiotics.
	about dental health and the benefits of good oral hygiene and dental flossing, including
	healthy eating and regular check-ups at the dentist.
	(late secondary) the benefits of regular self-examination and screening. the facts and existing to improve interesting and vaccination.
	the facts and science relating to immunisation and vaccination. the importance of sufficient good guality close for good health and how a look of close.
	• the importance of sufficient good quality sleep for good health and how a lack of sleep
	can affect weight, mood and ability to learn.
Basic first aid	Pupils should know • basic treatment for common injuries.
	• life-saving skills, including how to administer CPR.
	the purpose of defibrillators and when one might be needed.
Changing	Pupils should know
adolescent body	key facts about puberty, the changing adolescent body and menstrual wellbeing.
	• the main changes which take place in males and females, and the implications for
	emotional and physical health.

Teaching will incorporate QET principles of high quality teaching. Plans will be flexible and respond to pupils' current level of knowledge and skills. Time with pupils will enable them to revisit, recap and extend the knowledge and skills over time. Teaching will involve a range of practical activities and resources that allow pupils to ask questions and talk about key issues of personal and private behaviours, consent and positive relationships. Leaders will adjust groupings so that they are conducive to discussing these issues.

In line with statutory guidance the teaching should include the explicit teaching and development of important attributes such as respect, honesty, kindness, tolerance and courtesy. This also includes personal privacy, respect and consent to ensure that young people have a good understanding of how to behave towards their peers.

The curriculum will be accessible for all pupils. Teaching will be differentiated and personalised, preparing pupils for adulthood outcomes. The Trust is aware that pupils with SEND can be more vulnerable to exploitation, bullying and other issues due to the nature of their SEND. The curriculum will be covered at a pace of the pupils and in ways that suit their understanding. Teaching should be:

- Sensitive
- Age-appropriate
- Developmentally appropriate
- Delivered with reference to the law

When teaching RSHE, schools should be aware that children may raise topics including self-harm and suicide. In talking about this content in the classroom, teachers must be aware of the risks of encouraging or making suicide seem a more viable option for pupils and avoid material being instructive rather than preventative. To avoid this, they should take care to avoid giving instructions or methods of self-harm or suicide and avoid using emotive language, videos or images.

If teachers have concerns about a specific pupil in relation to self-harm or suicidal ideation or attempts, they must follow safeguarding procedures.

Safeguarding, reports of abuse and confidentiality:

At the heart of RSHE subjects there is a focus on keeping children safe, and schools can play an important role in preventative education. Keeping Children Safe in Education 2022 (KCSIE) sets out that all schools and colleges should ensure children are taught about safeguarding, including how to stay safe online, as part of providing a broad and balanced curriculum.

- Any planning for RSHE provision and policy documents should take close account of the requirements set out in Part 1 and Part of QET's Child Protection and Safeguarding Policy and School Policies.
- Children should be made aware of how to raise their concerns or make a report and how any
 report will be handled. This should include processes when they have a concern about a friend
 or peer.
- KCSIE is clear that all staff should know what to do if a pupil tells them that they are being abused or neglected or are witnessing abuse. Staff should know how to manage the requirement to maintain an appropriate level of confidentiality. This means only involving those who need to be involved, such as the Designated Safeguarding Lead (or deputy) and children's social care.

- Good practice would be to involve the Designated Safeguarding Lead (or a deputy) in anything
 that is safeguarding-related in the context of RSHE. They will potentially have knowledge of
 trusted, high quality local resources that could be engaged, links to the police and other agencies
 and the knowledge of any particular local issues which it may be appropriate to address in
 lessons.
- Where a school invites external agencies in to support delivery of these subjects, they must agree in advance of the session how a safeguarding report should be dealt with by the external visitor.

Expectations of School Leaders

The Headteacher is responsible for

- Appointing a designated member of staff to oversee the delivery of this aspect of the curriculum;
- Implementing adequate planning and subsequent monitoring to secure the pupils' curriculum entitlement;
- Ensuring teachers have adequate time and training to develop the skills required for
 effective teaching, as well as access to materials that enable them to meet the needs of the
 pupils;
- All schools should work closely with parents when planning and delivering RSHE. The role of
 parents in the development of their children's understanding about relationships is vital.
 Parents are the first teachers of their children. They have the most significant influence in
 enabling their children to grow and mature and to form healthy relationships.
- Schools should ensure that parents know what will be taught and when, and clearly communicate the fact that parents have the right to request that their child be withdrawn from some or all of sex education delivered as part of statutory RSE. (see Sections 45 – 50 of the guidance document)
- Each school will consult with parents and pupils to agree the following:
 - Details of content and when each topic is taught, taking account of the age of the pupils.
 - Who delivers either Relationship Education or Relationship Sex Education
 - How the policy has been produced and how it will be kept under review in both cases working with parents
 - How delivery of the content will be made accessible to all pupils including those with SEND
 - Explanation of the right to withdraw
- Where appropriate schools should work with external organisations to enhance the delivery
 of RSHE. Schools should also ensure that the teaching delivered by the visitor fits with their
 planned programme and their published policy. It is important that schools discuss the detail
 of how the visitor will deliver their sessions and ensure that the content is age-appropriate
 and accessible for the pupils.
- Schools should ask to see the materials visitors will use as well as a lesson plan in advance, so that they can ensure it meets the full range of pupils' needs (e.g. special educational needs). It is important to agree how confidentiality will work in any lesson and that the visitor understands how safeguarding reports should be dealt with in line with school policy.

Trustees and LGCs should also make sure that:

• All pupils make progress in achieving the expected educational outcomes;

- RSHE is well led, effectively managed and well planned;
- The quality of provision is subject to regular and effective self-evaluation;
- Teaching is delivered in ways that are accessible to all pupils with SEND;
- Clear information is provided for parents on the subject content and the right to request that their child is withdrawn; and,
- RSHE is resourced, staffed and timetabled in a way that ensures that the school can fulfil its legal obligations.

Accountability

Key aspects of Relationships Education, RSE and Health Education are in scope for Ofsted inspection; for example, through inspectors' consideration of pupils' personal development, behaviour and welfare; and pupils' spiritual, moral, social and cultural development.

Compliance with statutory requirements will be monitored via the curriculum review process embedded in the school improvement strategy, via line management of RSHE, and via regular external scrutiny such as in Safeguarding Reviews, Curriculum reviews/audits.