

## Relationships, Sex and Health Education Policy

### Aims

Silcoates School aims to provide a curriculum that covers all of the statutory content as outlined in the DfE document Relationships Education, Relationships and Sex Education (RSE) and Health Education (2026). The curriculum will also comply with all aspects of the Equality Act (2010). Silcoates School aims to provide a curriculum which:

- promotes the spiritual, moral, cultural, mental and physical development of pupils;
- prepares pupils for the opportunities, responsibilities and experiences of adult life;
- explicitly addresses the issue of consent;
- considers all forms of relationships;
- highlights abusive relationships including coercion and control;
- is sensitive towards the needs and views of others;

The curriculum will be devised following consultation with pupils through the annual survey and discussion with the School Council. Silcoates parents are also given the opportunity to give feedback on the curriculum each year and changes will be made accordingly.

### Objectives

#### Junior School

We ensure that great care is taken to match any sex education provided to the maturity of the pupils involved, which may not always correspond to their chronological age. The education takes account both of the pupils' capacity to absorb sensitive information and the extent to which it is essential for them to have such information at that point in their development.

This is geared to the needs of the class or group as a whole. At the junior stage, the aim is to prepare pupils to cope with the physical and emotional challenges of growing up, and to give them an elementary understanding of human reproduction.

#### Senior School

Sex education encompasses, in addition to the facts about human reproductive processes and behaviour, consideration of the broader emotional and ethical dimensions and sexual attitudes. It includes, at a point appropriate to the age and maturity of the pupils, education about HIV, AIDS and other sexually transmitted diseases. In dealing with these and other sensitive matters, such as contraception and abortion, teachers aim to offer balanced and factual information and to acknowledge the significant moral and ethical issues involved.

### Content

In the senior school, the majority of the content will be delivered through Personal Development lessons. The majority of the resources used have been published by EC



Resources and have been designed specifically to cover the new statutory content. Some aspects may be covered in curriculum lessons such as RS or Science. Spectrum Community Health will deliver some of the content. Any other external speakers will be vetted to ensure the content aligns with the School's values, are age-appropriate and are balanced and factual. Other aspects will be covered in tutor time discussions and through assemblies. Schemes of work are available on Firefly. Parents may request printed copies of specific resources from the Senior Deputy Head or Head of Junior School.

Each pupil should, at a level appropriate to his/her age and development, have a good understanding of the following core themes:

**Families and People who Care for Me:** Focuses on the diversity of stable, committed relationships and the legal protections of marriage and civil partnerships.

**Respectful Relationships (including Friendships):** Covers the characteristics of healthy relationships, boundaries, and the impact of stereotypes.

**Online and Media:** Addresses digital safety, the harm of pornography, and the impact of online technology (including AI and deepfakes) on relationships.

**Being Safe:** Focuses on the legalities of consent, recognizing grooming and coercion, and the different forms of abuse.

**Health and Intimacy (Secondary):** Covers sexual health, reproductive choices, and the link between physical/mental health and intimacy.

The curriculum has been developed around these themes which are revisited in different levels of depth throughout the Junior and Senior Schools. A detailed breakdown of the specific lesson content, resources (EC Resources), and age-appropriate delivery dates for each year group is maintained in our live Schemes of Work, available to parents via Firefly.

## Moral and Values Framework

We aim to promote the best spiritual, moral and cultural development of each pupil along lines broadly in accord with traditional Christian values, but taking into account the faith and culture of each individual and the wishes of parents.

We respect each pupil as a unique and valued individual.

## Right to Withdraw

Parents are free to request withdrawal of their children from the sex education (see definitions below) aspect of RSE if they wish to do so. The only exceptions to this are the biological aspects of human growth and reproduction that are essential elements of Science curriculum. Parents may not withdraw their children from other aspects of the curriculum. Withdrawal should be discussed with the Head or the Head of Junior School and confirmed in writing. During the withdrawal discussion, the School will clarify the nature of the



curriculum and discuss any potential social or emotional impacts of withdrawal on the pupil and risks such as getting mis-information from peers. In the Senior School, the Head may decline the request if there are exceptional circumstances, for example linked to a pupil's vulnerability.

Pupils can opt back into sex education three terms before their 16th birthday, regardless of parental wishes.

Pupils withdrawn from Sex Education will be supervised in a separate area and provided with alternative purposeful work

## **Advice on Contraception**

Teachers will be informing students of the different contraceptives available, the mechanism by which these contraceptives work, and any long- or short-term side effects of these contraceptives. Teachers will not give individuals personal advice on specific contraception. The clinic is stocked with information leaflets concerning methods of contraception. Pastoral staff will work with students who are deemed to be at risk from risk taking behaviour.

## **Questions beyond the curriculum**

Pupils who have been withdrawn from sex education by parents may still ask questions around the topic in other lessons. In these cases, staff should make note of the question and refer to the Senior Deputy Head or Head of Junior School who can discuss a response with parents.

The same approach should apply if questions are asked about topics that are not part of the curriculum. Any response would be based on factual, age-appropriate and not based on personal opinion.

## **Sexuality**

Teachers will show understanding and care for any pupil who believes herself/himself to be homosexual or bi-sexual or considers themselves to be transgender. Students may also have LGBT parents, siblings, other family members and/or friends. We will take proactive steps to promote respect and understanding of LGBTQ+ issues during lessons and the pastoral programme.

Our pastoral support will take account of the needs of these students and will actively deal with homophobic bullying as outlined in the anti-bullying policy.

## **Pupils with SEND**

Staff delivering RSE content will use pupil profiles to adapt materials to ensure that the content is accessible to all. If necessary, staff will liaise with the Head of Learning Support to support the delivery of sensitive topics.

## **Monitoring and Evaluation**

As with other curriculum subjects, monitoring will take place through learning walks, book scrutiny and formal observation. Each year pupils will complete a questionnaire to evaluate the delivery and content which will be used to adapt the curriculum where appropriate.



## **Training and Support**

All staff delivering RSE content will receive training from the Senior Deputy Head or Head of Junior School. They will also complete Talk Relationships training from the NSPCC. The Junior School pupils take part in the NSPCC's 'Speak Out, Stay Safe' safeguarding programme.

## **Policy Review**

Each year, pupil voice will provide feedback on the curriculum and the pastoral team will review the curriculum based on this and the need to add or remove content based on local and national issues.

## **Definitions**

### **Relationships Education (statutory for all)**

This covers the legal, emotional, and social aspects of relationships, including marriage, civil partnerships, and digital safety. Consent and laws around consent also form part of relationships education.

Content also aims to teach children about trust, respect, honesty, kindness, and how to manage conflict. Developing an understanding of boundaries and the right to privacy. While it can include sensitive topics like sexual violence to keep children safe, it does not involve explaining the details of different forms of sexual activity.

### **Health Education (statutory for all)**

**Physical Health:** Covers the benefits of a healthy lifestyle, the risks of drugs and alcohol, and the changing adolescent body, including puberty.

**Mental Wellbeing:** Focuses on building resilience, identifying when one is struggling, and understanding how to seek support.

### **Sex Education (parental right to withdraw)**

This specifically covers the facts about human reproductive processes and behaviour, including contraception, pregnancy, and sexually transmitted infections (STIs).



The School is fully committed to ensuring that the application of this policy is non-discriminatory in line with the UK Equality Act (2010). Further details are available in the School's Equal Opportunity Policy document.

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| <b>Reviewed by:</b>         | Mr Chris Evans – Senior Deputy Head (Pastoral)<br>Mrs Ellen Moss - Head of Junior School |                             |           |
| <b>Date of last review:</b> | June 2026                                                                                | <b>Date of next review:</b> | June 2027 |

