



Sex and Relationships Education and Health Education Policy

Policy: Sex and Relationship and Health Education	We have carefully considered and analysed the impact of this policy on equality and the possible implications for staff or pupils with protected characteristics, as part of our commitment to an Equality focussed approach. We have due regard to the need to eliminate discrimination, advance equality of opportunity and foster good relations.
Legal Status: Statutory	
Last Updated: September 2025	By shading this box green, the policy holder, am confirming that I have read the Equality Policy and Equality Act 2010
Adopted: July 2023	This policy is to be read in conjunction with Curriculum Maps and Policy Documents PSHE Education Policy Links to Safeguarding Links to Drugs
Next Review: September 2026	Version: 3
Author: Catherine Beard, Senior QA Lead	Policy Responsibility: James Brown, Head Teacher Location: Website, Policy Folder, Digital and Printed

Based on the DfE Guidelines

Location and Dissemination

This policy document is freely available on request to the entire school community. The policy is referred to in relevant areas of the curriculum. A copy of the policy can be found on the Ormston school website

Statutory regulations and guidance

“The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019, made under sections 34 and 35 of the Children and Social Work Act 2017, require all schools from September 2020 to deliver Relationships Education (in primary schools) and Relationships and sex education (in secondary Schools). Health Education is compulsory in all schools except independent schools.

Our School values PSHE as one way to support children’s development as human beings, to enable them to understand and respect who they are, to empower them with a voice and to equip them for life and learning.

We include the statutory Relationships and Health Education within our whole-school PSHE Programme.

This programme’s complimentary update policy ensures we are always using the most up to date teaching materials and that our teachers are well-supported.

Documents that inform this RSE policy include:

Education Act (1996) Learning and Skills Act (2000)

Education and Inspections Act (2006) Equality Act (2010)

Keeping children safe in Education – Statutory safeguarding guidance (2024) Relationships and Sex Education RSE Secondary- Statutory Guidance July 2019

It has been completed through consultation with key stakeholders including senior management, governors and trustees.

Policy availability to parents and carers

Parents will be informed about the policy through the respective school prospectuses. The policy will be available to parents through the school websites and hardcopies will be made available on request. Translations may also be made available on requests.

The overall school aims and objectives

Ormston School's overarching aim is a family of schools working together in partnership to provide centres of educational excellence for all. We recognise that this is only possible if students are safe and able to make safe decisions. RSE is a vital way of preparing students to make these decisions.

Underpinning our teaching of RSE are the values Ormston exemplifies

Rationale

We define 'sex and relationships education' as learning about physical, moral and emotional development that students need in order to understand their own and others sexuality. Whilst knowledge of biology and the reproductive system is important, RSE is concerned with attitudes and values, personal and social skills, respect for self and others, family, stable loving relationships, feelings, gender roles and decision-making. It is about the physical, emotional, social, moral and legal dimensions of human sexuality as well as factual teaching about sex, sexuality and sexual health.

We believe it is important to address this area of the curriculum because pupils have a universal entitlement to learning that will enable them to live safe, fulfilled and healthy lives. The programme contributes to protecting children and young people by addressing national and local health priorities. Recent NSPCC studies have also directly informed the programme. The programme also acts to protect children and young people from concerns raised through the pastoral system in school.

Aspects of RSE are a statutory entitlement for young people at Key Stages 3 and 4. It provides a comprehensive body of knowledge and understanding about sexual health to manage fertility and avoid infection.

We believe it is important to address relationships and sex education in this age group because they are considered to be a vulnerable age. This is further supported by the recent studies into child exploitation and teenage domestic violence.

The values we will promote

The Ormston programmes promote the values of excellence, responsibility, respect, aspiration and perseverance. These values underpin the RSE curriculum. In this way our programme values the qualities of stable relationships, marriage and family life, without bias to any particular family structure.

The aims and objectives of our programme

RSE, as part of the PSHE education curriculum, is vital to the development of the young people in our schools. The planned programmes are designed to help them deal with the difficult moral, social and health-related issues that arise in their lives and in society. They also help them to develop the knowledge, skills and understanding they need to live confident, healthy, independent lives as individuals, parents, workers and members of society. Effective RSE is a key component in our approach to safeguarding our pupils through the curriculum.

The intended learning outcomes

Relationships Education in Primary schools

The focus in primary school should be on teaching the fundamental building blocks and characteristics of positive relationships, with reference to friendships, family relationships, and relationships with other children and with adults.

The guidance states that, by the end of primary school:

	Pupils should know...	How Ormston School provides the solution
Families and people who care for me	- 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 (Marriage in England and Wales is available to both opposite sex and same sex couples. The Marriage (Same Sex Couples) Act 2013 extended marriage to same sex couples in England and Wales. The ceremony through which a couple get married may be civil or religious). - how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed. - 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.	All of these aspects are covered in lessons within the following lessons- SEE RSE and PSHE CURRICULUM MAP Reception: - Life Skills and RSE – Summer 1 and 2. Year 1: - PSHE – Autum 2. - Careers – Spring 1. - RSE – Summer 1 and 2. Year 2: - RSE and ICT – Summer 1 and 2 Year 3: - RSE – Summer 1 and 2 Year 4: - Life Skills – Autumn 1 - PSHE – Spring 1 - RSE – Summer 1 and 2

		Year 5: • PSHE – Spring 1 • RSE – Summer 1 and 2 Year 6: • Careers – Spring 2 • RSE – Summer 1 • ICT – Summer 2
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Online 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-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.	All of these aspects are covered in lessons within the following lessons- SEE RSE and PSHE CURRICULUM MAP Reception: • PSHE – Autumn 2 and Spring 1. Year 1: • PSHE – Autumn 2 • Careers – Spring 1 • RSE – Summer 1 and 2 Year 2: • ICT – Autumn 2, Spring 1, Summer 1. • RSE – Summer 1 and 2 Year 3: • Life Skills – Autumn 2 • PSHE – Spring 1 • RSE – Summer 1 and 2 Year 4: • RSE Summer 1 and 2 Year 5: • ICT – Autumn 2 • RSE – Summer 1 and 2 Year 6: • ICT – Spring 1 and Summer 2
Being safe	• 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;	All of these aspects are covered in lessons within the following lessons- SEE RSE and PSHE

	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.	CURRICULUM MAP Reception: • Life Skills – Summer 1 • RSE – Summer 2 Year 1: • PSHE – Autumn 1 • Science – Summer 1 • RSE – Summer 1 and 2 Year 2: • ICT – Autumn 2 and Summer 1 • Life Skills – Summer 1 • RSE – Summer 2 Year 3: • RSE – Summer 2 Year 4: • RSE – Summer 1 Year 5: • PSHE – Autumn 1 • ICT – Autumn 2 • PSHE – Spring 1 • RSE – Summer 1 and 2 Year 6: • PSHE – Autumn 1 and 2 • ICT – Spring 1 and Summer 2 • Science – Summer 1 • RSE – Summer 2
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Physical health and mental well-being education in Primary schools – DfE Guidance

The focus in primary school should be on teaching the characteristics of good physical health and mental wellbeing. Teachers should be clear that mental well-being is a normal part of daily life, in the same way as physical health.

By the end of primary school:

	Pupils should know	How Ormston school provides the solution
Mental wellbeing	- 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. - 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 well-being 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 well-being. - 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 well-being or ability to control their emotions (including issues arising online).	All of these aspects are covered in lessons within the following lessons- SEE RSE and PSHE CURRICULUM MAP Reception: - PSHE – Autumn 1 and 2 - RSE – Summer 2 Year 1: - PSHE – Autumn 1 and 2. - RSE – Summer 1 Year 2: - PSHE - Autumn 1 - RSE – Summer 1 and 2 - ICT – Summer 1 - Life Skills – Summer 1 Year 3: - Life Skills – Autumn 1 - Careers – Autumn 2 - PSHE – Spring 1 Year 4: - PSHE – Autumn 1, Spring 2 - Life Skills – Autumn 1 - Careers – Autumn 1 - RSE – Summer 1 and 2

		Year 5: • Life Skills – Autumn 1 • PSHE – Autumn 1 and Spring 1 • Careers – Spring 2 • RSE – Summer 1 Year 6: • PSHE – Autumn 1 and 2 • RSE – Summer 2
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	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	- 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 knowhow 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.	All of these aspects are covered in lessons within the following lessons- SEE RSE and PSHE CURRICULUM MAP Reception: - PSHE – Autumn 2 and Spring 1 - Life Skills – Summer 2 Year 1: - PSHE – Autumn 1 and 2. - Careers – Spring 1. - RSE – Summer 2 Year 2: - ICT – Autumn 2, Spring 1 and Summer 1 - RSE – Summer 2 Year 3: - PSHE – Spring 1 - RSE – Summer 2 Year 4: - ICT – Autumn 1 - PSHE – Spring 1 - RSE – Summer 2 Year 5: - ICT – Autumn 2 - PSHE – Spring 1 - RSE – Summer 1 and 2 Year 6: - PSHE – Autumn 2

		• ICT – Spring 1
Physical health and fitness	• 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.	All of these aspects are covered in lessons within the following lessons- SEE RSE and PSHE CURRICULUM MAP Reception: • PSHE – Autumn 1 Year 1: • PSHE – Autumn 2 Year 2: • PSHE – Autumn 1 and 2 Year 3: • Life Skills – Autumn 1 Year 4: • ICT – Autumn 1 • Life Skills – Autumn 1 Year 5:

		- Life Skills – Autumn 1 Year 6: - PSHE – Autumn 1 and 2
Healthy eating	- what constitutes a healthy diet (including understanding calories and other nutritional content). - the principles of planning and preparing a range of healthy meals.	All of these aspects are covered in lessons within the following lessons- SEE RSE and PSHE CURRICULUM MAP Reception: - PSHE - Autumn 1 - Life Skills – Autumn 1 Year 1: - PSHE – Autumn 1 and 2 Year 2: - PSHE – Autumn 2 Year 3: - Life Skills – Autumn 1 Year 4: - Life Skills – Autumn 2 - PSHE – Spring 2 Year 5: - PSHE – Autumn 2 Year 6: - RSE – Summer 1

	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	- 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 immunisation and vaccination	All of these aspects are covered in lessons within the following lessons- SEE RSE and PSHE CURRICULUM MAP Reception: - Life Skills - Autumn 1 - Science – Autumn 1 - PSHE – Autumn 1 Year 1: - PSHE – Autumn 2 - Life Skills – Spring 2 - RSE – Summer 2 Year 2: - PSHE – Autumn 1 and 2 - Life Skills – Autumn 1 Year 3: - PSHE – Autumn 1 and 2 - Life Skills – Summer 1 - RSE – Summer 1 Year 4: - PSHE – Autumn 1 - Life Skills – Autumn 2 Year 5: - Life Skills – Autumn 1 - PSHE - Autumn 2 - RSE – Summer 1 and 2 Year 6: - PSHE – Autumn 2

Basic first aid	• 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.	All of these aspects are covered in lessons within the following lessons- SEE RSE and PSHE CURRICULUM MAP Reception: • PSHE - Autumn 1. • Careers – Spring 2 Year 1: • Life Skills – Spring 2 Year 2: • Life Skills – Autumn 1 Year 3: • PSHE – Autumn 2 Year 4: • Life Skills – Autumn 2 Year 5: • PSHE – Autumn 2
Changing adolescent body	• 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.	All of these aspects are covered in lessons within the following lessons- SEE RSE and PSHE CURRICULUM MAP Year 4: • Life Skills – Autumn 1 Year 5: • PSHE – Autumn 1 • RSE – Summer 1 Year 6: • PSHE – Autumn • Science – Summer 1 • RSE – Summer 1 and 2

Often primary age children are given 'pet' names or 'baby' names to describe their body parts. These codes can create a sense of secrecy about these areas of their bodies. Also, when they get older and the correct terminology is introduced they find it embarrassing, and it can make them uncomfortable talking about a 'new subject' with language that is also very strange to them.

At Ormston School, we wish to empower children to talk openly and comfortably about their bodies. Therefore, we will use the correct terminology for the body parts unique to boys and girls i.e. penis, vagina and breasts from the age of Reception. If children use their own terminology we will respond to them, but we will try and model the correct language to them e.g.

Reception child: 'That lady has boobies.' Teacher: 'Yes, she does. She has breasts.' Reception child: 'The ball hit me in my winky' Teacher: 'And does your penis hurt now?'

In Year 1 Science, children are taught to name all parts of the body that they are less familiar with to this point; including wrist, ankle, shoulder etc. As part of this teaching, they will be taught that most body parts are the same for boys and girls, but some are different; boys have a penis and girls have a vagina. From then on teachers will ask children to use the correct names if they are talking about those body parts in a Science Lesson. We aim that by the time they need to talk about puberty, these words won't feel uncomfortable for them.

Relationships ,Sex and Health Education in Secondary schools

To ensure progression and a spiral curriculum, we use our current resources as well as Jigsaw 11-16, the mindful approach to PSHE to meet the requirements of the DfE guidance on Relationship, Sex and health education.

The guidance states that by the end of secondary school

	Pupils should know...	How Ormston School provides the solution
Families	- 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 – for example, 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), how to seek help or advice, including reporting concerns about others, if needed	All of these aspects are covered in lessons within the following lessons- SEE RSE and PSHE CURRICULUM MAP Cycle 1: - Life Skills – Summer 2 - RSE – Summer 2 Cycle 2: - RSE – Summer 1 Cycle 3: - RSE – Summer 1 Year 10: - RSE – Summer 1 and 2 Year 11: - RSE Summer 1 and 2

Respectful relationships including friendships	• the characteristics of positive and healthy friendships, in all contexts including online, such as: • 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 (for example, 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	All of these aspects are covered in lessons within the following lessons- SEE RSE and PSHE CURRICULUM MAP Cycle 1: • PSHE – Summer 1 • Life Skills – Summer 2 • RSE – Summer 2 Cycle 2: • PSHE – Autumn 1 • RSE – Summer 1 and Summer 2 Cycle 3: • RSE – Summer 1 and 2 Year 10: • PSHE – Autumn 1 • RSE – Summer 1 and 2 Year 11: • PSHE – Autumn 1 • RSE – Summer 1 and 2
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Respectful relationships including friendships	• the characteristics of positive and healthy friendships, in all contexts including online, such as: • 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 (for example, 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 • their rights, responsibilities and opportunities online, including that	All of these aspects are covered in lessons within the following lessons- SEE RSE and PSHE CURRICULUM MAP Cycle 1: • PSHE – Summer 1 • Life Skills – Summer 2 • RSE – Summer 2 Cycle 2: • PSHE – Autumn 1 • RSE – Summer 1 and Summer 2 Cycle 3: • RSE – Summer 1 and 2 Year 10: • PSHE – Autumn 1 • RSE – Summer 1 and 2 Year 11: • PSHE – Autumn 1 • RSE – Summer 1 and 2
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Online and Media	- 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, for example 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	All of these aspects are covered in lessons within the following lessons- SEE RSE and PSHE CURRICULUM MAP Cycle 1: - RSE – Summer 2 Cycle 2: - Life Skills – Autumn 1 - ICT – Spring 1 Cycle 3: - Careers – Spring 2 - RSE – Summer 1 and 2 Year 10: - PSHE – Autumn 2 - RSE – Summer 1 and 2 Year 11: - PSHE – Autumn 1 - Life Skills – Spring 2
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Being safe	- 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	ALL OF THESE ASPECTS ARE COVERED IN LESSONS WITHIN THE FOLLOWING LESSONS- SEE RSE AND PSHE CURRICULUM MAP Cycle 1: - Life Skills – Autumn 1 - PSHE – Spring 1 and Summer 1 - RSE – Summer 2 Cycle 2: - PSHE – Spring 2 - RSE – Summer 2 Cycle 3: - PSHE – Spring 2 - RSE – Summer 1 Year 10: - RSE – Summer 2 Year 11: - RSE – Summer 1 and 2
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Intimate and sexual relationships, including sexual health	• 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, for example 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 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 and 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	ALL OF THESE ASPECTS ARE COVERED IN LESSONS - SEE RSE AND PSHE CURRICULUM MAP Cycle 1: • Life Skills – Summer 2 • RSE – Summer 2 Cycle 2: • RSE – Summer 1 and 2 Cycle 3: • RSE – Summer 1 and 2 Year 10: • PSHE – Autumn 2 • RSE – Summer 1 and 2 Year 11: • PSHE – Spring 2 • RSE – Summer 1 and 2
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The Law

- It is important to know what the law says about sex, relationships and young people, as well as broader safeguarding issues. This includes a range of important facts and the rules regarding sharing personal information, pictures, videos and other material using technology. This will help young people to know what is right and wrong in law, but it can also provide a good foundation of knowledge for deeper discussion about all types of relationships. There are also many different legal provisions whose purpose is to protect young people and which ensure young people take responsibility for their actions.
- Pupils should be made aware of the relevant legal provisions when relevant topics are being taught, including for example:
 - marriage
 - consent, including the age of consent
 - violence against women and girls
 - online behaviours including image and information sharing (including 'sexting', youth-produced sexual imagery, nudes, etc.)
 - pornography
 - abortion
 - sexuality
 - gender identity
 - substance misuse
 - violence and exploitation by gangs
 - extremism and radicalisation
 - criminal exploitation (for example, through gang involvement or 'county lines' drugs operations)
 - hate crime
 - female genital mutilation (FGM)

Physical health and mental wellbeing: Secondary

Physical health and mental well-being education in Secondary schools – DfEGuidance

It is important that the starting point for health and wellbeing education should be a focus on enabling pupils to make well-informed, positive choices for themselves. In secondary school, teaching should build on primary content and should introduce new content to older pupils at appropriate points.

The Guidance states that 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:

All our current resources as well as Jigsaw resources cover all of the following aspects that need to be taught.

	Pupils should know	How Ormston School provides the solution
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.	ALL OF THESE ASPECTS ARE COVERED IN LESSONS - SEE RSE AND PSHE CURRICULUM MAP Cycle 1: • Careers – Autumn 1 • Life Skills – Summer 2 • RSE – Summer 2 Cycle 2: • Life Skills – Autumn 1 Cycle 3: • PSHE – Autumn 1 and Spring 1 Year 10: • Life Skills – Autumn 1 • PSHE – Autumn 2 • RSE – Summer 1

		Year 11: - Life Skills – Autumn 1 - PSHE – Autumn 1 and 2, Spring 2
Internet safety 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 and 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.	ALL OF THESE ASPECTS ARE COVERED IN LESSONS - SEE RSE AND PSHE CURRICULUM MAP Cycle 1: - PSHE – Summer 1 - Careers – Spring 2 Cycle 2: - ICT – Spring 1 Cycle 3: - PSHE – Spring 2 Year 10: - PSHE – Spring 2 Year 11: - PSHE – Autumn 2
Physical health and fitness	- Pupils should know - 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.	ALL OF THESE ASPECTS ARE COVERED IN LESSONS - SEE RSE AND PSHE CURRICULUM MAP Cycle 1: PSHE – Autumn 2

	about the science relating to blood, organ and stem cell donation.	Cycle 2: - Life Skills – Autumn 1 Cycle 3: - PSHE – Autumn 1 - RSE – Summer 2 Year 10: - Life Skills – Autumn 1 Year 11: - PSHE – Autumn 2 and Spring 2
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.	ALL OF THESE ASPECTS ARE COVERED IN LESSONS - SEE RSE AND PSHE CURRICULUM MAP Cycle 1: - Autumn 2 Cycle 2: - Life Skills – Autumn 1 Cycle 3: - PSHE – Autumn 1 Year 10: - Life Skills – Autumn 1 Year 11: - Life Skills – Autumn 1 - PSHE – Autumn 2 and Spring 2

Drugs, alcohol and tobacco	• Pupils should know • • 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.	ALL OF THESE ASPECTS ARE COVERED IN LESSONS - SEE RSE AND PSHE CURRICULUM MAP Cycle 1: • PSHE – Autumn 2 and Spring 1 • Life Skills – Summer 2 Cycle 2: • PSHE – Autumn 2 Cycle 3: • PSHE – Autumn 2 Year 10: • PSHE – Autumn 2 Year 11: • PSHE – Autumn 2 and Spring 2
Health and Prevention	• Pupils should know • • 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. 38 • • the facts and science relating to immunisation and vaccination • the importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn.	ALL OF THESE ASPECTS ARE COVERED IN LESSONS - SEE RSE AND PSHE CURRICULUM MAP Cycle 1: • Life Skills – Autumn 1 • PSHE – Autumn 2 Cycle 2: • RSE – Summer 1 and 2 Cycle 3: • RSE – Summer 2

		Year 10: • PSHE – Autumn 2 Year 11: • PSHE – Autumn 2 and Spring 2
Basic first aid	• Pupils should know • • basic treatment for common injuries. • life-saving skills, including how to administer CPR.15 • the purpose of defibrillators and when one might be needed.	ALL OF THESE ASPECTS ARE COVERED IN LESSONS - SEE RSE AND PSHE CURRICULUM MAP Cycle 1: • Life Skills – Autumn 1 Cycle 3: • Life Skills – Autumn 1 Year 11: • Life Skills – Spring 2
Changing adolescent body	• Pupils should know • • 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.	ALL OF THESE ASPECTS ARE COVERED IN LESSONS - SEE RSE AND PSHE CURRICULUM MAP Cycle 1: • PSHE – Autumn 2 Cycle 2: • RSE – Summer 2 Cycle 3: • RSE – Summer 2 Year 10: • RSE – Summer 1 Year 11: • PSHE – Spring 2

By the end of Key Stage 3 Pupils will be able to

Pupils will know and understand:

- That fertilisation in humans is the fusion of the male and female cell
- The physical and emotional changes that take place during adolescence
- About the human reproductive system, including the menstrual cycle and fertilisation
- How the foetus develops in the uterus
- The physical and emotional changes that take place during adolescence
- About the human reproductive system, including the menstrual cycle and fertilisation
- How the foetus develops in the uterus
- How the growth and reproduction of bacteria and the replication of viruses can affect health
- How the media influences understanding and attitudes towards sexual health
- How good relationships can promote mental wellbeing
- The law relating to sexual behaviour of young people
- A range of sources of advice and support
- About when and where to get help, such as genito-urinary medicine clinics

Pupils will have considered:

- The benefits of sexual behaviour within a committed relationship
- How self-concept affects their self-confidence and behaviour
- The importance of respecting differences in relation to gender and sexuality
- How it feels to be different and be discriminated against
- Issues such as the costs of early sexual activity
- The unacceptability of prejudice and homophobic bullying
- What rights and responsibilities mean in relationships

By the end of Key Stage 4

Pupils will be able to:

- Recognise the influences and pressures around sexual behaviour and respond appropriately and confidently seek professional health advice
- Manage emotions associated with changing relationships with parents and friends
- See both sides of an argument and express and justify a personal opinion
- Have the determination to stand up for their beliefs and values
- Make informed choices about the pattern of their lifestyle which promote wellbeing
- Have the confidence to assert themselves and challenge offending behaviour
- Develop qualities of empathy and sympathy and the ability to respond emotionally to the range and depth of feelings within close relationships
- Work co-operatively with a range of people who are different from themselves
- Recognise attributes of positive and negative relationships

Pupils will know and understand:

- The way in which hormonal control occurs, including the effects of the sex hormones
- Some medical uses of hormones including the control and promotion of fertility
- The defence mechanisms of the body
- How sex is determined in humans
- How HIV and other sexually transmitted infections affect the body
- The risks of early sexual activity and the link with the use of alcohol

- The link between eating disorders and self-image and sexual identity
- How different forms of contraception work and where to get advice
- The role of statutory and voluntary organisations
- The law in relation to sexual activity for young people and adults
- how their own identity is influenced by their personal values, those of their family and of society
- How to respond appropriately within a range of social relationships
- The qualities of good parenting and its value to family life
- How to access the statutory and voluntary agencies which support relationships in crisis
- The benefits of marriage or a stable partnership in bringing up children
- The way different forms of relationship including marriage depend for their success on maturity and commitment

Pupils will have considered:

- Their developing sense of sexual identity and feel confident and comfortable with it
- How personal, family and social values influence behaviour
- The arguments around moral issues such as abortion, contraception and the age of consent
- The individual contributions made by partners in a sustained relationship and how these can be of joy or benefit to both
- The consequences of close relationships, including having children and how this will create family ties which impact on their lives and those of others.

Please note some of these outcomes will be achieved through the Science curriculum.

Pupil Consultation

Consultation with pupils takes place both formally and informally. Formally, students complete evaluations, which are reviewed within departments. Leaders within the departments work closely with the pastoral team to ensure the programme is targeted and timely. Informally there is an open dialogue between staff and students. There is also use of plenary activities to evaluate lessons.

How will we assess this learning?

As with any learning, the assessment of young people's personal, social and emotional development is important. It provides information that indicates their progress and achievement informs the development of the programme.

Young people do not pass or fail in this area of learning, but have the opportunity to reflect on their own learning and personal experiences, and set personal goals and agree strategies to reach them. This process of reflective assessment has a positive impact on young people's self-awareness and self-esteem, and there are opportunities to record learning and progress in different ways.

We will assess pupil's learning through; in class question and answer, discussion, groupwork, peer assessment, self-assessment and marking.

Inclusion and differentiation

Our ALL OF THESE ASPECTS ARE COVERED IN LESSONS WITHIN THE FOLLOWING LESSONS- SEE RSE AND PSHE CURRICULUM MAP programmes recognise that young people will bring prior learning and real life experiences to their learning. Our programmes respect and build on these, providing programmes that reflect both the universal and unique needs of our students. In this way, the programmes recognise and respect pupils' different abilities, levels of maturity and personal circumstances; for example their own sexual orientation, gender identity, faith or culture (which may, depending on their age and maturity, not be something they have yet considered or may be emerging) or the sexual orientation, gender identity, faith or culture of their immediate family, close friends and wider community.

In reading this, please also refer to the Ormston School EN policy.

Pupils with additional educational needs

As far as is appropriate, young people with special educational needs follow the same ALL OF THESE ASPECTS ARE COVERED IN LESSONS WITHIN THE FOLLOWING LESSONS- SEE RSE AND PSHE CURRICULUM MAP programme as all other students. Careful consideration is given concerning the level of differentiation needed, and in some cases the content or delivery will be adapted. Learning support assistants work with individual pupils where required, sometimes on a one to one basis.

It is the school's policy not to withdraw young people with special educational needs from associated lessons to catch up on other national curriculum subjects, as we believe that these aspects of personal and social development are as important as academic achievement.

Topics covered and broadly when

Full curriculum details are available through the school websites. These will outline key content and themes covered.

The programmes are led by the Head teacher. Taught by staff who have all received specialist training in and are supported by TA'S.

Controversial topics will be covered with sensitivity and respect for all viewpoints. The programme is not aimed to tell what is right and wrong but to take into account different perspectives and provide pupils with the information to make their own decisions.

Parents and carers involvement

We are committed to working with parents and carers. Parents and carers are invited to contact the school directly with any queries or concerns. The resources used are also available on request.

Parents and carers have a right to request to withdraw their child from Sex Education in secondary schools which, unless there are exceptional circumstances, will be granted up to three terms before their child turns 16. At this point, if the child themselves wishes to receive sex education rather than be withdrawn, the school will make arrangements for this to happen in one of the three terms before the child turns 16
- the legal age of sexual consent.

There is no right to withdraw from Relationships Education at primary or secondary as we believe the contents of these subjects – such as family, friendship, safety (including online safety) – are important for all children to be taught. There is also no right to withdraw from the Science curriculum or the wider PSHE education curriculum.

Any requests for withdrawal must be made directly to the Head teacher in writing.

Support for children who are withdrawn from the programme

If a parent or carer requests that their child be removed from 'sex education', the school will provide support by ensuring the child understands that if they have questions they may still speak with a member of staff directly.

The school will also provide other PSHE education work on the themes of positive social relationships and managing change. This will be completed in a supervised location in school.

How will we ensure that our equalities obligations are fulfilled?

We promote the needs and interests of all pupils, irrespective of gender, culture, ability or aptitude. Teaching pedagogy will take into account the ability, age, readiness and cultural backgrounds of the young people to ensure that all can access the full provision.

We promote social learning and expect our students to show a high regard for the needs of others. These lessons are important vehicles for addressing both multicultural and gender issues and for ensuring equal opportunities for all.

In Key stage 1 and 2, class teachers are monitored by Senior Leaders in the school. Although most of the curriculum is delivered to mixed classes, on occasion in years five and six, the children are split into single sex groups to enable children to feel comfortable and confident to ask questions on issues such as puberty and body changes. Staff receive training on how to deliver the curriculum and on specific areas within the curriculum.

Every young person in Key Stages 3 and 4 has access to the full provision, through their timetabled PSHE education lessons. Parents have the right to withdraw their children from sex education which is not part of the statutory national curriculum.

Note: Please also refer to the SEN policy and equal opportunities statement.

We will review this policy every year or in light of guidance from the DfE, Ofsted and PSHE Association.

Teaching methodologies

The programmes will be taught through a range of teaching methods these are outlined in the Curriculum policy. Our programme recognises that young people will bring prior learning and real life experiences to their learning. Our programme respects and builds on these, providing a programme that reflects both the universal and unique needs of our students.

We will ensure that all sessions remain positive in tone by setting clear expectations at the beginning of the year and reinforcing them at the start of each topic. Behaviour will also be managed according to the Behaviour for Learning policy.

We will ensure cross-curricular learning by keeping an up-to-date overview of whole school deliveries and liaising with both senior curriculum and senior pastoral teams. Working closely with key subjects to ensure cross-curricular learning is explicit.

Learning about relationships and sex in PSHE classes will complement learning in Science (primarily Biology) and Religious Education. For a more detailed view of where and when aspects are delivered across the School, please see the relevant PSHE education overview/curriculum document. This is available on the school websites or hardcopies are available on request.

Pupils' questions

Pupils' questions will be answered by teachers honestly but not referring to personal experience. Answers will endeavour to reflect different sides of an argument if the topic is one of debate. Staff are to provide information and guidance but not instruction.

Pupils who have been withdrawn from lessons may still ask questions to staff. These will be answered with same guidance as above. Although pupils will be encouraged to speak with their parents/carers regarding the conversation, they will not be made to.

We will allow pupils to raise anonymous questions by having scheduled lessons in which students may write anonymous questions and drop them into a box. These questions will be answered during lesson time however students are also encouraged to speak with their teacher discretely after the lesson if they wish.

If a pupil discloses information which is of concern with regards child protection, the procedure outlined in the Safeguarding policy will take place.

Dialogue between the Teaching team and pastoral staff will ensure that any pupils who are thought to be 'at risk' are supported through sensitive discussion of topics. Pupils are also able to take a timeout if a topic is in anyway distressing for them. They will not be made to discuss this, rather they will be offered support if wanted.

ALL OF THESE ASPECTS ARE COVERED IN LESSONS WITHIN THE FOLLOWING LESSONS- SEE RSE AND

PSHE CURRICULUM MAP policy links

This policy supports/complements the following policies:

- PSHE Education
- Safeguarding
- Drugs
- Teaching and Learning
- Equality and Diversity

