

Relationship & Sex Education Policy

Rationale

This policy covers Balance Alternative's approach to Relationships and Sex Education.

From September 2022, it is a statutory requirement, as set by the Department of Education, that all secondary school students must be taught RSE. Balance believe that RSE should thread through our outstanding PSHE provision.

Balance Alternative Provision believe 'Relationships & Sex Education' to be an essential part of the curriculum, in which we give students the information they need to develop healthy and nurturing relationships of all kinds, not just intimate relationships.

We view the partnership of home and school as vital in providing the care, support and advice needed for students to thrive in modern Britain. We want to emphasise that effective RSE does not encourage early sexual experimentation. It simply teaches students to understand human sexuality, and to respect themselves and others. It enables young people to mature, build their confidence and self-esteem, and understand the reasons for delaying sexual activity. It builds the knowledge and skills which are needed in order to make informed choices when there are conflicting pressures on young people.

The overarching aims for our students are that they know how to care for themselves, and others. We ensure that RSE is inclusive and meets the needs of all our pupils, including those with special educational needs and disabilities (SEND) and furthermore ensure that RSE fosters gender equality and LGBTQ+ equality by promoting the 'protected characteristics' across the provision through our extensive SMSC & Fundamental British Values programme, which is at the heart of our curriculum.

The intended outcomes of our programme are that all pupils will;

- Know and understand the law regarding sexual relationships.
- Understand that they have a right to feel safe and healthy.
- Understand that they have a responsibility to respect others.
- Develop the skills of critical thinking to dispel myths and misconceptions.

Roles and Responsibilities

The RSE programme will be led by Mr Dean (Head of Provision). The Provision will review current RSE provision to meet the needs of our current and future students, responding to local and current issues. Teaching staff will receive RSE training through staff CPD, to ensure they are equipped with the knowledge to best support the students in their care.

Legislation (statutory regulations & guidance)

The Department of Education statutory guidance states that from September 2020, all secondary schools must deliver relationships and sex education. The parental right to withdraw pupils from RSE remains in secondary education, for aspects of sex education which are not part of the Science curriculum. If you would like to discuss this further, please contact the provision.

Right to Withdraw

Parents/carers of students in our care will be given a permission form to sign regarding the teaching of RSE in our curriculum. This form directs parents/carers to the School Website to read our RSE Policy. Where parents do not want their child to be present for the delivery of certain/all content, the form allows for them to declare this and provision will be made for the student to work elsewhere for this time.

Curriculum Design

Our RSE programme is an integral part of our whole school PSHE education provision and will aim to ensure that students:

- develop positive values and a moral framework that will guide their decisions, judgements and behaviour.
- be aware of their sexuality and understand human sexuality.
- understand the arguments for delaying sexual activity; understand the reasons for having protected sex.
- understand different types of relationships, including friendships and intimate relationships.
- understand the consequences of their actions and behave responsibly within sexual and pastoral relationships.
- have the confidence and self-esteem to value themselves and others and respect for individual conscience and the skills to judge what kind of relationships they want; communicate effectively.
- have sufficient information and skills to protect themselves and, where they have one, their partner from unintended/unwanted sexually transmitted infections including HIV.
- avoid being exploited or exploiting others.
- avoid being pressured into unwanted or unprotected sex.
- how to manage conflict and recognise unhealthy relationships and build healthy relationships.
- healthy relationships and safety online.
- how relationships may affect health and well-being, including mental health.
- access confidential sexual health advice, support and treatment.
- know how the law applies to sexual relationships.

Our RSE programme is inclusive of all the protected characteristics and is matched to the needs of our students by ensuring it is age-appropriate at each key stage. Our RSE programme will be planned and delivered through PSHE lessons and will be taught through a range of teaching methods and interactive activities, including discussions (executed in a sensitive manner), studying the media, dispelling myths and misconceptions, providing information leaflets, and signposting.

RSE Year Group Overview

Year Group	RSE Curriculum Content
Year 7	RE – Gender Equality. PSHE – Puberty, Positive Choices, Mental Health & Caring for Others. Science – Puberty, Reproductive Systems, the Menstrual Cycle, Fertilisation, Pregnancy, Contraception.
Year 8	RE – Healthy Relationships, Infertility, LGBTQ+ Rights, Family Life, Marriage & Divorce. PSHE – Healthy Relationships, Consent, Resilience, Peer Pressure, Anti-Bullying Fertility, LGBTQ+ Rights, Marriage & Divorce.

Year 9	RE – Healthy Relationships, Infertility, LGBTQ+ Rights, Family Life, Marriage & Divorce. PSHE – Healthy Relationships, Consent, Resilience, Peer Pressure, Anti-Bullying Fertility, LGBTQ+ Rights, Marriage & Divorce.
Year 10	RE – Forced Marriage, Female Genital Mutilation, Honour Based Violence, LGBTQ+ Rights, Miscarriage & Fertility. PSHE – Contraception & STI's, Child Sexual Exploitation. Science – Infection & Response (STI's), The Menstrual Cycle, Contraception, Hormones & Fertility.
Year 11	RE – Abortion. PSHE – Contraception, Teenage Parents. Science – STI's, Contraception, Hormones & Fertility. Post 16 PSHE – Contraception, STI's, LGBTQ+ Rights, E-Safety, Domestic Abuse, Pornography, Female Genital Mutilation & Honour Based Violence, Abortion, Personal Hygiene & Self-Care Checks.