



HARRODIAN

Relationships and Sex Education Policy

Overview

Harrodian believes that, throughout their school life, pupils should acquire understanding, skills, knowledge and positive beliefs and attitudes about relationships, feelings, sexuality and sex. Harrodian is a non-denominational school which understands and values family life alongside stable and loving relationships. Harrodian believes that pupils should be introduced to Relationships and Sex Education (RSE) in a safe and secure environment at school.

Effective teaching of RSE can make a significant contribution to the development of the personal skills needed by pupils if they are to establish and maintain happy, trusting and meaningful relationships. It also enables young people to talk about issues, thereby enhancing an ability to make responsible, informed decisions and choices, both now and in the future. The teaching of RSE contributes to promoting spiritual, moral, social and cultural education. It also aids the mental and physical development of pupils at school. It forms part of the wider PSHE (Personal Social Health Economic) curriculum.

Definition

Relationships and Sex Education is the lifelong learning about positive and trusting relationships; physical changes and growth; and moral and emotional development in the way individuals relate to each other. It is about teaching an understanding of the importance of stable, loving relationships, including marriage, that value respect, love and care. It is also about the teaching of sex, sexuality, sexual health and birth.

In line with government guidance, teaching of RSE should include:

- different types of relationships, including friendships, family relationships, dealing with strangers and, at secondary school, intimate relationships;
- how to recognise, understand and build healthy relationships, including self-respect and respect for others, commitment, tolerance, boundaries and consent, how to manage conflict and how to recognise unhealthy relationships;
- how relationships may affect health and well-being, including mental health;
- healthy relationships and safety online;

- factual knowledge, at secondary school, around sex, sexual health and sexuality, set firmly within the context of relationships.

We acknowledge the inherent links with other key areas of PSHE such as Online Safety and Mental Health provision and look to make these links clear to pupils.

The Right to Withdraw

Harrodian is aware that parents have the right to withdraw their child/ren from some or all of the sex education delivered as part of statutory RSE. There is no right to withdraw from Relationships Education or Health Education. All parents are informed before RSE sessions are delivered, although all are encouraged to allow their children to attend every aspect of this provision.

We also meet with parents through Parent Briefings, where any issues relating to year groups can be discussed. We invite open communication through our Parent reps and directly through email to any member of staff. Where possible, we arrange talks and presentations for parents, utilising external providers.

If a parent informs the School that they wish to withdraw their child/ren from some or all sex education, the Head of Pre-Prep, Lower Prep, Upper Prep, Seniors and Sixth Form, whichever is appropriate, will discuss with the parents the benefits of receiving sex education and any detrimental effects that withdrawal might have on the child. This could include any social and emotional effects of being withdrawn and the likelihood of the child hearing their peers' version of what was said in the sessions, rather than what was directly said by the teacher or external provider. Once those discussions have taken place, the School will respect the parent's request to withdraw the child. If a pupil is excused from sex education, the School will ensure that the pupil receives appropriate, purposeful education during the period of withdrawal. We will ensure that parents understand what is due to be covered in the RSE sessions and provide relevant resources for the parents to cover these topics at home if they choose to.

Harrodian is a non-denominational school. However, the School understands that some families may hold religious beliefs. The religious background of all pupils will be taken into account when planning teaching so that the topics that are included in the core content are appropriately handled. Harrodian will ensure compliance with the relevant provisions of the *Equality Act 2010*, under which religion or belief are amongst the protected characteristics.

Children with Special Educational Needs and Disabilities

RSE at Harrodian is accessible to all pupils. The teaching of RSE will be differentiated and personalised in line with the needs of pupils. Harrodian is mindful that it has a duty to prepare children for their next stage of education and for the transition towards adulthood. However, Harrodian is also aware that some children with SEND may be vulnerable and therefore may need explicit teaching of healthy relationships above and beyond that of non-SEND pupils. The School will aim to provide for each child, taking their individual needs into account. As with all subjects, Harrodian will ensure that the teaching is sensitive, age-appropriate, and developmentally appropriate and delivered with reference to the law.

The Right to Withdraw applies to all pupils, including those with SEND. Please see the information above in relation to discussions with the appropriate Head regarding the right to withdraw a pupil from Sex Education. The School will take a pupil's specific needs into account when making this decision alongside the parents.

Safeguarding:

It is recognised that the content in RSE can lend itself to revealing safeguarding concerns. Prior to delivery, all tutors will be reminded of safeguarding procedures and asked to be aware. Moreover, they will be reminded not to share anything regarding their own private lives in this area and to use correct terms and maintain a professional tone. Confidentiality can never be promised to pupils and no encouragement will be given for them to break the law (i.e. to engage in sexual practice before the age of 16) although non-judgmental information will be given and questions honestly answered.

In some cases, it has been decided that during some lessons, pupils will attend sensitive sessions in single-sex settings that will be led by a teacher of their own sex.

RSE Content and Delivery in the Pre-Prep School

In the Pre-Prep, PSHE (Personal, Social, Health and Economic), Citizenship and RE (Relationships Education) are taught through Jigsaw alongside Circle Time. A dedicated lesson takes place each week which covers the learning objectives set out in the National Curriculum. This is taught from Reception through to Pre-Prep 3.

These lessons are a designated time when pupils are encouraged to take part in discussion and to develop their skills of communication and participation whilst also showing empathy and respect to others. Some of the topics covered include friendships/relationships, choices, diversity, rules, rights and responsibilities, people who help us, changes, setting objectives and going for goals.

From PP1/Year 1 upwards, subjects covered in the Scheme of Work are structured into the six following categories:

- Being me in my world
- Celebrating difference
- Dreams and goals
- Healthy me
- Relationships
- Changing me

These topics and lessons provide a foundation on which to begin teaching RSE specific lessons, in an age appropriate way, as pupils continue their journey at Harrodian.

RSE Content and Delivery in the Prep School

Year group	Delivery	Content
8s	Timetabled lessons 1 per week Taught by form tutor or HOY	Gentle introduction to body changes – Spring Term. Boys and girls are taught together but separated at the discretion of the Head of Year to suit the needs of the year group. Healthy relationships, kindness, respect, tolerance and boundaries, conflict resolution, online safety, and healthy behaviours including mental health.
9s	Timetabled lessons 1 per week Taught by form tutor or HOY	Relationships discussion – Spring Term. Preparing pupils for the onset of body changes. Boys and girls will predominantly be taught together but separated at the discretion of the Head of Year to suit the needs of the year group. Healthy relationships, kindness, respect, tolerance and boundaries, conflict resolution, online safety, and healthy behaviours including mental health.
10s	Timetabled lessons 1 per week Taught by form tutor or HOY	External Speaker – ItHappens - Spring Term - Your Private body - talk to the whole cohort together. Topics will include Being curious about bodies • Body image, technology & pressure • Breasts & chests • Genitals & correct terminology • Looking after your private body The year group then split into boys and girls to ask Amy any questions. This would then be followed up with form class discussion. Children are given the opportunity to anonymously write any questions or concerns on post-it notes or put in a question box to be answered by the form teacher.
11s and 12s	Timetabled lessons, one every two weeks, delivered by PSHE coordinator and/or Head of Year and Head of PSHE. In addition, occasional one-off sessions delivered by external providers Form time sessions predominately completion of worksheet based activities	External Speaker – ItHappens - Spring Term Puberty & change - when, why & what happens? • Period products, the environment & menstrual wellbeing • Feelings & sensation • Male puberty explained • Emotions, empathy & respect for each other • Know yourself & ask for help Visit from Police Liaison Officer. Love, sex, gender, body image, physical development covered in lessons

The Delivery of PSHE, including RSE in the Senior School and Sixth Form

In the Senior School and Sixth Form, PSHE including RSE is delivered during form times by form tutors. In addition, there are nine dedicated “whole lesson” PSHE sessions each academic year, some of which are delivered by external providers.

RSE content in the Senior School and Sixth Form (occurs during the Spring Term)

Year Group	Content
13s	<p>FORM TIME SESSIONS:</p> <ul style="list-style-type: none"> Types of relationship Sex and the law Contraception <p>DROP DOWN SESSIONS:</p> <ul style="list-style-type: none"> Appropriate social conduct/understanding sexual harassment (link to ‘Everyone’s Invited’ issues)
14s	<p>FORM TIME SESSIONS:</p> <ul style="list-style-type: none"> Healthy romantic relationships Consent Body Image <p>DROP DOWN SESSIONS:</p> <ul style="list-style-type: none"> Digital relationships Contraception handling
15s	<p>FORM TIME SESSIONS:</p> <ul style="list-style-type: none"> Toxic relationships Sexual health <p>DROP DOWN SESSIONS:</p> <ul style="list-style-type: none"> Pregnancy and Choices
Sixth Form	<p>As pupils make the transition into Sixth Form students, Harrodian endeavours to deliver a PSHE and RSE curriculum that accommodates all aspects of their lives as young adults. Thus, areas of focus <u>include</u> the following:</p> <ul style="list-style-type: none"> ● Skills and strategies to confidently manage transitional life phases ● Coping with the pressures of being a teenager in the modern world ● Consideration of others. Developing and harnessing compassion, empathy and sensitivity. ● Leading by example ● Maintaining a work-life balance including the importance of regular exercise, a balanced diet and sleep. ● Managing personal safety in new relationships including online activity. ● Respecting people’s right to give, not give, or withdraw their consent in all contexts. ● Understanding the emotional, physical, social and legal consequences of failing to respect the decisions of others. ● Recognising and seeking help in cases of sexual abuse, exploitation, assault or rape and the process of reporting to wider authorities. ● Drug and Alcohol awareness: personal safety and the safety of others. ● Self-esteem: idealisation of the female form online and pressures to conform.

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| | <ul style="list-style-type: none">● Sexualisation and objectification of the female form in the media and online generally. |
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We recognise the likelihood of RSE being delivered from a heteronormative standpoint and seek to deliver a programme that integrates LGBTQ+. We also recognise the likelihood of sexism, misogyny, homophobia and gender stereotypes being present to some degree in our School. RSE, in conjunction with our wider PSHE programme and EDI Committee, can play an important part in challenging such views and supporting a culture of acceptance and celebration.

Since 2021, Senior School pupils have received a separate and specific programme of talks, discussions and workshops relating to the issues of Harmful Sexual Behaviour. These are now part of our programme of 'Drop Down' PSHE sessions across the year.

Another of these sessions is utilised to ensure all Senior School pupils will have had the opportunity to handle a range of contraceptives (e.g. placing a condom on a plastic demonstrator) and to ask questions about them. We currently deliver this session to our 14s (year 10).

Opportunities are proactively sought to reaffirm, across our PSHE sessions, the key wider messages of consent, respect, bystanders and the importance of pupils speaking out if ever they feel uncomfortable or wronged.

Approved by:	Senior Leadership Team
Last reviewed:	January 2025