



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 and 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, forming 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 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 and made aware of the importance of this provision for their child's development.

We also meet with parents through Parent Briefings, where issues relating to year groups are discussed. We invite open communication through our Parent reps and directly through email to members 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 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	PSHE delivery	RSE Content
8s	<p>Timetabled lessons 1 per week Taught by form tutor or HOY</p>	<ol style="list-style-type: none"> 1. What is a relationship? Different types of relationships. 2. Healthy and unhealthy relationships. How to manage conflict. 3. Different types of families. Include LGBTQ+. 4. Body changes and puberty (boys and girls) 5. Body changes and puberty (2) 6. Periods (Menstruation) 7. Having a baby - conception, foetal development and the responsibilities of having a baby 8. Change - identifying changes in my life 9. Change - accepting change and asking for help where needed. <p>Healthy relationships, kindness, respect, tolerance and boundaries, conflict resolution, online safety, and healthy behaviours including mental health.</p>
9s	<p>PSHE Timetabled lessons 1 per week Taught by form tutor or HOY</p>	<ol style="list-style-type: none"> 1. Recognising your own personal qualities and characteristics. 2. Solving friendship problems. Positive and negative relationships. 3. Online communities and online gaming. 4. My relationship with technology. How to be safe. 5. Body image and self-awareness. 6. Puberty for girls - includes menstruation. 7. Puberty for boys. 8. Babies - reproductive systems, including IVF 9. Asking for help if they are worried about change. <p>Healthy relationships, kindness, respect, tolerance and boundaries, conflict resolution, online safety, and healthy behaviours including mental health.</p> <p>External Speaker – ItHappens - Spring Term - Your Private body - talk to the whole cohort together.</p>
10s	<p>PSHE timetabled lessons 1 per week Taught by form tutor or HOY</p>	<ol style="list-style-type: none"> 1) What is mental health? 2) Looking at my mental health - solving friendship problems. 3) Coping with grief - different types of grief. Strategies of coping. 4) Managing friendships - dealing with control, power and imbalance. 5) Online safety - being online. Fake or real? Peer pressure and safety. 6) Self-awareness and body image. 7) Puberty - boys and girls. Looking after yourself. 8) Babies and conception. 9) Boyfriends and girlfriends. Special relationships.

		<p>Self-image and who to ask for help when needed. External</p> <p>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</p> <p>The year group then split into boys and girls for session 2</p>
11s	<p>PSHE timetabled lessons, one every two weeks, delivered by PSHE coordinator and/or Head of Year and Head of PSHE.</p> <p>In addition, occasional one-off sessions delivered by external providers</p>	<ol style="list-style-type: none"> 1. Puberty 2. Family relationships and choices 3. My body, my rights, including FGM 4. Qualities of healthy relationships <p>External Speaker for 11s – 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</p> <p>The year group then split into boys and girls for session 2</p>
12s	<p>PSHE timetabled lessons, one every two weeks, delivered by PSHE coordinator and/or Head of Year and Head of PSHE.</p> <p>In addition, occasional one-off sessions delivered by external providers</p>	<ol style="list-style-type: none"> 1. Different types of relationship 2. Pornography - possible harms, impact on expectations and self-image. Pornography and the law. 3. Alcohol and possible links to risky behaviour and non-consensual sexual behaviors 4. Being in control of myself 5. Being in control of my relationships

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	PSHE delivery	RSE Content
------------	---------------	-------------

13s	<p>Fortnightly PSHE session during form time</p> <p>Occasional 'dropdown' sessions where the timetable is collapsed for one lesson</p>	<p>FORM TIME SESSIONS:</p> <ol style="list-style-type: none"> 1. Types of relationship 2. Sex and the law 3. Contraception <p>DROP DOWN SESSIONS:</p> <ul style="list-style-type: none"> ● One session separated by gender, led by Mr Woodard (boys) and Ms McNaught (girls) ● Everyone's Invited - external speakers
14s	<p>Fortnightly PSHE session during form time</p> <p>Occasional 'dropdown' sessions where the timetable is collapsed for one lesson</p>	<p>FORM TIME SESSIONS:</p> <ol style="list-style-type: none"> 1. Healthy romantic relationships 2. Consent 3. STIs <p>DROP DOWN SESSIONS:</p> <ul style="list-style-type: none"> ● It Happens - Digital relationships ● Contraception handling - separated by gender, led by form tutors and nurses ● One session separated by gender, led by Mr Woodard (boys) and Ms McNaught (girls)
15s	<p>Fortnightly PSHE session during form time</p> <p>Occasional 'dropdown' sessions where the timetable is collapsed for one lesson</p>	<p>FORM TIME SESSIONS:</p> <ol style="list-style-type: none"> 1. When relationships go wrong - including 'toxic relationships' 2. Sexual harassment <p>DROP DOWN SESSIONS:</p> <p>Pregnancy and Choices - form tutor led session</p>
Sixth Form	<p>Fortnightly PSHE session during form time</p> <p>Occasional 'dropdown' sessions where the timetable is collapsed for one lesson</p>	<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.

		<ul style="list-style-type: none"> ● 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: representations of bodies online and pressures to conform. ● Sexualisation and objectification of the female form in the media and online generally. <p>Current dropdown sessions related to RSE</p> <ul style="list-style-type: none"> ● Everyone’s Invited - sexual violence - Lower 6th ● Talk consent - Upper 6th
--	--	---

We recognise the danger 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:	February 2026