



# HARRODIAN

## Relationships and Sex Education Policy

The teaching of RSE is now compulsory in UK schools.

Harrodian, from 2018-19, began teaching a specific RSE course as part of our PSHE provision, believing it to be a valuable and important part of young peoples' education.

It is scheduled to be taught in the Spring Term, following Christmas holidays (in 2021, this was deferred to the Summer Term due to the second Covid lockdown of schools).

### **Definition/content:**

RSE means Sex and Relationships Education. 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, and how to manage conflict, and also how to recognise unhealthy relationships;
- how relationships may affect health and wellbeing, including mental health;
- healthy relationships and safety online; and
- 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.

### **Delivery:**

PSHE, including RSE, is delivered in the Senior and Upper Prep School via form times and in the Lower Prep School in a weekly timetabled lesson. Content is delivered by form tutors.

It is school policy that tutors will first receive training from the PSHE lead, who has a responsibility to receive up to date external training. Where a form tutor feels uncomfortable delivering any session, they will be offered support and the chance to team teach with their Head of Year or Section Head. Topics are also reinforced through weekly assemblies run by both whole school sections and Year Teams.

As of 2021-22, 9 timetabled periods across the school year have been set aside for school-wide PSHE (Prep, Senior and 6th Form). Two of these will be dedicated to the teaching of RSE and Consent.

### **Parents:**

We recognise the right of parents to withdraw their child from the Sex Education aspect of RSE in School (but not from Relationships or Health Education). All parents are informed ahead of RSE sessions being 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.

### **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.

It has been decided that 13s and 14s will attend sensitive sessions in single sex settings and will be taught by a teacher of their own sex. The Head of 15s will be given the option of pursuing this approach. However, it is noted that our visiting RSE speakers from *It Happens* (previously Alex Fryer, now Amy Forbes-Robertson) opts to speak to the 13s in a single sex setting, but to the 15s in a mixed setting, acknowledging their greater maturity.

### **RSE in the Pre-Prep School**

Citizenship is the name given to the coverage of PSHE (Personal, Social and Health Education) and RE (Relationships Education) in our Pre-Prep lessons during Circle Time.

This is 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 PSHE scheme of work are structured into the six following categories: new beginnings, getting on and falling out, going for goals, how it is good to be 'me', relationships and changes.

PSHE, Citizenship and RE aim to help our children lead confident, healthy, independent lives and to be responsible and positive members of the community. Putting this into action involves organising a number of activities for the children that help boost their confidence and promote active citizenship.

### RSE in the Prep School

Year group	Lesson	Action	Communication to parents
8s	Timetabled lessons 1 per week Taught by form tutor or HOY	Gentle introduction to body changes – Spring Term. Boys and girls separate. Healthy relationships, kindness, respect, tolerance and boundaries, conflict resolution, online safety, healthy behaviours including mental health.	Letter to parents re Puberty
9s	Timetabled lessons 1 per week Taught by form tutor or HOY	Puberty discussion – Spring Term. Preparing pupils for the onset of any body changes. Boys and girls separate. Healthy relationships, kindness, respect, tolerance and boundaries, conflict resolution, online safety, healthy behaviours including mental health.	Letter to parents re Puberty
10s	Timetabled lessons 1 per week Taught by form tutor or HOY	Speaker – Amy Forbes-Robertson - Spring Term to talk to whole cohort together – love, lust, sex, gender, consent, healthy relationships and respect. Year group then split into boys and girls to ask Amy any questions.  This would then be followed up with form class discussion. Children 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.  Body Image/ Puberty talks – boys and girls separate.  Junior citizenship trip run by Richmond Borough.	Letter to parents re speaker and class reps invited
11s and 12s	20 min session in morning form time Minimum 1 per week	Friendship, emotions, relationships, choices, tolerance, boundaries, consent, mental health, healthy behaviours.  Visit from Police Liaison Officer.  Love, sex, gender, body image, physical development talks.	Letter to parents / parents invited to evening talk

## **RSE in the Senior School**

### **13s**

1. Types of relationship
2. Sex and the law
3. What time is the 'right time'? (includes contraception methods)
4. Issues around pornography

Talk from *It Happens* to 13s

### **14s**

1. Romantic relationships – what's healthy?
2. Consent
3. Case Study: Sexting (new topic 2021 – replaces contraception/STIs – now to be fully covered in 13s/15s)
4. Body image/body positivity – link to Instagram filters

### **15s**

1. Toxic/abusive relationships – how to spot them and what to do
2. Sexual harassment - the #metoo debate
3. STI – statistics and treatment
4. Pregnancy and choices

Talk from *It Happens* to 15s

LGBTQ+ issues and awareness is taught separately in PSHE and assemblies, primarily as part of the school observing Pride Month in June (see Diversity Policy).

2021 Note: Senior School pupils have received a separate and specific programme of talks, discussions and workshops relating to the issues of sexual behaviour raised by the murder of Sarah Everard and the revelations on the Everyone's Invited website.

The RSE programme is separate to this, and is not intended to focus in the same way primarily on male behaviour.

Even so, we acknowledge the clear and timely links between those issues and the discussions inherent in our RSE programme. Opportunities are therefore being proactively sought to reaffirm in our RSE sessions the key wider messages of consent, respect, pupils holding themselves and friends to high standards, and the importance of them speaking out if ever they feel uncomfortable or wronged.

## **RSE in the Sixth Form**

As Year 11 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 include the following:

- 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.
- Sexualisation and objectification of the female form in the media and online generally.
- Accessing guidance and support in relation to sexual health, including contraception and sexually transmitted diseases.
- Making friends in new places.
- Understanding legal rights and responsibilities when travelling abroad.

**Persons Responsible: PSHE leads in Lower Prep, Prep and Senior School**

**Last update: April 2021**

**Next update: Sept 2022**