



LWS Academy

Montefiore Drive, Sarisbury Green, Southampton SO31 7NL

Email: enquiries@lws.gfmat.org

Tel: (01489) 582 684

<https://lordwilson.org.uk>

Aims

The aims of Relationship and Sex Education (RSE) and Health Education (HE) at our school are to:

- Provide a framework in which sensitive discussions can take place
- Prepare students for puberty, and give them an understanding of sexual development and the importance of health, wellbeing and hygiene
- Help students develop feelings of self respect, confidence and empathy
- Create a positive culture around issues of sexuality and relationships
- Teach students the correct vocabulary to describe themselves and their bodies

Statutory Requirements

The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019 makes RSE and HE compulsory for all students receiving a secondary education.

Policy Development

This policy has been developed in consultation with staff and students, and also draws on the recommendations from the PSHE Association. The needs of students has been at the forefront of the development of this policy and learning is appropriately differentiated for all.

The consultation and policy development process involved the following steps:

1. Review: of all relevant information including national guidance and best practice guidance from organisations such as the PSHE Association
2. Staff consultation: all staff were given the opportunity to look at the policy and make recommendations
3. Parent/stakeholder consultation: parents and any interested parties were invited to comment on the policy and PSHE scheme of work
4. Student consultation: Student Board members were invited to review the policy and PSHE scheme of work

Definitions

RSE is about emotional, social and cultural development of students, and involves learning about relationships, sexual health, sexuality, healthy lifestyles, diversity and personal identity.



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RSE involves a combination of sharing information, exploring issues and values in an effort to help students make informed choices.

RSE is not about the promotion of sexual activity.

HE is about promoting and maintaining physical and mental health and wellbeing of self and others.

Delivery

RSE and HE are taught within the Personal, Social, Health and Economic (PSHE) education curriculum. Biological aspects of RSE e.g. reproductive system and menstruation are taught within the Science curriculum. Due to the nature of our school, all staff are available to provide informal learning opportunities to students on an 'ad-hoc' basis to address student questions and issues as and when they emerge. At LWS we strive to achieve an open dialogue with student in all aspects of health and wellbeing.

Across both Key Stage 3 and Key Stage 4, students are supported in developing the following skills in the context of RSE and HE:

- Communication and interaction with others
- Recognising and assessing potential risks
- Assertiveness
- Seeking help and support
- Informed decision making
- Self-respect and empathy
- Recognising how to maximise a healthy lifestyle
- Managing conflict

Roles and Responsibilities

Students are expected to engage fully with RSE and HE within the PSHE scheme of work, and to treat others with respect and sensitivity when discussing issues.

Teachers are responsible for delivering the PSHE scheme or work.

Parents Right to Withdraw

Parents/carers wishing for their child be withdrawn from RSE should contact the school, where an appointment will be made to discuss concerns with a member of the leadership team. The benefits of being included will be discussed. Unless in exceptional circumstances,



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students SEND are not a factor for consideration of withdrawal, as lessons will be sensitivitively differentiated accordingly to meet student need.

Monitoring

RSE and HE will be monitored by staff during lessons and informal learning opportunities. Learning opportunities are recorded on the schools SMSC log, and may also be recorded on CPOMs. Regular home school communication, as well as reports and tutor progress meetings will enable to effective sharing of information and progress.

Review

This policy will be reviewed annually.