INNOV4TE INDEPENDENT SCHOOL

RSHE POLICY

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| Effective From | Sept 2024 |
| Review Date | Sept 2025 |
| Person Responsible | Carla Astbury |

Innov4te Independent School

Relationships, Sex, and Health Education (RSHE) Policy

Introduction

At Innov4te Independent School, we are committed to delivering high-quality Relationships, Sex, and Health Education (RSHE) that meets the statutory requirements set out by the Department for Education (DfE) in England. Our RSHE Programme is designed to equip learners with the knowledge, skills, and values they need to lead healthy, safe, and fulfilling lives, both now and in the future.

Aims and Objectives

The primary aims of this RSHE policy are to:

1. Promote Wellbeing: Support learners' emotional, physical, and mental health.

2. Prepare for Adulthood: Provide knowledge and skills for managing relationships and personal health.

3. Foster Inclusivity: Ensure all learners feel respected and included, regardless of their background or personal circumstances.

4. Encourage Safe Practices: Educate learners on staying safe both online and offline.

5. Meet Statutory Requirements: Adhere to the statutory guidance set out by the DfE.

Legal Framework

This policy is informed by:

* The Education Act 2002
* The Children and Social Work Act 2017
* The Equality Act 2010
* DfE's "Relationships Education, Relationships and Sex Education (RSE) and Health Education" (2019)
* Keeping Children Safe in Education (KCSIE) 2023

Curriculum Content

1. Relationships Education:

* Understanding different types of relationships, including friendships, family relationships, and intimate relationships.
* Recognising healthy and unhealthy relationships.
* Building respectful and positive relationships.
* Consent and boundaries.
* Bullying, including cyberbullying, and online safety.

2. Sex Education:

* Human reproduction, including puberty, sexual health, and contraception.
* Sexual orientation and gender identity.
* The emotional, social, and physical aspects of relationships and sex.
* Sexual consent, coercion, and exploitation.

3. Health Education:

* Mental wellbeing and strategies for maintaining good mental health.
* Physical health and fitness, including the importance of exercise and healthy eating.
* Drugs, alcohol, and tobacco education.
* Basic first aid.
* Understanding and managing risk.

Delivery of RSHE

1. Teaching Methods:

* RSHE will be delivered through a combination of dedicated RSHE lessons and predominately through our PSHE curriculum as well as cross-curricular integration, assemblies, and workshops.
* A variety of teaching methods will be used, including discussions, group work, role-playing, and guest speakers, to ensure lessons are engaging and inclusive.

2. Staff Training:

* All staff involved in the delivery of RSHE will receive appropriate training to ensure they are confident and competent.
* Training will cover the legal framework, sensitive topics, and effective teaching strategies.

3. Inclusive Approach:

* Lessons will be inclusive of all learners, respecting diversity in terms of gender, sexual orientation, disability, ethnicity, and faith.
* Resources and teaching will be adapted to meet the needs of all learners, including those with special educational needs and disabilities (SEND).

4. Parental Involvement:

Department for Education statutory guidance states that from September 2020, all secondary provisions must deliver Relationships and Sex Education. Parents/Carers have the right to withdraw their children from all or part of the Sex education aspect of the curriculum, except for those parts included in the statutory National Curriculum for Science, specifically “the teaching of biological aspects of human growth and reproduction”. There is no right to withdraw from Relationships Education or Health Education, as set out by legislation. Parents are welcome to review any RSHE resources the provision uses. Requests for withdrawal should be put in writing and addressed to the Directors who will invite parents in for a discussion before granting such requests. Parents/carers are encouraged to discuss their decisions at the earliest opportunity. A copy of withdrawal requests will be placed in the learner’s file. The Directors will discuss the request with the parent/carer and take appropriate action. If a learner is excused from sex education, the provision will ensure that the learner receives appropriate, purposeful education during the period of withdrawal. Up to and until three terms before a student turns sixteen, if they wish to receive sex education rather than be withdrawn, we will make arrangements to provide them with sex education during one of those terms, as set out in Government mandatory guidance.

Safeguarding and Confidentiality

All staff are aware that effective RSE and Health education, which brings an understanding of what is and what is not appropriate in a relationship, can lead to a disclosure from a learner.

If a learner discloses something of a personal nature, teachers will consult with the Designated Safeguarding Lead Carla Astbury and in her absence Stacy Millington-Moss DDSL. A decision will be made about whether parents / carers need to be informed and the student will be kept informed about how the disclosure is treated and who will have access to the information.

Staff cannot promise absolute confidentiality if approached by a student for help. Staff will make this clear to learners.

All external visitors are selected carefully in line with our provisions ethos and are required to follow INNOV4TES safeguarding procedures from the point of arrival. Visitors/external agencies which support the delivery of RSHE will be required to meet with the Directors before delivering any sessions to discuss content and make-up of the groups. Teachers will always be present during visitors’ sessions.

1. Safe Learning Environment:

* A safe and supportive learning environment will be maintained where learners feel comfortable to engage in discussions and ask questions.
* Clear ground rules will be established at the start of each session to promote respect and confidentiality.

2. Handling Sensitive Issues:

* Staff will handle sensitive and controversial issues with care, ensuring discussions are age-appropriate and factual.
* If a learner discloses information that raises a safeguarding concern, staff will follow the school's safeguarding policy and procedures.

Monitoring and Evaluation

1. Assessment:

* Learners' progress in RSHE will be assessed through a combination of self-assessment, peer assessment, and teacher assessment.
* Feedback will be gathered from learners to inform future planning and ensure the curriculum meets their needs.

2. Review:

* The RSHE policy and curriculum will be reviewed annually by the RSHE Coordinator and the Directors.
* Feedback from staff, learners, and Parents/ Carers will be considered in the review process.

Roles and Responsibilities

1. Headteacher/Directors

- Ensure RSHE is effectively delivered across the school.

- Ensure staff receive appropriate training and support.

- Monitor and evaluate the implementation of the RSHE policy.

2. RSHE Coordinator:

- Develop and review the RSHE curriculum.

- Provide support and resources to staff.

- Liaise with parents and external agencies as needed.

3. Teachers:

- Deliver RSHE lessons in accordance with the curriculum.

- Create a safe and inclusive learning environment.

- Provide feedback on the effectiveness of the RSHE curriculum.

4. Learners:

- Engage actively and respectfully in RSHE lessons.

- Provide feedback to help improve the RSHE Programme.

- Apply the knowledge and skills learned to their own lives.

Conclusion

Innov4te Independent School is dedicated to providing an outstanding RSHE Programme that supports the personal development and wellbeing of our learners. By fostering a comprehensive understanding of relationships, sex, and health, we aim to equip our learners with the knowledge and skills they need to navigate the complexities of modern life safely and respectfully.

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