



KITE RIDGE SCHOOL
CHANGING MINDS

KITE RIDGE SCHOOL

PSHE POLICY
(INCLUDING RELATIONSHIPS AND SEX
EDUCATION)

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INTRODUCTION

Although a PSHE Policy is not a statutory document, Kite Ridge School teaches aspects of Personal, Social, Health and Education throughout each day. There are also separate lessons for Relationships and Sex Education. Kite Ridge School's values strongly reflect this and are as follows:

- **Community Engagement and Participation**
Students are enabled to engage in and contribute to society.
- **Autonomy and Self Determination**
Students are provided with a range of experiences to enable them to make and communicate meaningful choices.
- **Personal Development and Independence**
Students are enabled to grow, develop, and experience the new.
- **Material and Financial Sustainability**
Students are enabled to aspire to employment and economic independence.
- **Social and Intimate Relationships**
Students are enabled to develop respectful attitudes towards others and a range of friendships, social and intimate relationships.

The aim of this policy is to:

- Provide information to staff, parents and carers, governors, students and other agencies regarding the organisation, content and approach to teaching PSHE Education
- Help parents and carers to understand PSHE Education and support them to work with their child to secure the very best outcomes for all students
- Demonstrate how the school meets legal requirements with regards to teaching Relationships and Sex Education (RSE) and Health Education.

STATUTORY EDUCATION

At Kite Ridge School we teach PSHE –including Relationships and Sex Education (RSE) and Health Education through our school's individually tailored curriculum. Access to this may be through cross curricula themed lessons including Maths, Citizenship and Life Skills delivered in groups and/or individually, along with bespoke lessons for RSE delivered in small groups or individually supported by the school nurse.

The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019, made under sections 34 and 35 of the Children and Social Work Act 2017, make Relationships and Sex Education (RSE) compulsory for all students receiving secondary education. They also make Health Education compulsory in all schools except independent schools.

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/805781/Relationships_Education__Relationships_and_Sex_Education__RSE__and_Health_Education.pdf

It is the statutory responsibility of the governing body to approve the PSHE policy and to ensure the school is providing statutory Health Education and RSE and has a compliant RSE policy. Due to our students specific needs this is provided in a different way than it would be

in a Mainstream Secondary School.

WHAT ARE PSHE AND RSE?

Personal, Social, Health and Economic Education is a subject which has both statutory and non-statutory elements as defined by the DfE. High quality PSHE education supports students to embrace the challenges of creating a happy and successful adult life, students need knowledge that will enable them to make informed decisions about their wellbeing, health and relationships and to build their self-efficacy. Students can also put this knowledge into practice as they develop the capacity to make sound decisions when facing risks, challenges and complex contexts. Everyone faces difficult situations in their lives. These subjects can support young people to develop resilience, to know how and when to ask for help, and to know where to access support.

Our PSHE curriculum covers statutory Relationships and Sex Education (please see the RSE policy for further details). RSE gives students the information they need to help them develop healthy, nurturing relationships of all kinds, not just intimate relationships.

WHY DO WE TEACH IT? Curriculum Aims

- The personal, social, health and economic development of students is a vital element of education and we aim to work collaboratively with parents/carers to ensure our students are well informed and supported to make healthy, safe and positive choices in all aspects of their daily lives.
- We aim to provide high quality PSHE provision that will support students to develop life skills which will enable them to manage change, make healthy and safe choices, build character and resilience, and to help them to become reflective and responsible members of society.
- We plan and deliver age appropriate PSHE teaching in line with the student's cognitive ability which is sensitive to the needs of our school community and ensures PSHE provision gives our students an education which will support them both now and in the future. This will incorporate Careers Education as appropriate.
- Our PSHE provision is underpinned by the 2010 Equalities Act and provides an inclusive curriculum that promotes understanding and mutual respect for all. We reflect diversity within our curriculum to ensure that no student feels excluded; students are taught to understand, respect and celebrate difference and challenge stigma. All teaching of LGBT will be fully integrated into our Relationships Education and will not be taught as a standalone lesson. The DfE expect that all students are taught LGBT content as part of their education.

3. Development of the policy

This policy was developed by the PSHE lead in consultation with school governors, parents and students. We welcome parents and carers to make contact to discuss any aspect of this policy and PSHE provision in school.

IMPLEMENTATION

At Kite Ridge School statutory Relationships Sex Education, and Health Education are taught through visits from our school nurse, Life Skills lessons. We also teach Economic Education in Maths and Citizenship to support students to effectively manage their lives both now and in the future.

We provide a spiral curriculum to ensure students are taught key aspects of PHSE at a relevant and age appropriate level and in line with their continuing personal, social and emotional development.

RELATIONSHIPS AND SEX EDUCATION

Our PSHE curriculum covers statutory Relationships and Sex Education. RSE gives students the information they need to help them develop healthy, nurturing relationships of all kinds, not just intimate relationships

RSE teaches students how to keep safe and recognise and manage potential dangers in their on and off line lives, to avoid all forms of abusive relationships and how to report any concerns or abuse and where to access help when needed. It should enable them to recognise what is normal and identify issues with regards to themselves (and others), and know how to report concerns and seek help using safe and trusted sources. RSE is about the emotional and social development of relationships, and is not about the promotion of sexual activity. It should also cover contraception, developing intimate relationships and delaying sexual activity until students are emotionally ready and within the context of the law.

The RSE curriculum is designed to teach students the statutory elements of RSE as defined by the DfE.

The RSE curriculum covers:

- Families
- Respectful relationships including friendships
- Online and media
- Being safe
- Intimate and sexual relationships and sexual health
- The Law

Students will be taught at an age appropriate developmental RSE curriculum from years 7 – 14.

SEX EDUCATION

Our adapted curriculum is planned meticulously. 3 weeks prior to a lesson which includes Sex Education, parents will be notified by email. This email will include the contents of the lesson which their child will be taking part in. All students in maintained schools are required to teach National Curriculum science, which includes some elements of sex education. Parents **do not** have a right to withdraw from this.

Intimate and sexual relationships and sexual health are part of the statutory RSE curriculum. Parents and carers have the right to withdraw their child from some or all designated sex education provision up to and until three terms before the child turns 16. If you would like to withdraw your child from Sexual Education lessons then we ask that you make an appointment to discuss this with your child's Learning Mentors and a member of the SLT. This meeting will enable a discussion about what your child will be learning and its importance to their personal development. If, following this meeting, you would still like to withdraw your child then you will be provided with an opt out form. Please be aware that, in exceptional circumstances, the Headteacher is able to refuse your request.

After that point if the child wishes to receive sex education rather than be withdrawn, the schools should make arrangements to provide the child with sex education during one of the three terms before their Sixteenth birthday. For more information please see the RSE policy.

Research demonstrates that good, comprehensive sex and relationship education does not make young people more likely to become sexually active at a younger age.

HEALTH EDUCATION

We deliver statutory Health education in the same way as our PSHE lessons. Health Education aims to teach students about physical and mental wellbeing and give students the information that they need to make good decisions about their own health and wellbeing. It should enable them to recognise where normal variations in emotions and physical complaints end and health and wellbeing issue begin, and how to report concerns and seek help from trusted sources.

The Health Education curriculum covers:

- Mental wellbeing
- Internet safety and harms
- Physical health and fitness
- Healthy eating
- Drugs, alcohol and tobacco
- Health prevention
- Basic first aid
- Changing adolescent body*

*The changing adolescent body and puberty education is part of the statutory Health Education curriculum and is mandatory for all students.

Students will be taught at an age appropriate developmental Health Education curriculum from year 7 – 14.

ECONOMIC EDUCATION

Our PSHE curriculum covers Economic Education Students will learn about managing money, saving and the World of Work

WHEN AND HOW?

At Kite Ridge School PSHE is delivered through our student's usual lessons including individual target delivery. The adapted PSHE curriculum that we follow means it is not provided through a weekly PSHE lesson as it would be in a Mainstream Secondary school. It has been designed to help students develop their knowledge and skills over time, embedding learning to ensure that the information our young people receive can support them in their lives now and in the future. A range of teaching methods which involve children's full participation are used to teach relationship and sex education. These include use of video, discussion, looking at case studies, drama and role play. Relationship and sex education is usually delivered in mixed gender groups however, there may be occasions where single gender groups are more appropriate and relevant.

MANAGING DIFFICULT QUESTIONS AND SENSITIVE ISSUES

In PSHE students learn about personal safety and the law. If a student was to disclose something to a member of staff which raises concern then this will be reported to a designated safeguarding lead and followed up in accordance with school's child protection procedures. Please see our safeguarding policy on the school website for further information.

All aspects of PSHE are underpinned by shared and understood ground rules with lessons being delivered in a safe and well managed environment. Distancing techniques are used in PSHE education, which provide depersonalised examples which support students to explore what is being taught without sharing their own personal experiences in the lesson. Students are encouraged to ask questions and raise issues in a respectful and appropriate manner. Some questions or issues raised may not be appropriately answered in a lesson with other young people and these will be followed up separately on an individual or group basis. We also respect that some questions are better addressed at home with parents/ carers and the school will share information with parents/carers on an individual basis should the need arise. If students' questions go unanswered they may turn to inappropriate sources of information including the internet. As part of PSHE provision we signpost students to trusted websites and relevant support agencies to encourage them to access safe sources for support and further information outside of lessons.

Whilst it is vital to have trust and openness we cannot offer total confidentiality to students. Any disclosures or areas of concern will be followed up in accordance with our safeguarding procedures.

HOW DELIVERY AND CONTENT WILL BE MADE ACCESSIBLE TO ALL STUDENTS

The impact of PSHE provision will provide –

- students with well-chosen opportunities and contexts to explore and embed new knowledge that can be used confidently in real life situations

- students with factual and accurate knowledge that supports them to make positive choices and manage change leading to autonomy.
- Students are able to form healthy, happy relationships with others and recognise the features of unhealthy relationships and have strategies to challenge any negative behaviour of others and seek help when needed
- Students know how and when to ask for help and where to access support
- Students are well informed and recognise the risks they may encounter both online and off line and are able to make safe choices
- Students know how to look after their own mental health and well being and physical health and know when and where to seek help if needed. Students will respect and care for their bodies.
- Students are enabled to take responsibility for their actions and understand the implications and consequences of their own decisions and actions
- Students are well prepared for the next steps of their lives
- Students have the knowledge, skills and attributes to live healthy, happy lives
- Students understand and respect differences between themselves and others. They recognise how they can be influenced and are able to challenge any form of bullying and discriminatory behaviour
- Students understand their sexual feelings and behaviour, so they can lead fulfilling and enjoyable lives, understanding their own body-and appropriate physical contact
- Students are prepared for puberty and adulthood

CONFIDENTIALITY AND SAFEGUARDING

Whilst it is vital to have trust and openness we cannot offer total confidentiality to students. Any personal disclosures made by students or concerns raised by staff will be followed up in accordance with the school's child protection policy. Students will be accompanied by their Learning Mentor(s) as well as Tessa Willard who is the designated teacher with responsibility for coordinating relationship and sex education.

ROLES AND RESPONSIBILITIES

The Governing Body are required to approve the policy and hold the Head teacher to account for its implementation. It is the statutory responsibility of the governing body to ensure the school has a compliant and up to date RSE policy.

The Head teacher is responsible for ensuring PSHE is taught consistently across the school and for managing requests with regards to the parental right to withdraw from some or all of the Sex Education curriculum.

Students are expected to fully engage with PSHE and treat others with respect.

WORKING WITH OUTSIDE AGENCIES

DfE guidelines state that use of visitors should be to enhance teaching by an appropriate member of the teaching staff, rather than as a replacement for teaching by those staff.

From time to time the school may ask that someone from an outside agency, usually, but not exclusively, the school nurse, to deliver aspects of Sex or Health Education. You will be informed of these visits 3 weeks before they take place.

MONITORING

As PSHE is not to be taught as a weekly lesson with specific outcomes from those lessons, monitoring is completed on a termly basis with the outcome of the termly targets recorded and reported. These targets are available for parents and Governors to look at if requested. Both the teaching staff and Learning Mentors will provide the evidence for the students work towards these targets.

WORKING WITH PARENTS

It is vital that parents and carers know what is being taught and how to support their child/children. We work closely with our young people's parents and the targets that they are working towards are always available for parents to look at. We are always happy to discuss with you where you can help support your child's education.

We are happy to consult with students, parents and carers to provide an ongoing process to ensure we all work together for the greatest benefit of our students. We understand that parents and carers may wish to approach the school to access help with concerns they may have about their child and where they can go to obtain further support.

Parents and carers are only entitled to withdraw their child from designated Sex education lessons (please see the RSE policy for further details) up till three terms before the child is 16. There is no right to withdraw from PSHE, statutory Health Education (including puberty and the changing adolescent body), or from any other aspect of statutory Relationships Education. The science curriculum also includes content on human development, including reproduction, which there is no right to withdraw from. We highly recommend all students receive the full PSHE curriculum.

We welcome and encourage parents/carers to make an appointment with their child's Learning Mentor or a member of SLT to discuss any aspect of the PSHE curriculum or to raise any concerns they may have regarding this vital area of education.

LINKED POLICIES

Equal Opportunities

Child Protection

Confidentiality

Behaviour

Anti Bullying

RSE policy

APPENDIX 1

PSHE Curriculum overview – in separate document – need help with landscape/portrait

APPENDIX 2

Statutory guidance for RSE and Health Education and outcomes

<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education/relationships-and-sex-education-rse-secondary>

<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education/physical-health-and-mental-wellbeing-primary-and-secondary>