

# Relationships, Sex and Health Education

Written By	<b>Deputy Head, Pastoral</b>
Date for Review	<b>November 2021</b>
ISI Codes NMS	

## Definition of Relationship and Sex Education:

‘A lifelong learning about physical, moral and emotional development. It is about the understanding of the importance of family life, stable and loving relationships, respect, love and care. It is also about the teaching of sex, sexuality and sexual health. It is not about the promotion of sexual orientation or sexual activity.’ *DfEE 2000*

## Sherborne Prep School:

- Believes that the best way to achieve this is through RSE, being part of personal, social, health and economic (PSHE) education.
- Believes that RSE should be age-appropriate, evidence-based and centred on the needs of young people.
- Believes that PD (PSHE) education (including RSE) should be considered as important as other subjects and be taught by trained educators able to deliver a comprehensive programme.
- Recognises that young people learn about sex and relationships from a variety of sources, including parents and carers.
- Believes that schools should inform and involve parents and carers in the delivery of their RSE programme.
- Believes that comprehensive RSE should provide children and young people with the knowledge and skills they need to recognise, negotiate and enjoy safe and equal relationships and to enjoy their sexuality.
- **Believes in RSE that is open and inclusive. RSE should recognise and meet the needs of young people of different gender identities, sexual orientations, minority ethnic groups and those with physical or learning disabilities, and should celebrate diversity.**

## How RSE is taught at Sherborne Prep:

In **EYFS** children are supported to create healthy friendships, to understand personal space to keep themselves physically healthy.

**In Key Stages 1 and 2** children are taught about puberty and how a baby is born in their Science lessons. Healthy relationships, self-esteem, responsibility and changing bodies are also taught through the PD curriculum.

**In Key stage 3** RSE is included in the PD (PSHE) scheme of work. Sex education is set within the broader base of self-esteem and responsibility for the consequences of one's actions. Respect is always at the forefront of every session. The School works on a year to year basis as cohorts differ and adapt lessons to ensure that what is taught is appropriate for whole years, smaller groups or on an individual basis.

Throughout the school in myriad areas of school life, although predominantly through PD the following is discussed:

- Different types of relations, including friendships, family relationships, dealing with strangers and at KS3 – intimate relationships
- How relationships may affect health and well-being, including mental health;
- Healthy relationships and safety online; and
- Factual knowledge, at KS3 around sex, sexual health and sexuality, set firmly within the context of relationships.

Sherborne Prep recognises parents' rights to withdraw their child from RSE other than the sex education that is in the National Curriculum (such as biological aspects of human growth and reproduction that are essential elements of National Curriculum science). Before Sex Education is taught through PD a letter is sent to parents requesting that parents return a consent form stating whether they give permission for their child to be present in the sessions.