

# HEBBURN

Comprehensive School



WORK HARD | BE KIND | ASPIRE

## Relationship and Sex and Health Education Policy

Review Period	Recommended Annually		
Date of next review	Spring Term 2026	Author	Mrs A Phillips
Type of Policy	Statutory	Approval Status	Governing Body, Individual Governor or Head Teacher
Signed by:			
Head Teacher	Mr D Thompson	Date: 17 February 2025	
Chair of Governors	Mr G Thompson	Date: 17 February 2025	

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## Statement of Intent

At Hebburn Comprehensive School, we understand the importance of educating pupils about sex, relationships and their health, for them to make responsible and well-informed decisions in their lives.

The teaching of RSE and health education can help to prepare pupils for the opportunities, responsibilities and experiences of adult life. It allows us to promote the spiritual, moral, social, cultural, mental and physical development of pupils at school and in the wider society.

We have an obligation to provide pupils with high-quality, evidence and age-appropriate teaching of these subjects. This policy outlines how the school's RSE and health education curriculum will be organised and delivered, to ensure it meets the needs of all pupils.

### 1. Aims

The aims of relationships and sex education (RSE) at our school are to:

- Provide a framework in which sensitive discussions can take place
- Prepare pupils for puberty, and give them an understanding of sexual development and the importance of health and hygiene
- Help pupils develop feelings of self-respect, confidence and empathy
- Create a positive culture around issues of sexuality and relationships
- Teach pupils the correct vocabulary to describe themselves and their bodies
- Help pupils make informed choices
- To inform pupils of how and when to seek support and guidance

### 2. Legal Framework

As a maintained secondary school, we must provide RSE to all pupils as per the [Children and Social work act 2017](#).

In teaching RSE, we must have regard to [guidance](#) issued by the secretary of state as outlined in section 403 of the [Education Act 1996](#).

At Hebburn Comprehensive School we teach RSE as set out in this policy.

This policy also has due regard to all relevant legislation and statutory guidance including, but not limited to, the following:

- Equality Act 2010
- DfE (2023) 'Keeping children safe in education 2023'
- DfE (2019) 'Relationships Education, Relationships and Sex Education (RSE) and Health Education'
- DfE (2021) 'Teaching about relationships, sex and health'
- DfE (2015) 'National curriculum in England: science programmes of study'
- DfE (2019) 'Relationships Education, Relationships and Sex Education (RSE) and Health Education'
- DfE (2021) 'Teaching about relationships, sex and health'
- Children and Social Work Act 2017
- DfE (2024) 'Keeping children safe in education 2024'

This policy operates in conjunction with the following school policies:

- Behaviour and Rewards Policy
- SEND Policy
- E-safety Policy
- Equal Opportunities Policy
- Anti-Bullying Policy
- Safeguarding and Child Protection Policy
- Child on Child Abuse Policy
- Cyberbullying Policy
- Online Safety Policy
- Preventing Extremism and radicalisation Policy

### 3. Policy Development

This policy has been developed in consultation with staff, pupils and parents. The consultation and policy development process involved the following steps:

1. Review – a member of staff or working group pulled together all relevant information including relevant national and local guidance
2. Staff consultation – all school 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 this policy and the curriculum offer via email
4. Pupil consultation – we investigated what exactly pupils want from their RSE
5. Ratification – once amendments were made, the policy was shared with governors and ratified.

### 4. Definition

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

RSE involves a combination of sharing information and exploring issues and values. RSE is not about the promotion of sexual activity.

### 5. Curriculum

- All schools providing secondary education are required to deliver statutory RSE and all state funded schools are required to deliver health education.  
For the purpose of this policy, “**RSHE**” is used to refer to the overall programme of relationships, sex and health education.
- For the purpose of this policy, “**relationships and sex education (RSE)**” is defined as teaching pupils about developing healthy, nurturing relationships of all kinds, and helping them to understand human sexuality and to respect themselves and others.
- For the purpose of this policy, “**health education**” is defined as teaching pupils about how they can make good decisions about their own health and wellbeing, and how physical health and mental wellbeing are interlinked.

- The RSE and health education curriculum will be delivered by appropriately trained members of staff.
- The curriculum will proactively address issues in a timely way in line with current evidence on pupil's physical, emotional and sexual development.
- RSE and health education will be delivered in a non-judgemental, age-appropriate, factual and inclusive way that allows pupils to ask questions in a safe environment.
- Teaching of the curriculum reflects requirements set out in law, particularly in the Equality Act 2010, so that pupils understand what the law does and does not allow, and the wider legal implications of the decisions they make.
- All teaching and resources are assessed by the RSE and PHSE subject leader to ensure they are appropriate for the age and maturity of pupils, are sensitive to their religious backgrounds and meet the needs of any SEND, if applicable.
- Throughout every year group, appropriate diagrams, videos, books, games, discussion and practical activities will be used to assist learning.
- The school will integrate LGBTQ+ content into the RSE. LGBTQ+ content will be approached in a sensitive, age-appropriate and factual way that allows pupils to explore the features of stable and healthy same-sex relationships.
- Inappropriate images, videos, etc. will not be used, and resources will be selected with sensitivity given to the age and cultural background of pupils.
- Pupils will be prevented from accessing inappropriate materials on the internet when using such to assist with their learning. The prevention measures taken to ensure this are outlined in the school's E-safety Policy and Acceptable Terms of Use Agreement.
- Teachers will ensure that pupils' views are listened to and will encourage them to ask questions and engage in discussion. Teachers will answer questions sensitively and honestly.
- Teachers will talk about the importance of marriage and healthy relationships when teaching RSE, though sensitivity will always be given as to not stigmatise pupils on the basis of their home circumstances.
- Teachers will ensure lesson plans focus on challenging perceived views of pupils based on protected characteristics, through exploration of, and developing mutual respect for, those different to themselves.
- In teaching the curriculum, teachers will be aware that pupils may raise topics such as self-harm and suicide. When talking about these topics in lessons, teachers will be aware of the risks of encouraging these behaviours and will avoid any resources or material that appear as instructive rather than preventative.
- The RSHE curriculum will be informed by topical issues in the school and wider community, to ensure it is tailored to pupils' needs.

The procedures for assessing pupil progress are outlined in section 13 of this policy.

We have developed the curriculum in consultation with parents, pupils and staff, taking into account the experiences, needs and feelings of pupils. If pupils ask questions outside the scope of this policy, teachers will respond in an appropriate manner, so they are fully informed and don't seek answers online.

## Curriculum Links

The school seeks opportunities to draw links between RSE and health education and other curriculum subjects wherever possible to enhance pupils' learning.

Elements of the RSHE curriculum are delivered as content in the following subjects:

- **Science**
- **ICT and computing**
- **PE**
- **PSHE**
- **RE**

RSE focuses on giving young people the information they need to help them develop healthy, nurturing relationships of all kinds including:

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

For more information about our RSE provision, please refer to the curriculum map and topics covered at the end of this policy.

## 6. Delivery of RSE

- The RSE and health education curriculum will be developed in consultation with teachers, pupils and parents, and in accordance with DfE recommendations.
- The majority of the RSE and health education curriculum will be delivered through PSHE education, with statutory elements taught via the science curriculum.
- The RSE and health education subject leader will work closely with their colleagues in related curriculum areas to ensure the curriculum complements and does not duplicate the content covered in national curriculum subjects.
- The curriculum has been developed in line with the DfE's 'Relationships Education, Relationships and Sex Education (RSE) and Health Education' guidance.
- The school will consider the religious background of all pupils when planning teaching, to ensure all topics included are appropriately handled.
- The RSE and health education curriculum is informed by topical issues in the school and wider community, to ensure it is tailored to pupils' needs, for example, if there was a local prevalence of specific sexually transmitted infections, our curriculum would be tailored to address this issue.
- The school will integrate LGBTQ+ content into the RSE curriculum. LGBTQ+ content will be approached in a sensitive, age-appropriate and factual way that allows pupils to explore gender identity, stereotypes, and the features of stable and healthy same-sex relationships. All pupils are expected to learn about LGBTQ+ content, and parents do not have a statutory right to withdraw their children from lessons that include LGBTQ+ content.
- Pupils also receive stand-alone sex education sessions delivered by a trained staff.

These areas of learning are taught within the context of family life taking care to ensure that there is no stigmatisation of children based on their home circumstances (families can include single parent families, LGBTQ+ parents, families headed by grandparents, adoptive parents, foster parents/carers amongst other structures) along with reflecting sensitively that some children may have a different structure of support around them (for example: looked after children or young carers). Ground rules will be set within the classroom and, if a need arises, a pupil will be given the option to use a brief time out.

## **7. Roles and Responsibilities**

### **7.1 The Governing Body**

- The governing board will approve the RSE policy and hold the headteacher to account for its implementation.
- Ensuring all pupils make progress in achieving the expected educational outcomes.
- Ensuring the RSE and health education curriculum is well-led, effectively managed and well planned.
- Evaluating the quality of provision through regular and effective self-evaluation.
- Ensuring that teaching is delivered in ways that are accessible to all pupils with SEND.
- Providing clear information to parents on the subject content and the right to request that their child is withdrawn.
- Ensuring RSE and health education is resourced, staffed and timetabled in a way that ensures the school can fulfil its legal obligations.
- Ensuring that all teaching staff receive ongoing training on issues relating to PSHE and RSHE and how to deliver lessons on such issues.
- Ensuring that all staff are up to date with policy changes, and familiar with school policy and guidance relating to RSHE.
- Ensuring that the RSHE curriculum covers the teaching of safeguarding, including in relation to online safety.

### **7.2 The Head Teacher**

The overall implementation of this policy.

- Ensuring all staff are suitably trained to deliver the subjects.
- Ensuring there is adequate time on the school timetable to deliver RSHE as a statutory curriculum subject.
- Ensuring parent are fully informed of this policy.
- Reviewing all requests to withdraw pupils from non-statutory elements of the RSE and health education curriculum.  
Discussing withdrawal requests with parents, and the child if appropriate, to ensure their wishes are understood and to clarify the nature and purpose of the curriculum, including the benefits of receiving the education.
- Ensuring withdrawn pupils receive appropriate, purposeful education during the period of withdrawal.
- Encouraging parents to be involved in consultations regarding the school's RSE and health education curriculum.
- Reviewing this policy on an annual basis.
- Reporting to the governing board on the effectiveness of this policy and the curriculum.

### **7.3 The Member of SLT with Responsibility for RSE**

- Responding appropriately to pupils whose parents wish them to be withdrawn from the non statutory components of RSE
- Working closely with colleagues in related curriculum areas to ensure the RSE and health education curriculum compliments, and does not duplicate, the content covered in national curriculum subjects.
- Ensuring the curriculum is age-appropriate and of high-quality.
- Reviewing changes to the RSE and health education curriculum and advising on their implementation.
- Monitoring the learning and teaching of RSE and health education, providing support to staff where necessary.
- Ensuring the continuity and progression between each year group.
- Helping to develop colleagues' expertise in the subject by facilitating access to appropriate training
- Ensuring teachers are provided with adequate resources to support teaching of the curriculum.
- Ensuring the school meets its statutory requirements in relation to RSE and health education.
- Leading staff meetings and ensuring all members of staff involved in the curriculum have received the appropriate training.
- Monitoring and evaluating the effectiveness of the subjects and providing reports to the headteacher.

### **7.4 DSL**

The DSL will be responsible for:

- Offering advice and consultation for safeguarding-related subjects in the RSHE curriculum.
- Promoting knowledge and awareness of safeguarding issues amongst staff.
- Being an appropriate point of contact for staff who have concerns about the welfare of a pupil that have arisen through the teaching of RSHE.
- Organising a safe space for pupils to go should they need additional support or time to talk after an RSHE session.
- Ensuring staff teach in a trauma-informed manner and are particularly mindful of more vulnerable pupils who may have Adverse Childhood Experiences or potential triggers related to the material.

### **7.5 Staff**

Staff are responsible for:

- Acting in accordance with, and promoting, this policy.
- Delivering RSHE in a manner that is sensitive, of high quality and appropriate for each year group.
- Modelling positive attitudes to RSHE
- Monitoring progress
- Responding to the needs of individual pupils
- Ensuring they do not express personal views or beliefs when delivering the curriculum.
- Planning lessons effectively, ensuring a range of appropriate teaching methods and resources are used to cover the content.
- Modelling positive attitudes to RSE and health education.
- Liaising with the SENCO about identifying and responding to the individual needs of pupils with SEND.
- Liaising with the RSHE subject leader on key topics, resources and support for individual pupils.
- Monitoring pupil progress in RSE and health education.



- Reporting any concerns regarding the teaching of RSE or health education to the RSHE subject leader or the member of the SLT with responsibility for RSE
- Reporting any safeguarding concerns or disclosures that pupils may make as a result of the subject content to the DSL, following the school's safeguarding procedures.
- Providing an inclusive approach to their lesson delivery.
- Engaging in training in relation to the teaching of safeguarding, including in relation to online safety.

## 7.6 The SENCO

### The SENCO is responsible for:

- Advising teaching staff how best to identify and support pupils' individual needs.
- Advising staff on the use of TAs in order to meet pupils' individual needs.

Staff do not have the right to opt out of teaching RSE. Staff who have concerns about teaching RSE are encouraged to discuss this with the headteacher/member of the SLT with responsibility for RSE

**Member of the SLT with responsibility for RSE: Mrs Angeline Phillips, Head of Science: Mrs D Pullen, Head of RE: Mrs C Sharp, PSHE Co-ordinator: Mrs A Spark.**

## 7.7 Pupils

Pupils are expected to engage fully in RSE and, when discussing issues related to RSE, treat others with respect and sensitivity.

## 8. Parents' Right to Withdraw

- Parents have the right to withdraw their children from the non-statutory/non-science components of sex education within RSE up to and until 3 terms before the child turns 16. Parents **do not** have a right to withdraw their child from the relationships or health elements of the programme. After this point, if the child wishes to receive sex education rather than being withdrawn, the school will arrange this.
- Requests for withdrawal should be put in writing using the form found in Appendix 3 of this policy and addressed to the headteacher.
- For requests concerning the withdrawal of a pupil with SEND, the Head Teacher may take the pupils' specific needs into account when making their decision.
- A copy of withdrawal requests will be placed in the pupil's educational record. Alternative work will be given to pupils who are withdrawn from sex education.
- As a school, we value the importance of RSE education for all and will discuss any requests for withdrawal with parents.

## 9. Training

- Training will be provided to the relevant members of staff to ensure they are up-to-date with the RSE and health education curriculum
- Training will also be scheduled around any updated guidance on the curriculum and any new developments, such as "sexting", which may need to be addressed in relation to the curriculum.

## 10. Working with External Agencies

- Working with external agencies can enhance our delivery of RSE and health education, and brings in specialist knowledge and different ways of engaging pupils. External experts may be invited to assist from time-to-time with the delivery of the RSE and health education curriculum but will be expected to comply with the provisions of this policy.

When working with external agencies, the school will ensure:

- A teacher is present throughout these lessons.
- Visitors are given a copy of this policy and expected to comply with the guidelines outlined within it.
- All resources used by guest speakers are available to parents to view on request.
- The lesson the external expert has planned fits with the school's planned curriculum and this policy.
- The expert's credentials are checked before they are able to participate in delivery of the curriculum, in line with the Visitor Policy.
- The expert's lesson plan is age-appropriate and accessible for the pupils.
- That the materials the expert intends to use, as well the lesson plan, meet all pupils' needs, including those with SEND.
- That procedures for confidentiality are in place; this includes ensuring that the expert understands how safeguarding reports should be dealt with in line with the Child Protection and Safeguarding Policy.
- The school will use visitors to enhance teaching by an appropriate member of teaching staff, not to replace teaching by those staff.
- The school will ensure the teaching delivered by the external experts fits with the planned curriculum and provisions of this policy. The school will discuss with the visitor the details of how they intend to deliver their sessions and ensure the content is age-appropriate and accessible for all pupils.

## 11. Equality and Accessibility

The school will comply with the relevant requirements of the Equality Act 2010 and will ensure the curriculum does not discriminate against pupils because of their:

➤ **Age** ➤ **Sex** ➤ **Race** ➤ **Disability** ➤ **Religion or belief** ➤ **Gender**  
**reassignment** ➤ **Pregnancy or maternity** ➤ **Marriage or civil partnership** ➤  
**Sexual orientation**

- The school will consider the backgrounds, gender, age range and needs of its pupils and determine whether it is necessary to put in place additional support for pupils with the above protected characteristics.
- The school understands that pupils with SEND are entitled to learn about RSE and health education, and the curriculum will be designed to be inclusive of all pupils.
- The school is aware that some pupils are more vulnerable to exploitation, bullying and other issues due to the nature of their SEND – teachers will understand that they may need to liaise with the **SENCO** and be more explicit and adapt their planning or work to appropriately deliver the curriculum to pupils with SEND.
- Where there is a need to tailor content and teaching to meet the needs of pupils at different developmental stages, the school will ensure the teaching remains sensitive, age-appropriate, developmentally appropriate and is delivered with reference to the law.

- The school will take steps to foster healthy and respectful child-to-child communication and behaviour between boys and girls and provide an environment which challenges perceived limits on pupils based on their gender or any other characteristic.
- The school will be actively aware of everyday issues such as sexism, misogyny, homophobia and gender stereotypes and take positive action to build a culture within which these are not tolerated. Any occurrences of such issues will be identified and tackled promptly.
- The school will make clear that sexual violence and sexual harassment are not acceptable and will not be tolerated.

## 12. Safeguarding and Confidentiality

- All pupils will be taught about keeping themselves safe, including online, as part of a broad and balanced curriculum.
- In teaching about safeguarding, the RSHE curriculum will be tailored to the specific needs and vulnerabilities of individual pupils, including pupils who are victims of abuse and pupils with SEND.
- Confidentiality within the classroom is an important component of RSE and health education, and teachers are expected to respect the confidentiality of their pupils as far as is possible.
- Teachers will, however, understand that some aspects of RSE may lead to a pupil raising a safeguarding concern, e.g. disclosing that they are being abused, and that if a disclosure is made, the **DSL** will be alerted immediately.
- Pupils will be made aware of how to raise their concerns or make a report, and how their report will be handled – this includes the process for when they have a concern about a peer.
- When teaching issues that are particularly sensitive, e.g. self-harm, consent or suicide, teachers will be made aware of the risks of inadvertently encouraging or providing instructions to pupils. Teaching of these subjects will always prioritise preventing harm to pupils as a central goal.

In relation to safeguarding, the RSHE curriculum will cover the following aspects:

- Healthy and respectful relationships
- Boundaries and consent
- Stereotyping, prejudice and equality
- Body confidence and self-esteem
- How to recognise an abusive relationship, including coercive and controlling behaviour
- The concepts of, and laws relating to:
  - Sexual consent
  - Sexual exploitation
  - Abuse
  - Grooming
  - Coercion
  - Harassment
  - Rape
  - Domestic abuse
  - So called 'honour'-based violence, e.g. forced marriage and FGM, and how to access support
- What constitutes sexual harassment and sexual violence and why these are always unacceptable

The RSHE curriculum will be kept under constant review and the school will consider scenarios in which safeguarding concerns and patterns of concerning behaviours, e.g. reports of sexual harassment, should be addressed by updating relevant parts of the RSHE curriculum.

### 13. Assessment Procedures

- a. The school has the same high expectations of the quality of pupils' work in RSE and health education as for other curriculum areas.
- b. Lessons are planned to provide suitable challenge to pupils of all abilities.
- c. There are no formal examinations for RSE and health education; however, to assess pupil outcomes, the school will capture progress in the following ways:
  - Lesson observations
  - Learning Walks
  - Work scrutiny
  - Self-evaluations

### 14. Monitoring Arrangements

The delivery of RSE is monitored by Mrs A Phillips, the member of the SLT with responsibility for RSE, Mrs Annette Spark, PSHE coordinator and relevant Heads of subject.

The delivery will be monitored as part of the school SSE programme.

Pupils' development in RSE is monitored by class teachers as part of our internal assessment systems if addressed as part of the curriculum.

This policy will be reviewed by Mrs A Phillips, the member of the SLT with responsibility for RSE annually. At every review, the policy will be approved by the headteacher and the governing body.

### 15. Monitoring and Review

This policy will be reviewed by the **Head Teacher** and **the member of the SLT with responsibility for RSE** annually in conjunction with the **RSE and health education subject leader**.

Any changes needed to the policy, including changes to the programmes, will be implemented by the **Head Teacher**.

Any changes to the policy will be clearly communicated to all members of staff and, where necessary, parents and pupils, involved in the RSE and health education curriculum.

The next scheduled review date for this policy is January 2026.

**Appendix 1a: Relationships and sex education curriculum map – this may be subject to change to fit current/school specific issues.**

**change to fit current/school specific issues.**

Family	Science					PSHE					RE					IT					Other (assembly/talk)				
	7	8	9	10	11	7	8	9	10	11	7	8	9	10	11	7	8	9	10	11	7	8	9	10	11
Recognise different types of committed, stable relationships.						✓	✓	✓	✓	✓				✓	✓						✓		✓	✓	
Understand what marriage is and their importance for bringing up children.								✓	✓	✓				✓	✓								✓	✓	
Identify why marriage is an important relationship choice for many couples								✓	✓	✓				✓	✓										
Have knowledge of the roles and responsibilities of parents with respect to raising of children								✓	✓	✓				✓	✓										
Identify and understand the characteristics of successful parenting.	✓							✓	✓	✓				✓	✓										

Be able to judge when a family, friend, intimate or other relationship are unsafe							✓	✓	✓	✓	✓										✓		✓	✓	
Understand how to seek help or advice, including reporting concerns about others.							✓	✓	✓	✓	✓										✓		✓	✓	

Respectful relationships, including friendships	Science					PSHE					RE					IT					Other (assembly/talk/handout)				
	7	8	9	10	11	7	8	9	10	11	7	8	9	10	11	7	8	9	10	11	7	8	9	10	11
Understand the legal rights and responsibilities regarding equality (be aware of the protected characteristics the Equality Act 2010)						✓	✓	✓	✓	✓		✓	✓	✓	✓										
Be aware as an individual you can be expected to be treated with respect.						✓	✓	✓	✓	✓	✓										✓	✓	✓	✓	✓
Understand that you should show respect to others Have tolerance of other people's beliefs.				✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓						✓	✓	✓	✓	✓
The characteristics of positive and healthy friendships (in all contexts, sexual, Non-sexual and <u>online</u> ) Trust, Respect, Honesty, Kindness,						✓	✓	✓	✓	✓	✓	✓	✓	✓	✓						✓	✓	✓	✓	✓







Online and media	Science					PSHE					RE					IT					Other (assembly/talk/handout)				
	7	8	9	10	11	7	8	9	10	11	7	8	9	10	11	7	8	9	10	11	7	8	9	10	11
Be aware of individual's rights, responsibilities and opportunities online						✓	✓	✓	✓	✓			✓			✓		✓		✓	✓	✓	✓	✓	✓
Be aware of online risks						✓	✓	✓	✓	✓			✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Understand how information and data is generated, collected, shared and used online.								✓	✓	✓						✓		✓	✓	✓	✓	✓	✓	✓	✓
Understand the risks of sharing material online i) provide material to others that they would not want shared further not to share personal material which is sent to them						✓	✓	✓	✓	✓						✓					✓	✓	✓	✓	✓

<p>Understand that sharing and viewing indecent images of children <u>(including those created by children)</u></p> <ul style="list-style-type: none"> <li>➤ Is a criminal offence</li> <li>➤ Carries severe penalties including jail.</li> </ul>			✓				✓	✓	✓	✓	✓									✓	✓	✓	✓	✓
<p>Be aware of the difficulty of removing potentially compromising material placed online</p>							✓	✓	✓	✓	✓									✓	✓	✓	✓	✓
<p>Identify what and where to go to report material or manage issues online</p>							✓	✓	✓	✓	✓									✓	✓	✓	✓	✓
<p>Have an understanding that e.g. pornography presents a distorted picture of sexual behaviours</p>									✓	✓	✓													



Being safe	Science					PSHE					RE					IT					Other (assembly/talk/handout)				
	7	8	9	10	11	7	8	9	10	11	7	8	9	10	11	7	8	9	10	11	7	8	9	10	11
The concepts of, and laws relating to, <ul style="list-style-type: none"> <li>➤ sexual consent,</li> <li>➤ sexual exploitation,</li> <li>➤ abuse,</li> <li>➤ grooming,</li> <li>➤ coercion,</li> <li>➤ harassment,</li> <li>➤ rape,</li> <li>➤ domestic abuse,</li> <li>➤ forced marriage,</li> <li>➤ honour-based violence</li> <li>➤ FGM</li> </ul>						✓	✓	✓	✓	✓						✓	✓								
How the above can affect current and future relationships						✓	✓	✓	✓	✓															
How people can actively communicate and recognise consent from others, including sexual consent						✓	✓	✓	✓	✓															



Intimate and sexual relationships, including sexual health	Science					PSHE					RE					IT					Other (assembly/talk/handout)					
	7	8	9	10	11	7	8	9	10	11	7	8	9	10	11	7	8	9	10	11	7	8	9	10	11	
Recognise the characteristics and positive aspects of healthy one-to-one intimate relationships	✓			✓	✓				✓	✓	✓															
Understand that our <ul style="list-style-type: none"> <li>➤ physical</li> <li>➤ emotional</li> <li>➤ mental,</li> <li>➤ sexual and reproductive health</li> <li>➤ wellbeing</li> </ul> can be affected by choice in relationships			✓	✓					✓	✓	✓															
Understand that they have a choice to delay sex or to enjoy intimacy without sex.			✓	✓					✓	✓	✓															

<p>Be aware of and understand how a range of strategies can be used to managing sexual pressure including</p> <ul style="list-style-type: none"> <li>➤ understanding peer pressure,</li> <li>➤ resisting pressure</li> <li>➤ pressurising others.</li> </ul>			✓	✓					✓	✓	✓	✓													
<p>Be aware of how the use of alcohol and drugs can lead to risky sexual behaviour.</p>			✓	✓					✓	✓	✓	✓	✓								✓	✓	✓	✓	✓
<p>Be aware of the full range of contraceptive choices/options available</p>				✓	✓							✓													
<p>Understand how risk can be reduced through safer sex (including through condom use)</p>				✓	✓							✓													







**Appendix 1b: Health education curriculum map – this may be subject to change to fit current/school specific issues.**

Physical Health & Fitness	Curricular		Extra-Curricular					
	Discrete PSHE/ Citizenship	Cross-Curricular Links	Clubs and Activities	Assembly	School Council	Community Links	Charities and Projects	Other
Pupils can:								
Recognise the characteristics and mental and physical benefits of an active lifestyle.	✓	✓	✓	✓	✓	✓	✓	
Understand the importance of building regular exercise into daily and weekly routines and how to achieve this; for example, walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise	✓	✓	✓	✓	✓		✓	
Recognise the risks associated with an inactive lifestyle (including obesity).	✓	✓	✓	✓			✓	
Know how and when to seek support including which adults to speak to in school if they are worried about their health	✓	✓		✓	✓	✓	✓	✓

<b>Healthy Eating</b>	<b>Curricular</b>		<b>Extra-Curricular</b>					
<b>Pupils can:</b>	<b>Discrete PSHE/ Citizenship</b>	<b>Cross-Curricular Links</b>	<b>Clubs and Activities</b>	<b>Assembly</b>	<b>School Council</b>	<b>Community Links</b>	<b>Charities and Projects</b>	<b>Other</b>
Understand what constitutes a healthy diet (including understanding calories and other nutritional content).	✓	✓		✓			✓	✓
Understand the principles of planning and preparing a range of healthy meals.	✓	✓				✓	✓	✓
Understand the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health).	✓	✓		✓		✓	✓	✓
<b>Drugs, Alcohol &amp; Tobacco</b>	<b>Curricular</b>		<b>Extra-Curricular</b>					
<b>Pupils can:</b>	<b>Discrete PSHE/ Citizenship</b>	<b>Cross-Curricular Links</b>	<b>Clubs and Activities</b>	<b>Assembly</b>	<b>School Council</b>	<b>Community Links</b>	<b>Charities and Projects</b>	<b>Other</b>
Understand the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drugtaking.	✓	✓		✓			✓	✓

Health and Prevention	Curricular		Extra-Curricular					
	Discrete PSHE/ Citizenship	Cross-Curricular Links	Clubs and Activities	Assembly	School Council	Community Links	Charities and Projects	Other
Pupils can: Recognise the early signs of physical illness, such as weight loss, or unexplained changes to the body.	✓	✓					✓	✓
Understand safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer.	✓			✓				✓
Understand the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn	✓			✓				✓
Understand about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist.		✓		✓				✓
Understand about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing.	✓	✓						✓
Understand the facts and science relating to immunisation and vaccination		✓						✓

Basic First Aid	Curricular		Extra-Curricular					
	Discrete PSHE/ Citizenship	Cross-Curricular Links	Clubs and Activities	Assembly	School Council	Community Links	Charities and Projects	Other
Pupils can: Understand how to make a clear and efficient call to emergency services if necessary.	✓	✓					✓	✓
Understand the concepts of basic first aid, for example dealing with common injuries, including head injuries.	✓	✓						✓

Changing Adolescent Body	Curricular		Extra-Curricular					
	Discrete PSHE/ Citizenship	Cross-Curricular Links	Clubs and Activities	Assembly	School Council	Community Links	Charities and Projects	Other
Pupils can: Understand the key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.	✓	✓						✓
Understand about menstrual wellbeing including the key facts about the menstrual cycle.		✓						



## Appendix 2: By the End of Secondary School Pupils Should Know

TOPIC	PUPILS SHOULD KNOW
Families	<ul style="list-style-type: none"> <li>• That there are different types of committed, stable relationships.</li> <li>• How these relationships might contribute to human happiness and their importance for bringing up children.</li> <li>• What marriage is, including their legal status e.g. that marriage carries legal rights and protections not available to couples who are cohabiting or who have married, for example, in an unregistered religious ceremony.</li> <li>• Why marriage is an important relationship choice for many couples and why it must be freely entered into.</li> <li>• The characteristics and legal status of other types of long-term relationships.</li> <li>• The roles and responsibilities of parents with respect to raising of children, including the characteristics of successful parenting.</li> <li>• How to: determine whether other children, adults or sources of information are trustworthy: judge when a family, friend, intimate or other relationship is unsafe (and to recognise this in others’ relationships); and, how to seek help or advice, including reporting concerns about others, if needed.</li> </ul>
Respectful relationships, including friendships	<ul style="list-style-type: none"> <li>• The characteristics of positive and healthy friendships (in all contexts, including online) including: trust, respect, honesty, kindness, generosity, boundaries, privacy, consent and the management of conflict, reconciliation and ending relationships. This includes different (non-sexual) types of relationship.</li> <li>• Practical steps they can take in a range of different contexts to improve or support respectful relationships.</li> <li>• How stereotypes, in particular stereotypes based on sex, gender, race, religion, sexual orientation or disability, can cause damage (e.g. how they might normalise non-consensual behaviour or encourage prejudice).</li> <li>• That in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including people in positions of authority and due tolerance of other people’s beliefs.</li> <li>• About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help.</li> <li>• That some types of behaviour within relationships are criminal, including violent behaviour and coercive control.</li> <li>• What constitutes sexual harassment and sexual violence and why these are always unacceptable.</li> <li>• The legal rights and responsibilities regarding equality (particularly with reference to the protected characteristics as defined in the Equality Act 2010) and that everyone is unique and equal.</li> </ul>



TOPIC	PUPILS SHOULD KNOW
Online and media	<ul style="list-style-type: none"> <li>• Their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online.</li> <li>• About online risks, including that any material someone provides to another has the potential to be shared online and the difficulty of removing potentially compromising material placed online.</li> <li>• Not to provide material to others that they would not want shared further and not to share personal material which is sent to them.</li> <li>• What to do and where to get support to report material or manage issues online.</li> <li>• The impact of viewing harmful content.</li> <li>• That specifically sexually explicit material e.g. pornography presents a distorted picture of sexual behaviours, can damage the way people see themselves in relation to others and negatively affect how they behave towards sexual partners.</li> <li>• That sharing and viewing indecent images of children (including those created by children) is a criminal offence which carries severe penalties including jail.</li> <li>• How information and data is generated, collected, shared and used online.</li> </ul>
Being safe	<ul style="list-style-type: none"> <li>• The concepts of, and laws relating to, sexual consent, sexual exploitation, abuse, grooming, coercion, harassment, rape, domestic abuse, forced marriage, honour-based violence and FGM, and how these can affect current and future relationships.</li> <li>• How people can actively communicate and recognise consent from others, including sexual consent, and how and when consent can be withdrawn (in all contexts, including online).</li> </ul>

TOPIC	PUPILS SHOULD KNOW
Intimate and sexual relationships, including sexual health	<ul style="list-style-type: none"> <li>• How to recognise the characteristics and positive aspects of healthy one-to-one intimate relationships, which include mutual respect, consent, loyalty, trust, shared interests and outlook, sex and friendship.</li> <li>• That all aspects of health can be affected by choices they make in sex and relationships, positively or negatively, e.g. physical, emotional, mental, sexual and reproductive health and wellbeing.</li> <li>• The facts about reproductive health, including fertility and the potential impact of lifestyle on fertility for men and women.</li> <li>• That there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others.</li> <li>• That they have a choice to delay sex or to enjoy intimacy without sex.</li> <li>• The facts about the full range of contraceptive choices, efficacy and options available.</li> <li>• The facts around pregnancy including miscarriage.</li> <li>• That there are choices in relation to pregnancy (with medically and legally accurate, impartial information on all options, including keeping the baby, adoption, abortion and where to get further help).</li> <li>• How the different sexually transmitted infections (STIs), including HIV/AIDs, are transmitted, how risk can be reduced through safer sex (including through condom use) and the importance of and facts about testing.</li> <li>• About the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment.</li> <li>• How the use of alcohol and drugs can lead to risky sexual behaviour.</li> <li>• How to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment.</li> </ul>

## Letter to Parents Regarding RSE and Health Education

### RE: RSE and health education at Hebburn Comprehensive School

Dear Parent

Government guidelines outline that, from the age of 11, it is compulsory for all schools to provide an RSE and health education curriculum.

At our school, we believe that it is important to provide our pupils with a thorough and balanced curriculum, including age-appropriate information about sex and relationships.

The details of what will be taught to the various year groups is detailed in the school's **RSE and Health Education Policy**, which can be accessed on our school website [www.hebburn.net](http://www.hebburn.net), or in hard copy via our **school office**.

Though schools must provide RSE and health education for pupils from the age of 11, up until the age of 19, only aspects of the science national curriculum are compulsory for pupils to learn. Therefore, as parents, you are entitled to request that your child be removed from sex education lessons up to and until three terms before they turn 16-years-old. After that point, if your child wishes to receive sex education, the school will make arrangements to provide them with sex education during one of those terms.

Requests for withdrawal should be submitted using the form on the school website to myself, the **Head Teacher**, who will discuss this with you and your child's teacher, and determine an appropriate substitute for these lessons. In most instances, children will be provided with self-directed reading or exercises which they can complete under the supervision of a trainee teacher.

If you have any concerns or queries about your child's participation in these lessons, please do not hesitate to contact either myself or your child's class teacher to discuss these.

Yours sincerely



Mr D Thompson  
**Head Teacher**

## Appendix 3: Parent Form: Withdrawal from Sex Education within RSE

TO BE COMPLETED BY PARENTS			
Name of child		Class	
Name of parent		Date	
Reason for withdrawing from sex education within relationships and sex education			
Any other information you would like the school to consider			
Parent signature			

  

TO BE COMPLETED BY THE SCHOOL	
Agreed actions from discussion with parents	

