



NORTHAMPTON SCHOOL
'Nurturing Success'



Relationships and Sex Education Policy

Approved by: MAT Working Party
Date: November 2022
Review Date: November 2023

PSHE Coordinator: TBC
Personal Development Lead: TBC
Designated Senior Leader: Katy Wilkins



Contents

1. Aims, Rationale and Ethos
2. Policy Development
3. Legislation
4. Definition of RSE
5. Curriculum design and implementation
6. Right to withdraw
7. Roles and Responsibilities
8. Effective practice and training
9. Safeguarding
10. Engaging stake holders
11. RSE policy review
12. Appendix 1 – Whole School Curriculum Map
13. Appendix 2 – RSE Curriculum Map
14. Appendix 3 – Integration of Statutory Guidance from DfE on RSE part 1
15. Appendix 4 – Integration of Statutory Guidance from DfE on RSE part 2
16. Appendix 5 – Withdrawal Form



Aims, Rational and Ethos

We believe Relationships and Sex Education is important for our pupils and our school as we believe it is important to develop the whole person. Relationships and Sex Education helps promote key values that are integral to our ethos: honesty, integrity, humility, perseverance, tolerance, and kindness as well as respect for all by all. We view the partnership of home and school as vital in this.

The school's overarching aims are to provide all pupils with the tools and knowledge they need to be responsible, safe and well-informed citizens who show respect to all, are self-aware and able to seek help for themselves and others when required.

More specifically we aim to:

- provide all pupils with accurate and unbiased knowledge
- provide opportunities for open and accepting discussion; to challenge views, attitudes, and beliefs in order for our pupils to form their own personal values grounded in respect.
- provide the knowledge and skills needed in order to make safe and informed decisions about their relationships, reproductive health and intimacy.

Policy Development

This policy covers our school's approach to Relationship, Health and Sex Education as part of our wider PSHE provision at Northampton School. As part of the NSB Trust, Northampton School has mirrored the NSB policy which was developed in consultation with staff, pupils, and parents (from NSB) as well as expert bodies. The consultation and policy development process involved the following steps:

1. Review – a member of staff or working group (from NSB) pulled together all relevant information including relevant national and local guidance.
2. Staff consultation – all school staff (at NSB) were given the opportunity to look at the policy and make recommendations.
3. Parent/stakeholder consultation (from NSB) – parents and any interested parties were invited to view the policy online as part of the consultation and contribute their thoughts.
4. Pupil consultation – we investigated what exactly pupils want from their RSE using pupil voice and working groups (from NSB).
5. Ratification – once amendments were made, the policy will be shared with governors and ratified.



Legislation (statutory regulations and guidance)

As a secondary academy school, we provide RSE to all pupils as per section 34 of the Children and Social Work Act 2017. In teaching RSE, we are required by our funding agreements to have regard to guidance issued by the secretary of state as outlined in section 403 of the Education Act 1996.

Current regulations and guidance from the Department for Education state that all Secondary schools must deliver Relationships and Sex Education as today's young people are part of an increasingly complex world where they need to know how to be safe and healthy and how to manage their academic, personal, and social lives in a positive way. We therefore follow the statutory guidance from the **Department for Education on Relationships Education, Relationships and Sex Education (RSE) and Health Education** and this informs our curriculum and policy. As a secondary academy school, we must provide RSE to all pupils as per section 34 of the Children and Social Work Act 2017. In teaching RSE, we are required by our funding agreements to have regard to guidance issued by the Secretary of State as outlined in section 403 of the Education Act 1996.

The RSE policy will support/complement the following other school policies; NS Ethos, Health & Safety, Curriculum and Welfare policies.

Documents that also inform the school's RSE policy include:

- Education Act (1996)
- Learning and Skills Act (2000)
- Education and Inspections Act (2006)
- Equality Act (2010),
- Supplementary Guidance SRE for the 21st century (2014)
- Keeping Children Safe in Education – Statutory safeguarding guidance (2022)
- Children and Social Work Act (2017)

Definitions of RSE

For the purpose of this policy, and in teaching the curriculum, we define 'Sex Education' as learning about the physical, social, and emotional aspects of human sexuality and behaviour, including human reproduction. This includes conception and contraception, safer sex, sexually transmitted infections, and sexual health as well as the influence of various media and peer pressure on sexual behaviour.

Aspects of sex education, such as the science of conception are covered in the context of learning about lifecycles as part of the Science curriculum. When learning about infections and their prevention (in Health Education) there may also be reference to sexually transmitted infections. To safeguard pupils, factual information about the law relating to, for example, rights to access sexual health services, will be provided to pupils, however specific details regarding prevention and contraception will remain a focus of Sex Education.

Relationship education is defined as learning about the physical, social, legal, and emotional aspects of human relationships including friendships, intimate, sexual and committed relationships and family life. Relationships education supports children to be safe, happy and healthy in their interactions with others now and in the future.



Curriculum Design and implementation

Our RSE programme is an integral part of our whole school PSHE education provision. Our RSE programme is inclusive of gender identity, sexual orientation, disability, diversity, ethnicity, culture, age, religion or belief or other life experience. All lessons are taught with respect to the inclusive and diverse nature of our school and the school ethos in line with the schools overarching commitment to equality and diversity.

Our curriculum is set out as per **Appendix 1**, this will need to be adapted as and when necessary, according to Government recommendations/Statutory Guidance/Local and National priorities as well as school priorities.

As part of the NSB Trust, NS will mirror the curriculum that was developed in consultation with NSB parents, NSB pupils, and NSB staff, taking into account the age, needs and feelings of pupils to ensure an age appropriate and compassionate curriculum. If pupils ask questions outside the scope of this policy, teachers will respond in an appropriate manner, with unbiased, factual information, so that they are fully informed and able to seek additional information from reliable and appropriate sources outside of the classroom should they wish. We also utilise outside speakers and the assembly framework to support this delivery.

RSE is taught within the personal, social, health and economic (PSHE) education curriculum. Within the curriculum there are seven thematic areas of focus: Health and Wellbeing, Equalities, Financial Wellbeing, Environmental Education, Person Safety, Careers and Relationships. RSE is taught in the Relationships theme (See **Appendix 2** for the whole school curriculum map).

Each of these themes 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).

Right to withdraw

According to DfE guidelines, Parents and Carers have the right to withdraw their children from some or all parts of Sex Education delivered within RSE. All students, three terms before they turn 16 have the right to choose if they wish to receive Sex Education and, therefore can opt back in if they have previously been withdrawn.

The details of which lessons within RSE are classed as Sex Education can be found in **Appendix 2 and 5** (Withdrawal request form) and on our website's PSHE Parent and Carer Guidance section.

Any request for withdrawal will be followed by a meeting with the relevant person within the Senior Leadership Team. Should Parents/Carers wish to proceed with a withdrawal from Sex Education, they will need to indicate which lessons specifically they wish to withdraw their child from on the Withdrawal Form (Appendix 5) and give written explanation for withdrawal. A copy of withdrawal requests will be placed in the pupil's educational record.

All pupils who are withdrawn from Sex Education will receive alternative PSHE education during those lessons.



Roles and responsibilities

The Trust Board - The Trust board will approve the RSE policy and hold the Headteacher to account for its implementation.

The Headteacher - The Headteacher is responsible for ensuring that RSE is taught consistently across the school, and for managing requests to withdraw pupils from Sex Education. This communication is managed initially through the relevant person within the Senior Leadership Team.

The Learning Lead for PSHE – The Learning Lead for PSHE will be responsible for creating and updating annually an age-appropriate, spiral curriculum that is fit for purpose following the guidelines of the DfE with consideration for the needs of the pupils of our school. They will, along with the relevant members of the Senior Leadership Team, reflect on provision using relevant feedback from across the school community and adapt accordingly. They will also facilitate training for all relevant staff.

Pastoral Management Team – The Pastoral Management Team (YTL) are responsible for conducting the Quality Assurance process for the teaching of PSHE, supported by the relevant members of Senior Staff.

Staff – PSHE is delivered by a team; delivering RSE in an informed and sensitive way, modelling positive attitudes to RSE, monitoring, recording, and assessing progress, responding to the needs of individual pupils, and responding appropriately to pupils whose parents/carers wish them to be withdrawn from Sex Education. All staff should be well versed in the RSE Policy of the school. Staff who have concerns about teaching specific aspects of RSE are encouraged, in the first instance, to discuss this with the Headteacher or Assistant Headteacher.

Effective practice and training

In order to ensure the highest level of provision year on year, a working group will be established consisting of the Pastoral Management Team and the Director of Professional Development to continually reflect on practice, curriculum content and quality assurance.

Teaching staff will receive high quality training on the entire PSHE curriculum content and delivery, and more specific training on RSE during designated Staff Training days, and throughout the year in order to support both staff and pupils.

We ensure RSE is inclusive and meets the needs of all our pupils, including those with special educational needs and disabilities (SEND) by providing high quality lessons that are accessible to all pupils by specially trained staff, with the offer of additional support materials and in person sessions focussed on RSE for parents of those student with particular needs, such as social and communication difficulties, for example, ASD, provided in consultation with our Additional Intervention Team.

Safeguarding

As a school we are aware that effective RSE, which brings an understanding of what is and what is not appropriate in a relationship, can lead to a disclosure of child protection issues. Should any member of staff experience this or be unsure if they have had something disclosed to them, they should refer to Section 7 of the school's Child Protection Policy for guidance.



Engaging stakeholders

We aim to work closely with parents/carers to ensure that they are fully aware of what is being taught and provide additional resources and support through our website. Our policies can also be accessed here.

As part of our whole school approach to RSE, Parent/Carer Information sessions and opportunities for parents/carers to view the materials and resources used will be available online via the school's website as well as at Parents' Evenings throughout the academic year.

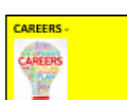
Pupils will have the opportunity to give feedback on RSE through student voice exercises as part of the Personal Development programme. This feedback will be presented to the RSE working group for consideration when reflecting upon the provision.

RSE policy review

This policy will be updated, as necessary, annually by the relevant person within the Senior Leadership Team who will ensure that it is reviewed by Trustees. At every review, any changes to the policy will be approved before being acted upon.

Appendix 1

TERM	STRAND AND FOCUS	YEAR 7	STRAND AND FOCUS	YEAR 8	STRAND AND FOCUS	YEAR 9	STRAND AND FOCUS	YEAR 10	STRAND AND FOCUS	YEAR 11
TERM 1	LIVING IN THE WIDER WORLD EQUALITIES	Equalities Act	SAFETY PERSONAL SAFETY	What is safety?	LIVING IN THE WIDER WORLD ENVIRONMENT	What is sustainability?	HEALTH AND WELLBEING	Online life balance	LIVING IN THE WIDER WORLD FINANCIAL WELLBEING	Your payslip, tax, NI, deductions, gross and net pay
		Stereotypes and why they can be harmful		First Aid – CPR		What are sustainable resources?		Managing stress – GCSE		Pensions
		Inequality		Alcohol Misuse		Sustainable countries		Diet, Sleep, Exercise for wellbeing		Investments - Cryptocurrency and NFTs
		Disability Discrimination – What is Disability?		Illegal substances		Sustainable cities and homes		Common MH conditions		Financial safety - fraud and money mules
		Age Discrimination – How is age treated differently?		Online Safety		Sustainable food products		MH – how to access help		Borrowing money - manageable and unmanageable debt
		Review of Equality		Influence of social media and how to stay safe		Assessment – creative		Work experience prep		Student finance - how it works
PD WEEK	PD WEEK	PD WEEK	PD WEEK	PD WEEK	PD WEEK					
TERM 2	LIVING IN THE WIDER WORLD CAREERS	Careers Terminology	HEALTH AND WELLBEING PHYSICAL AND MENTAL HEALTH	Baseline – what do you know about health?	RELATIONSHIPS RSHE	Healthy relationships	LIVING IN THE WIDER WORLD CAREERS	Work experience reflections	LIVING IN THE WIDER WORLD ENVIRONMENT	What is COP26?
		REMEMBRANCE		REMEMBRANCE		REMEMBRANCE		REMEMBRANCE		REMEMBRANCE
		There is a career for everyone		Influences on lifestyle		Consent and harassment		How employable am I now?		Living planet report
		Unifrog		Physical activity and Mental Health		Choices around intimacy and peer pressure		Escape Room		Sustainable development goals
		Dream Jobs		Viruses		Influence of pornography on relationships		Great team player		Assessment
		Diversity of the Jobs market		Injuries		Contraception and STI risk		Personality profiles		What changes would you present to COP26?
Career role models	First Aid			What changes would you present to COP26?						
TERM 3	SAFETY PERSONAL SAFETY	Friendships	RELATIONSHIPS RSHE	Puberty – our changing feelings	LIVING IN THE WIDER WORLD EQUALITIES	History of Feminism	LIVING IN THE WIDER WORLD ENVIRONMENT	Climate change – beliefs and actions	LIVING IN THE WIDER WORLD CAREERS	TRIAL EXAMS
		Bullying		Healthy relationships		Gender expression and identity		Responsible tourism		Review/reflection coping with change
		Cyberbullying		Consent		Gender based discrimination – microaggressions and society		Conscientious customer		Skills for employment
		Prejudice		Harassment		Disability Discrimination – how disability discrimination looks in the wider world.		Where does our waste go?		Post 16
		Inclusion		Diverse families and relationships		Age Discrimination – How does ageism look in the world.		Daily water use		Busting Stacs and Apprenticeships
		Family and Community		How to process change and loss		Review of Equality		Climate change – articulating an opinion		A levels
TERM 4	RELATIONSHIPS RSHE	Puberty – changes to our bodies	LIVING IN THE WIDER WORLD CAREERS/ FINANCIAL WELLBEING	Review and challenging stereotypes	LIVING IN THE WIDER WORLD CAREERS	Reflection/review – skills and strengths	HEALTH AND WELLBEING/ SAFETY	Emergency responses	RELATIONSHIPS RSHE	Healthy Relationships
		Healthy Relationships		STEM careers		Skills, Team, Future		Risks of substances		Pregnancy – what to do
		Consent		Unifrog		Am I reflecting on my interests?		Lifestyle choices		Contraception and STIs – where to access help
		Harassment		What does success mean?		CVs and cover letters		Using the NHS		Harassment
		Online/offline relationships		What can I do with my pocket money?		Contacting an employer		Blood and organ donation		Consent – image sharing
		Committed relationships – marriage and civil partnership		What can I do with my pocket money?		What makes a great leader		Prevention of major health conditions inc. self-screening		Domestic abuse, exploitation and how to seek help
TERM 5	LIVING IN THE WIDER WORLD ENVIRONMENT	Our Sea	LIVING IN THE WIDER WORLD EQUALITIES	Expression of gender/autonomy	LIVING IN THE WIDER WORLD FINANCIAL WELLBEING	What is the economy?	LIVING IN THE WIDER WORLD EQUALITIES	Case study – ABC – SE & SN	LIVING IN THE WIDER WORLD EQUALITIES	Case study – equality in sport
		Our Frozen world		Domestic inequality - stereotypes		Advertising and consumer rights		Gender identity		Masculinity
		Our Freshwater		Sexuality based discrimination		Fairtrade and ethical spending		Allyship		Allyship
		Our Grassland		Race and religion – What is racism?		Managing risk and gambling		Race and religion: impact of Racism		Anti-Racism
		Our Forests and Jungles		Race and Religion – Mis/disinformation.		Fake emails and phishing		Race and Religion: Fake news and radicalisation		Harms of extremism.
		Assessment		Review of Equality		Different types of bank account		Review of Equality		Review of Equality
TERM 6	HEALTH AND WELLBEING PHYSICAL AND MENTAL HEALTH	Personal Hygiene	LIVING IN THE WIDER WORLD ENVIRONMENT	Transport	HEALTH AND WELLBEING SAFETY	Resilience	RELATIONSHIPS RSHE	Healthy Relationships		
		Balanced diet		Waste/Food/Recycling		Coping with stress – school/life balance		Contraception and consent		
		The importance of physical activity		Energy		Health risks and being responsible for your own health		Harassment		
		Sleep and wellbeing		Creative solutions		Body image and its impact on relationships		Contraception and STI risk		
		Dental Health		Presentations		Drugs and the Law		Sending and Revenge porn		
		Wellbeing – helping others		Presentations		Knife Crime		Pregnancy and miscarriage		
Holiday lifestyle – how to maintain balance	Nature trail and mindfulness	Online Safety	Lifestyle choices and reproductive health							



Appendix 2

TERM	STRAND	LESSON FOCUS
1	LIVING IN THE WIDER WORLD EQUALITIES	Equality and Identity (masculinity and femininity) Intersectionality Race and Religion Project (The Value of Religious Education) Race and Religion Project (The importance of diversity in education) Race and Religion Project (Student presentation) Race and Religion Project (ABC reflection) PD WEEK
2	RELATIONSHIPS RSHE	Healthy relationships vs coercive control Consent Contraception and prevention Emergency contraception and unplanned pregnancy inc. young parenthood STIs and STI testing Image sharing Online relationships
3	HEALTH AND WELLBEING MINDS BODIES RELATIONS PLANETS	Common MH in young people and how to access help Coping strategies positive and negative Sleep/Diet/Exercise for wellbeing Advocating for your own health Common health conditions Viruses and illness prevention
4	LIVING IN THE WIDER WORLD FINANCIAL WELLBEING	Student finance Budgeting Borrowing and debt Money and mental health Housing – mortgages and rent Insurances and protection External Speaker
5	SAFETY PERSONAL SAFETY	Privacy and harassment Alcohol and drug risk Risky behaviours – weapons and gangs Festival / Party safety Online Safety Safe on the Road
6	LIVING IN THE WIDER WORLD ENVIRONMENT	EXAM WEEK Law and 2030 target Case Study – how law is being broken Role play debate – COP26 Activism and its role in climate change Climate leadership and taking action Green future

Relationships and Sex Education Whole School Curriculum Map (Sex Education lessons are indicated in purple).

YEAR 7	YEAR 8	YEAR 9	YEAR 10	YEAR 11
Managing Puberty – the changing adolescent body (male and female)	Puberty and our changing feelings	Healthy Relationships	Healthy Relationships	Healthy relationships
Healthy relationships – friendships and romantic relationships	Healthy relationships	Consent and harassment	Contraception and consent	Unplanned pregnancy
Consent – unwanted contact	Consent	Peer pressure and sexual activity, choices around intimacy	Harassment	Contraception – STIs and testing
Sexual Harassment and assault, Sex and the Law.	Harassment	Sharing images	Contraception and SIT risk	Harassment
On/Offline relationships and safety	Diverse Families and relationships.	Influence of pornography on relationships	Sexting and revenge pornography	Image sharing and consent
Committed Relationships – marriage and civil partnerships	How to process change and loss	Contraception and SITs	Pregnancy, miscarriage and menopause	Domestic abuse, exploitation and how to seek help
			Lifestyle choices and reproductive health	

Appendix 3

Integration of Statutory guidance from DfE on Relationships Education, Relationships and Sex Education (RSE) and Health Education into the NS PSHE curriculum.

Content	Theme	Year group covered
How to talk about emotions accurately and sensitively, using appropriate vocab	MH & wellbeing	Year 7 - Resilience Strategies PD Week, Mental Health and wellbeing, Healthy relationships Year 8 – Puberty – our changing feelings, Healthy relationships Year 9 – Coping with stress – school/life balance, Healthy Relationships Year 10 – Managing stress – GCSE, Diet, Sleep, Exercise for wellbeing, Common MH conditions MH – how to access help, Healthy relationships. Year 11 – Mental Health – how to seek help PD Week, Healthy relationships
Happiness is linked to being connected to others	MH & Wellbeing	Year 7 – Family and Community, Healthy Relationships, British Values Day PD Week, Committed relationships – marriage and civil partnership Years 8 – Healthy Relationships, Diverse families and relationships, how to process change and loss Year 9 – Healthy relationships, PD Week Expressive Arts Project Year 10 – Healthy relationships, Blood and organ donation, Year 11 – Healthy relationships, Mental Health PD Week
How to recognise the early signs of mental wellbeing concerns.	MH & Wellbeing	Year 7 - Resilience strategies PD week, Sleep, and wellbeing, Wellbeing Helping others Year 8 - Physical activity and Mental Health Year 9 – Coping with Stress – school/life balance Year 10 - Managing stress – GCSE, Diet, Sleep, Exercise for wellbeing, Common MH conditions MH – how to access help Year 11 – Mental Health – how to seek help PD Week, Healthy relationships
Common types of mental ill health	MH & Wellbeing	Year 9 – Coping with stress – school/life balance Year 10 – Managing stress – GCSE, Diet, Sleep, Exercise for wellbeing, Common MH conditions MH – how to access help Year 11 – Mental Health PD Week
How to critically evaluate when something they do or are involved in has a positive or negative effect on their own or others' MH	MH & Wellbeing	Year 7 – Healthy Relationships, Stereotypes and why they can be harmful, Friendships, Bullying Cyberbullying, Prejudice, Inclusion. Family and Community Year 8 – Online Safety, Influence of social media and how to stay safe, Puberty – our changing feelings, Healthy Relationships Year 9 – Healthy Relationships, Resilience, coping with stress – school/life balance, Gender expression and identity, Gender based discrimination – microaggressions and society, Disability Discrimination – How disability discrimination looks in the wider world, Age Discrimination – How does ageism look in the world, Year 10 – Managing stress – GCSE, Diet, Sleep, Exercise for wellbeing, Common MH conditions
The benefits and importance of physical exercise, time outdoors, community participation and voluntary and service – based activities on MH & wellbeing	MH & Wellbeing	Year 7 – The importance of physical activity, Wellbeing – helping others, Family and Community, British Values Day PD Week Year 8 - Influences on lifestyle, Physical activity and Mental Health, Nature trail and mindfulness Year 9 – Fairtrade and ethical spending, Work Experience, Health risks and being responsible for your own health Year 10 – Responsible tourism, Conscientious customer, Work Experience, Allyship Year 11 – Masculinity, Allyship, Anti-Racism, Community Citizenship Forum PD Week
Similarities and differences between the online world and the physical world, including – the impact of unhealthy or obsessive comparison with others online (inc. body image), how people may curate a specific image of their life online, over-reliance on online relationships including social media, the risks related to online gambling including accumulation of debt, how advertising and information is targeted at them and how to be a discerning consumer of information online.	Internet safety and harms	Year 7 – Friendships, Bullying, Cyberbullying, Online/offline relationships, Body Image, and Identity Gender Equality Day Year 8 – Online Safety, Influence of social media and how to stay safe, Body Image and Identity Gender Equality Day Year 9 – Managing risk and gambling, Fake emails and phishing, Body image and its impact on relationships, Online Safety Year 10 – Body image Gender Equality Day, Race and Religion: Fake-news and radicalisation, Year 11 – Online safety, social media, and employment, Investments - Cryptocurrency and NFTs Financial safety - fraud and money mules, Borrowing money - manageable and unmanageable debt, Consent – image sharing
How to identify harmful behaviours online (including bullying, abuse, or harassment and how to report or find support, if they have been affected by those behaviours.	Internet safety and harms	Year 7 – Cyberbullying, On/offline relationships, Harassment Year 8 – Online safety, Influence of social media on behaviour, On/offline relationships, Harassment Year 9 – Harassment, Online Safety, Sharing images, Influence of pornography on relationships Year 10 – social media and employability, Harassment, Online life balance, Year 11 – Harassment
The positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress.	Physical health and fitness	Year 7 – Resilience Strategies PD Week, Mental Health and wellbeing, Healthy relationships, the importance of physical activity, Wellbeing – helping others, Year 8 – Influences on lifestyle, Physical activity, and Mental Health Year 9 – Resilience, Coping with stress – school/life balance Year 10 – Diet, Sleep, Exercise for wellbeing, MH – how to access help, Year 11 – Mental Health PD Week, Nutrition and Study PD Week



The characteristics and evidence of what constitutes a healthy lifestyle, maintain a healthy weight, including the links between an inactive lifestyle and ill health, including cancer and cardiovascular ill-health.	Physical health and fitness	Year 7 – Balanced diet, The importance of physical activity, Sleep and wellbeing, Dental Health Year 8 – Influences on lifestyle, Physical activity, and Mental Health Year 9 – Health risks and being responsible for your own health Year 10 – Risks of substances, Lifestyle choices, Using the NHS, Blood and organ donation Prevention of major health conditions inc. self-screening Year 11 – Oddballs self-screening PD Week
The science relating to blood, organ, and stem cell donation	Physical health and fitness	Year 10 – Risks of substances, Lifestyle choices, Using the NHS, Blood, and organ donation Prevention of major health conditions inc. self-screening Year 11 – Oddballs self-screening PD Week
How to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer.	Healthy eating	Year 7 – Balanced diet, The importance of physical activity Year 8 - Influences on lifestyle, Physical activity, and Mental Health Year 9 - Health risks and being responsible for your own health Year 10 - Lifestyle choices Year 11 – Nutrition PD Week
The facts about legal and illegal drugs and their associated risks, including the link between drug use, and the associated risks, including the link to serious mental health conditions.	Drugs, alcohol, and tobacco	Year 8 – Alcohol Misuse, Illegal substances Year 9 - Drugs and the Law Year 10 - Risks of substances, Lifestyle choices Year 11 – Hope UK programme PD Week
The law relating to the supply and possession of illegal substances.	Drugs, alcohol, and tobacco	As above
The physical and psychological risks associated with alcohol consumption and what constitutes low risk alcohol consumption in adulthood.	Drugs, alcohol, and tobacco	As above
The physical and psychological consequences of addiction, including alcohol dependency.	Drugs, alcohol, and tobacco	As above
Awareness of the dangers of rugs which are prescribed but still present serious health risks.	Drugs, alcohol, and tobacco	As above
The facts about the harms from smoking tobacco (particularly to lung cancer), the benefits of quitting and how to access support to do so.	Drugs, alcohol, and tobacco	As above

Personal hygiene, germs including bacteria, viruses, how they are spread, treatment and prevention of infection and about antibiotics.	Health and prevention	Year 7 – Personal Hygiene Year 8 – Viruses Year 9 - Health risks and being responsible for your own health Year 10 - Lifestyle choices, Using the NHS
Dental health and the benefits of good oral hygiene and dental flossing including healthy eating and regular check-ups at the dentist.	Health and prevention	Year 7 - Personal Hygiene, Dental Health Year 9 - Health risks and being responsible for your own health Year 10 - Lifestyle choices, Using the NHS
The benefits of regular self-examination and screening.	Health and prevention	Year 9 - Health risks and being responsible for your own health Year 10 - Lifestyle choices, Using the NHS, Blood and organ donation, Prevention of major health conditions inc. self-screening Year 11 – Oddballs Self Screening PD Week
The facts and science relating to immunisation and vaccination	Health and prevention	Year 9 - Health risks and being responsible for your own health Year 10 - Lifestyle choices, Using the NHS, Prevention of major health conditions inc. self-screening
The importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood, and ability to learn.	Health and prevention	Year 7 – Sleep and wellbeing Year 9 - Coping with stress – school/life balance, Health risks and being responsible for your own health Year 10 - Lifestyle choices, Managing stress – GCSE, Diet, Sleep, Exercise for wellbeing
Basic treatment of common injuries	Basic First Aid	Year 8 - First Aid – CPR, Viruses, Injuries Year 10 - Emergency responses
Life-saving skills, including how to administer CPR	Basic First Aid	As above
The purpose of defibrillators and when one might be needed.	Basic First Aid	As above
Key facts about puberty, the changing adolescent body and menstrual wellbeing	Changing adolescent body	Year 7 – Puberty – changes to our bodies Year 8 - Puberty – our changing feelings Year 10 – Pregnancy, miscarriage, and periods
The main changes which take place in males and females and the implications for emotional and physical health.	Changing adolescent body	Year 7 – Puberty – changes to our bodies Year 8 – Puberty – our changing feelings Year 10 - Pregnancy and miscarriage, Lifestyle choices and reproductive health



Appendix 4

Integration of Statutory guidance from DfE on Relationships Education, Relationships and Sex Education (RSE) and Health Education into the NS PSHE curriculum.

Content	Theme	Year group covered and lessons
That there are different types of committed, stable relationships	Families	Year 7 – Equalities Act, Stereotypes and why they can be harmful, Family and Community, Committed relationships – marriage and civil partnership Year 8 - Diverse families and relationships Year 9 – Healthy Relationships Year 10 – Healthy Relationships Year 11 – Healthy Relationships
How these relationships might contribute to human happiness and their importance in bringing up children.	Families	As above
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.	Families	As above
Why marriage is an important relationship choice for many couples and why it must be freely entered into.	Families	As above and in addition: Forced Marriage – Year 11
The characteristics and legal status of other types of long-term relationships	Families	As above excluding forced marriage.
The roles and responsibilities of parents with respect to raising of children, including the characteristics of successful parenting.	Families	As above and in addition: Domestic abuse, exploitation and how to seek help – Year 11
How to: determine whether other children, adults, or sources of information are trustworthy: judge when a family, friend, intimate relationship is unsafe (and to recognise this in others’ relationships); and, how to seek help or advice, including reporting concerns about others, if needed.	Families	Years 7 – 11: Healthy relationships
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.	Respectful relationships, including friendships	As above and in addition: Year 7 – Online/offline relationships, Committed relationships – marriage and civil partnership, Friendships, Bullying, Cyberbullying, Resilience PD week, Harassment, Consent Year 8 - How to process change and loss, Harassment, Consent, Online Safety, Influence of social media and how to stay safe Year 9 – Harassment, Consent, Online Safety Year 10 – Harassment, Consent, Sexting and Revenge porn Year 11 – Harassment, Consent – image sharing, Domestic abuse, exploitation and how to seek help
Practical steps they can take in a range of different contexts to improve or support respectful relationships.	Respectful relationships, including friendships	As above
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).	Respectful relationships, including friendships	Year 7 – Equalities Act, Stereotypes and why they can be harmful, Inequality, Disability Discrimination – What is Disability? Age Discrimination – How is age treated differently? Year 8 - Expression of gender/autonomy, Domestic inequality – stereotypes, Sexuality based discrimination, Race, and religion – What is racism? Race and Religion – Mis/disinformation. Year 9 - History of Feminism, Gender expression and identity, Gender based discrimination – microaggressions and society, Disability Discrimination – How disability discrimination looks in the wider world, Age Discrimination – How does ageism look in the world. Year 10 - Case study – ABC – SE &SN, Gender identity, Allyship, Race and religion: Impact of Racism, Race and Religion: Fake-news and radicalisation Year 11 - Case study – equality in sport, Masculinity, Allyship, Anti-Racism, Harms of extremism.
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.	Respectful relationships, including friendships	As above
Different types of bullying (including cyber bullying), the impact of bullying,	Respectful relationships, including friendships	Year 7 – What is bullying, Cyber bullying, Harassment, Anti-bullying week Year 8 – Anti-bullying week, online safety Year 9 – Anti-Bullying week, On/offline world, online risks, Harassment

responsibilities of bystanders to report bullying and how and where to get help.		Year 10 – Anti-Bullying week, Harassment Year 11 – Anti – bullying week, Harassment
That some types of behaviour within relationships are criminal, including violent behaviour and coercive control.	Respectful relationships, including friendships	Year 7 – Healthy relationships, Consent, Harassment Year 8 – Healthy relationships, Consent, Harassment Year 9 – Healthy relationships, Consent, Harassment Year 10 – Healthy relationships vs Exploitative/Coercive, Relationship myths, Harassment Year 11 – Harassment, Healthy relationships, Consent
What constitutes sexual harassment and sexual violence and why these are always unacceptable.	Respectful relationships, including friendships	As above
The legal rights and responsibilities regarding equality (particularly with reference to protected characteristics as defined in the Equality Act 2010) and that everyone is unique and equal.	Respectful relationships, including friendships	Year 7 – Equalities Act, Stereotypes and why they can be harmful, Inequality, Disability Discrimination – What is Disability? Age Discrimination – How is age treated differently? Year 8 - Expression of gender/autonomy, Domestic inequality – stereotypes, Sexuality based discrimination, Race, and religion – What is racism? Race and Religion – Mis/disinformation. Year 9 - History of Feminism, Gender expression and identity, Gender based discrimination – microaggressions and society, Disability Discrimination – How disability discrimination looks in the wider world, Age Discrimination – How does ageism look in the world. Year 10 - Case study – ABC – SE &SN, Gender identity, Allyship, Race and religion: Impact of Racism, Race and Religion: Fake-news and radicalisation Year 11 - Case study – equality in sport, Masculinity, Allyship, Anti-Racism, Harms of extremism.
Their rights and responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online.	Online and Media	Year 7 – Cyberbullying Year 8 – Online Safety, Influence of social media and how to stay safe Year 9 – Online Safety Year 10 - social media and Employability Year 11 – Image sharing Consent
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.	Online and Media	As above

Not to provide material to others that they would not want shared further and not to share personal material which is sent to them.	Online and Media	As above and in addition – Healthy relationships (all years)
What to do and where to get support to report material or manage issues online	Online and Media	As above
The impact of viewing harmful content	Online and Media	As above and in addition: Year 9 – How does the media and pornography influence relationships? Year 10 – Revenge porn
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.	Online and Media	As above
That sharing and viewing indecent images of children (including those created by children) is a criminal offence which carries severe penalties including jail.	Online and Media	Year 7 – Consent, Staying safe online Year 8 – Consent, Online Safety, On/offline relationships Year 9 – Peer pressure and sexual activity, Online safety Year 10 – Healthy vs Exploitative/Coercive relationships, how to manage the end of relationships Year 11 – Consent and Image Sharing, Healthy relationships
How information and data is generated, collected, shared, and used online.	Online and Media	Year 7 – Staying safe online Year 8 – Online safety Year 9 – Online Safety Year 10 – social media and Employability Year 11 – Consent and image sharing
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.	Being Safe	Year 7 – Harassment, Consent, Healthy relationships Year 8 – Healthy relationships, Consent, Harassment Year 9 – Healthy relationships, Consent, Harassment, FGM and forced marriage Year 10 – Healthy Relationships, Consent, Harassment Year 11 – Healthy Relationships, Consent, Harassment
How people can actively communicate and recognise consent from others, including	Being Safe	As above and in addition: Year 7 – On/Offline relationships

sexual consent, and how and when consent can be withdrawn (in all contexts, including online).		Year 8 – Online safety Year 9 – Online Safety Year 10 – Contraception and consent Year 11 – Consent and Image Sharing
How to recognise the characteristics and positive aspect of healthy one-to-one intimate relationships, which include mutual respect, consent, loyalty, trust, shared interests and outlook, sex and friendship.	Intimate and sexual relationships, including sexual healthy	Year 7 – 11: Healthy relationships
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.	Intimate and sexual relationships, including sexual healthy	Year 7 – Consent Year 8 – Consent Year 9 – Consent, Peer pressure and sexual activity Year 10 – Contraception choices, Consent, how to manage the end of relationships, Consent and contraception, Reproductive health Year 11 – Image sharing, Consent
The facts about reproductive health, including fertility, and the potential impact of lifestyle on fertility for men and women and menopause.	Intimate and sexual relationships, including sexual healthy	Year 7 – Puberty – changing bodies Year 8 – Puberty – changing feelings Year 10 – Pregnancy and miscarriage, Lifestyle choices and reproductive health
That there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure, and not pressuring others.	Intimate and sexual relationships, including sexual healthy	Year 7 – Consent, Healthy relationships Year 8 – Consent, Healthy relationships Year 9 – Peer pressure and sexual activity, how does the media and pornography influence relationships? Healthy relationships Year 10 – Healthy relationships Year 11 – Consent, Healthy relationships
That they have a choice to delay sex or to enjoy intimacy without sex	Intimate and sexual relationships, including sexual healthy	As above
The facts about the full range of contraceptive choices, efficacy, and options available.	Intimate and sexual relationships, including sexual healthy	Year 9 – Contraception and STI risk Year 10 - Contraception and STI risk Year 11 - Pregnancy – what to do, Contraception and STIs – where to access help

The facts around pregnancy and miscarriage	Intimate and sexual relationships, including sexual healthy	Year 10 - Pregnancy miscarriage and pregnancy options including young parenthood Year 11 – Contraception, STIs, Pregnancy and choices around intimacy
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).	Intimate and sexual relationships, including sexual healthy	As above
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.	Intimate and sexual relationships, including sexual healthy	Year 9 - Understanding contraception, STI's and risk Year 10 – Contraception choices, STIs Year 11 – Contraception, STIs, Pregnancy and choices around intimacy
The prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment		As above
How the use of alcohol and drugs can lead to risky sexual behaviour	Intimate and sexual relationships, including sexual healthy	Year 10 - Risks of substances, Lifestyle choices Year 11 – Hope UK programme PD Week
How to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment.	Intimate and sexual relationships, including sexual healthy	Year 9 – Peer pressure and choices about sexual activity, Contraception and STI risk Year 10 - Contraception and STI risk Year 11 - Pregnancy – what to do, Contraception and STIs – where to access help



Appendix 5

Dear Parents and Carers,

As part of your child's education at Northampton School, we promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic (PSHE) education programme. Our programme focuses on four key themes: Health & Wellbeing, Living in the Wider World, Safety and Relationships. We believe these promote key values that are integral to our ethos; honesty, integrity, humility, perseverance, tolerance, and kindness as well as respect for all by all. We agree with the Department for Education that Parents and Carers are the prime educators for children on many of these matters, we therefore see the partnership between home and school as vital in complimenting and reinforcing this role.

PSHE is taught to every year group and is monitored and reviewed regularly by the staff and Trust Board. All PSHE teaching takes place in a safe learning environment and is underpinned by our school ethos and values of respect by all for all. In this, we uphold our commitment to equality, diversity, and respect by ensuring the curriculum is delivered with sensitivity, inclusivity and respect to all backgrounds and beliefs.

Current regulations and guidance from the Department for Education state that all Secondary schools must deliver compulsory Relationships and Sex Education as today's young people are part of an increasingly complex world where they need to know how to be safe and healthy and how to manage their academic, personal, and social lives in a positive way. We therefore follow the statutory guidance from the Department from Education on Relationships Education, Relationships and Sex Education (RSE) and Health Education, this content is taught in the Relationships unit for each year group from Years 7 – 11. This unit is delivered at different points in the school year for each Year group, ensuring age-appropriate content.

According to DfE guidelines, Parents and Carers have the right to withdraw their children from some or all parts Sex Education delivered as part of statutory Relationships and Sex Education. In addition, three terms before they turn 16, students have the right to decide if they wish to receive Sex Education or withdraw. The details of which lessons within our curriculum are classed as Sex Education can be found on our website.

If you are considering withdrawal from part or all of Sex Education, we invite you to complete the attached form, following receipt of this form a meeting will be arranged where you can discuss your concerns with a representative from the school, this form can also be accessed and submitted online via our website.

Full information about our PSHE curriculum, including Relationships and Sex Education can be found on the school website, along with our RSE policy.

Should you have any queries, please do not hesitate to contact the school.

Yours Sincerely



Withdrawal Consent Forms

Student name and form:

--

Briefly outline reasons for concern

--

Please give days/times you are available to meet

--

Parent/Carer names and contact details

--

Signature

--