

What do I need to know about the Relationships and Sex Education Policy for Secondary Students at Temple Learning Academy?

The Department for Education states:

'The aim of RSE is to give young people the information they need to help them develop healthy, nurturing relationships of all kinds, not just intimate relationships. It should enable them to know what a healthy relationship looks like and what makes a good friend, a good colleague and a successful marriage or other type of committed relationship. It should also cover contraception, developing intimate relationships and resisting pressure to have sex (and not applying pressure). It should teach what is acceptable and unacceptable behaviour in relationships.

This will help pupils understand the positive effects that good relationships have on their mental wellbeing, identify when relationships are not right and understand how such situations can be managed'

Relationships and Sex Education

By the end of secondary school, pupils will have been taught content on:

- families
- respectful relationships, including friendships
- online media
- being safe
- intimate and sexual relationships, including sexual health

Health Education

By the end of secondary school, pupils will have been taught content on:

- mental wellbeing
- internet safety and harms
- physical health and fitness
  - healthy eating
- drugs, alcohol and tobacco
  - health and prevention
    - basic first aid
- changing adolescent body

What is RSE at Temple Learning Academy?

At Temple Learning Academy we follow the guidance and statutory requirements to develop a Personal Development curriculum that includes Relationships and Sex Education in all secondary year groups (years 7-11)

Students are timetabled to attend one Personal Development lesson per week with their form tutor. A lot of the RSE curriculum will be delivered during this lesson as well as through other relevant parts of the curriculum.

The RSE curriculum will focus on students learning the following:

Attitudes and Values:

- learn the importance of values, individual conscience, and moral considerations.
- learn the value of family life, marriage, and stable, loving relationships for the nurturing of children.
- learn the value of respect, love, and care.

- explore, consider, and understand moral dilemmas.
- develop critical thinking as part of decision-making.

#### Personal and Social Skills:

- learn to manage emotions and relationships confidently and sensitively.
- develop self-respect and empathy for others.
- learn to make choices based on an understanding of difference and with an absence of prejudice.
- develop an appreciation of the consequences of choices made.
- manage conflict.
- learn how to recognise and avoid exploitation and abuse.

#### Knowledge and Understanding:

- learn and understand physical development at appropriate stages.
- understand human sexuality, reproduction, sexual health, emotions, and relationships.
- learn about contraception and the range of local and national sexual health advice, contraception, and support services.
- learn the reasons for delaying sexual activity, and the benefits to be gained from such delay, including the avoidance of unplanned pregnancy.

#### In addition to this, we also aim to:

- raise students' self-esteem and confidence.
- develop communication and assertiveness skills that can help them stay true to their values if challenged by others, their peers or what they see in the media.
- teach students to be accepting of the different beliefs, cultures, religions, sexual orientations, physical and mental abilities, backgrounds, and values of those around them.
- support students to lead a healthy and safe lifestyle, teaching them to care for, and respect their bodies.
- provide students with the right tools to enable them to seek information or support, should they need it.
- teach students about consent and their right to say no, in an age-appropriate manner.
- to teach lessons that are sensitive to a range of views, values, and beliefs.
- ensure that staff teaching RSE remain neutral in their delivery whilst ensuring that students always have access to the learning they need to stay safe, healthy and understand their rights as individuals.

#### Can I withdraw my child from Relationships and Sex Education?

You cannot withdraw your child from Health Education or the Relationships Education element of Relationships and Sex Education, because it is important that all children receive this content, covering topics such as friendships and how to stay safe.

If you **do not** want your child to take part in some or all of the Sex Education lessons delivered at secondary, you can ask that they are withdrawn **using the relevant form** which can be found in the full policy. The Principal will consider this request and discuss it with you, and will grant this in all but exceptional circumstances, up until three school terms before your child turns 16. At this age, your child can choose to receive Sex Education if they would like to, and the school should arrange for your child to receive this teaching in one of those three terms (unless there are exceptional circumstances).

The science curriculum in all maintained schools also includes content on human development, including reproduction, which there is no right to withdraw from.