



Children's Hospital School

Relationship and Sex Education (RSE) Policy

Date of Approval:

25th April 2024

Approved by:

Curriculum Committee

Date of next review:

April 2026

Signed:

Introduction

The Children's Hospital School supports the personal and social development of all pupils, ensuring that they have the ability to accept their own and others sexuality, to express their sexuality in positive and appropriate ways, and to enjoy relationships based on consent, mutual respect and responsibility. Pupils need to be safe, healthy and given information, and opportunities for discussion, which will enable them to be able to explore their own feelings and to make informed choices as a result.

The Children's Hospital School caters for a very wide range of pupils both in terms of age, ability and understanding; our approach to Relationship and Sex Education (RSE) reflects this. Some of our pupils are more vulnerable to abuse and exploitation than their peers and others may be confused about what is acceptable public behaviour due to their difficulty in understanding the rules of the social world. These pupils need help to develop skills to recognise signs of abuse and exploitation for themselves and others, to be able to ask for help and to learn what behaviours are, and are not, acceptable.

The objective of RSE at The Children's Hospital School is to help and support young people through their physical, emotional and moral development, helping young people to respect themselves and others, build resilience, and moving with confidence from childhood through adolescence into adulthood. This policy was introduced for the statutory changes to RSE from September 2020. This policy was shared with Governors for review at the Curriculum and Standard Sub Committee and shared with parents for consultation during May 2020. The item of sex education was also discussed at a Senior Leadership Team meeting.

Relationship and Sex Education

RSE is about the understanding of the importance of family life, stable and loving relationships, respect, love, care and consent. It is also about the teaching about intimate and sexual relationships including sexual health. Regard will be given to the age, circumstance and cultural background of the pupils concerned. Parents have the right to request that their child be withdrawn from some or all of sex education delivered as part of the statutory RSE, detail about the right to be excused from sex education can be found later in this document.

The RSE content is an integral part of the PSHE curriculum at The Children's Hospital School which aims to develop attitudes and values, personal and social skills along with knowledge and understanding through:

RSE	Health Education
<ul style="list-style-type: none">• Families• Respectful relationships and friendships• Online and media• Being safe• Intimate and sexual relationships, including sexual health• Internet safety and harms	<ul style="list-style-type: none">• Physical health and fitness• Health and prevention• Mental wellbeing• Drugs alcohol and tobacco• Puberty and menstruation

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Curriculum

The Children's Hospital School's RSE curriculum takes into consideration pupils' ability to understand, their potential for forming relationships, and how independent they are likely to be within society.

At The Children's Hospital School, RSE is taught as an additional Personal Development session as well as through PSHE sessions along with statutory science sessions and other non-statutory sessions. On occasions, outside agencies and other professionals working under the guidance of CHS staff, will deliver aspects of the RSE curriculum. For example, sexual health awareness delivered by the School Nurse.

Education staff are inclusive; dealing sensitively and objectively with issues such as HIV/AIDS, abortion, gender and sexuality. Delivery varies across the school according to base and pupil need. Issues relating to sex and relationships are handled with care and sensitivity in a natural and informal manner by education staff who aim to answer questions, as raised, honestly, and at a level appropriate to the maturity of the pupil.

• **Willow Bank Day School/ Magpie Learning Centre**

Currently RSE is delivered as an integral part of the PSHE curriculum with weekly sessions delivered by teachers throughout the year. The curriculum developed provides a clear progression from what is taught in primary school education. We see some of the RSE and Health Education as a priority and start this in the New Student Group [see attached Appendix A]. The curriculum continues to develop knowledge on topics as outlined above for RSE and Health Education to ensure the content is covered by the end of secondary.

• **Leicester Royal Infirmary and Home Tuition**

For the majority of pupils their home schools maintain responsibility for RSE unless RSE is specifically requested by a home school; in this instance the home school's scheme of work would be followed in accordance with The Children's Hospital School RSE policy. Careful planning and liaison between schools and other professionals would take place to ensure appropriate and sensitive delivery, especially in connection with health education.

• **Bosworth Unit, Glenfield Hospital**

If appropriate, RSE is delivered in conjunction with health colleagues; themes pertinent for an individual are taught in this multi-disciplinary manner. For the majority of pupils their home schools maintain responsibility for RSE. Careful planning and liaison between schools and other professionals would take place to ensure appropriate and sensitive delivery, especially in connection with health education.

Promoting healthy relationships and RSE to children and young with Special Educational Needs and Disabilities (SEND)

The Children's Hospital School will ensure that we meet the individual needs of any pupils with and Education, Health and Care Plan. We will work with parents/ carers to make sure they are comfortable and support them to talk about relationship, RSE and health education at home. We will use a range of appropriate teaching methods to meet needs of pupils with SEND when teaching RSE.

Working with Parents/Carers

The PSHE coordinator, Head Teacher and Governors wish to support and works in partnership with parents/carers. Parents are welcome to meet and discuss the content, and suitability, of the RSE element of The Children's Hospital School's scheme of work with staff at school. RSE is delivered equally to all genders and none, normally in mixed classes. We work in partnership with parents/carers to ensure that the RSE policy is culturally appropriate and inclusive of all pupils. Parents /carers do have the right to request that their child be withdrawn from some or all of sex education delivered as identified by The Children's Hospital School [see attached Appendix B] as part of the statutory RSE, except in exceptional circumstances, and up to and until three terms before the child turns 16. There is no right to withdraw from Relationship Education or Health Education. Parents/ carers will be informed in preparation at the point of delivery when sex education is going to be taught.

Monitoring and Evaluation

The Senior Leadership Team, Governors and the PSHE Coordinator are responsible for the teaching approach of RSE across the school. The policy is reviewed every two years and the PSHE coordinator works closely with relevant outside agencies including but not limited to the PHSE Association and the Local Authority to ensure that statutory requirements are met and that good practice is followed.

Child Protection and safeguarding

The school's embedded RSE programme sits alongside school's safeguarding policy and procedures. All staff and external visitors who work with our students will be details of our Child Protection Procedures. The PSHE Coordinator will have a discussion with any external professional before they work with our pupils, ensuring that they are familiar with our policy and expectations regarding correct practice and responding to issues, including those that may relate to Child Protection matters.

All staff ensure they are fully aware of The Children's Hospital School procedures in dealing with Child Protection issues.

For more information in connection with RSE please see the following relevant Document:
[DfE Relationship Education, Relationships and Sex Education \(RSE\) and Health Education.](#)

APPENDIX A

Relationship and Sex Education, The Law and Health Education

New Student Group

Area	Topic		Pupils should know:
Relationship and Sex Education	Families	7	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.
Relationship and Sex Education	Respectful relationship including friendship	8	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.
Relationship and Sex Education	Respectful relationship including friendship	9	Practical steps they can take in a range of different contexts to improve or support respectful relationships.
Relationship and Sex Education	Respectful relationship including friendship	11	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.
Relationship and Sex Education	Respectful relationship including friendship	12	About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help.
Relationship and Sex Education	Respectful relationship including friendship	13	That some types of behaviour within relationships are criminal, including violent behaviour and coercive control.
Relationship and Sex Education	Online and media	16	Their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online.
Relationship and Sex Education	Online and media	19	What to do and where to get support to report material or manage issues online.
Relationship and Sex Education	The Law	4	Online behaviour including image and information sharing (including 'sexting', youth-produced sexual imagery, nudes, etc.)
Health Education	Mental wellbeing	1	How to talk about their emotions accurately and sensitively, using appropriate vocabulary.

APPENDIX B

What does The Children's Hospital School consider as education about sex that parents/carers have the right to withdraw from?

The statements below are from the PSHE Association Programme of Work and can be found in the statutory guidance. These are the only areas of sex education that The Children's Hospital School will allow parents/ carers the rights to withdraw their child, in line with the policy.

KS3

R8. that the portrayal of sex in the media and social media (including pornography) can affect people's expectations of relationships and sex

R12. that everyone has the choice to delay sex, or to enjoy intimacy without sex

R28. to gauge readiness for sexual intimacy

R31. that intimate relationships should be pleasurable

KS4

R8. to understand the potential impact of the portrayal of sex in pornography and other media, including on sexual attitudes, expectations and behaviours

R21. the skills to assess their readiness for sex, including sexual activity online, as an individual and within a couple