

Definition of RSHE

RSHE has a key part to play in the personal, social, moral and spiritual development of young people. RSHE creates a safe framework for pupils to learn about safe and respectful relationships, about being safe online, how to take ownership of their physical health and mental wellbeing. Secondary aged students will learn about sexual health. Young people's entitlement to RSHE is enshrined in the terms of the Education Act (1996).

RSHE ensures that the nine protected characteristics of the **Equality Act 2010** (sex, race, disability, religion or belief, sexual orientation, gender reassignment, pregnancy or maternity) are equally represented and included in schools' curriculums.

The DfE Guidance 2000 offered this definition: "RSHE is the lifelong learning about physical, moral and emotional development. It is about the understanding of the importance of marriage for family life, stable and loving relationships, respect, love and care. It is also about the teaching of sex, sexuality, and sexual health. It is not about the promotion of sexual orientation or sexual activity."

Aims of RSHE

- Develop confidence to talk, listen and think about feelings and relationships.
- Address concerns, correct misunderstandings, and be able to protect themselves and ask for help.
- Develop skills to make and maintain positive relationships.
- Develop positive attitudes and values and respect differences in opinions.
- Develop a positive self-image and high self-esteem.
- Gain accurate knowledge and understanding about sexuality and relationships.
- Develop personal responsibility for one's actions.
- Know where to get confidential advice and support.

Content and delivery

Content and delivery of Relationships, Sex and Health education will consider the age, beliefs, needs and length of stay of the pupils. Most of our pupils will have access to RSHE at their school. Evelina

Hospital School link teachers will liaise with their school, parents and carers and facilitate RSHE lessons for long or medium stay pupils.

Long stay pupils	Primary	Pupils will participate in the Relationships and Health Education through regular and planned PSHE, PE, Design and Technology (cooking and nutrition), Science, Maths and Computing lessons.
	Secondary	Pupils will participate in the Relationships, Health and Sex Education through regular and planned PSHE, PE, Design and Technology (cooking and nutrition), Science, Maths and Computing Lessons.
Medium stay pupils	Primary	Pupils can have access to Relationships and Health Education if they take part of a PSHE, PE, Design and Technology (cooking and nutrition), Science, Maths or Computing lesson.
	Secondary	Pupils can have access to the Relationships and Health Education if they take part of a PSHE, PE, Design and Technology (cooking and nutrition), Science, Maths or Computing lesson.
Short stay pupils	Primary and Secondary	Pupils can have access to the Relationships and Health Education if they take part of a PSHE, PE, Design and Technology (cooking and nutrition), Science or Computing lesson.

Teachers will ensure that an atmosphere is created where pupils feel able to discuss concerns, feeling and relationships. It should be recognised that questions from pupils will be addressed and dealt with in the most appropriate manner and not disregarded.

Resources will be assessed to ensure that they are appropriate to the age and maturity of pupils. They will take into account equality of opportunity through their use of language, cultural attitudes and images, avoiding stereotyping, racism and sexism.

Relationships Education (KS1+2)	Relationships and Sex Education (KS3+4)	Health Education (KS1-4)
<ul style="list-style-type: none"> • Families and people who care for me • Caring friendships • Respectful relationships • Online relationships • Being safe 	<ul style="list-style-type: none"> • Families • Respectful relationships including friendships • Online and media • Being safe • Intimate and sexual relationships including sexual health 	<ul style="list-style-type: none"> • 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

This policy establishes Evelina Hospital School intent and implementation of RSHE following the guidance from the Department of Education which can be accessed at [https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/908013/Relationships Education Relationships and Sex Education RSE and Health Education.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/908013/Relationships_Education_Relationships_and_Sex_Education_RSE_and_Health_Education.pdf)

Parents can access more information about the guidance at <https://www.gov.uk/government/publications/relationships-sex-and-health-education-guides-for-schools>

Roles and Responsibilities

The SLT (Senior Leadership Team) will be responsible for ensuring the policy is implemented and that RSHE is taught consistently across the school, and for managing requests to withdraw pupils from non-statutory components of RSHE.

SLT also:

- Ensures that members of staff and subject leads are given sufficient training, so that they can teach effectively and handle any difficult issues with sensitivity
- Monitors this policy on a regular basis and reports to governors on the effectiveness of the policy

The RSHE and PSHE subject lead is responsible for:

- Plan and coordinate the curriculum coverage of RSHE

- Monitor assessment and progress

All staff are responsible for:

- Delivering RSHE in a sensitive way, following the school's curriculum and policy
- Responding to the needs of individual pupils
- Address children's and young people disclosures in line with school safeguarding policy and procedure

Monitoring and Evaluation

The Senior Leadership Team, Governors and the RSHE lead are responsible for planning and monitoring the implementation of RSHE across the school and updating this policy, every two years.

Monitoring and evaluation of RSHE will be done with the RSHE/PSHE Subject Development Plan reviews, lesson observations and reviews of the policy.

Involvement of parents and pupils

We regularly liaise and consult with the student's schools, families, carers and NHS staff to agree on a personalised curriculum offer that meets their needs.

This policy ensures the implementation of the DfE RSHE statutory guidance from September 2020. The expectations on schools will be as follows:

- Relationships and Health education – will be compulsory in all primary and secondary schools
- Relationships and sex education- will be compulsory in all secondary schools

Right to withdrawal

Parents are welcome to meet and discuss the content, and suitability, of the RSE element with the headteacher or the subject lead. Parents/carers have the right to request that their child be withdrawn from some or all of sex education delivered 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 Relationships Education or Health Education.

Parents/ carers will be informed in preparation at the point of delivery when sex education is going to be taught. Our teachers will have liaised with their child school and discussed the need and plan, in conjunction with the parents/carers.



The headteacher will discuss with the parents or carers their request to withdraw their child from RSE.

There is no right of withdrawal from the Science content of the National Curriculum

At key stages 1 and 2, the national curriculum for science includes teaching about the main external parts of the body and changes to the human body as it grows from birth to old age, including puberty. At key stage 3 and 4, it includes teaching about reproduction in humans; for example, the structure and function of the male and female reproductive systems, menstrual cycle, gametes, fertilisation, gestation, birth and HIV/AIDS.

Next policy review: Summer 2023