



Relationships and Sex Education Policy

Recommended by:	Senior Vice Principal
Recommendation Date	29 th April 2025
Ratified by:	LAGB
Signed:	<i>J Goodman</i>
Position on the board	Chair of Governors
Ratification Date	29 th April 2025
Next Review:	May 2026
Policy Tier (Central/Hub/School):	School

Relationships, Sex and Health Education (RSHE) at Gospel Oak School

Under the Children and Social Work Act 2017 the government committed to making Relationships and Sex and Health Education (RSHE) statutory in all secondary schools, including local authority maintained schools, academies, free schools and independent schools.

Since September 2020:

- Parents/carers have not been able to withdraw their child from any aspect of Relationships Education or Health Education.
- Parents/carers have been able to withdraw their child (following discussion with the school) from aspects of Sex Education, other than those which are part of the science curriculum, up to and until three terms before the age of 16.

We recognise that school leaders should: promote knowledge of healthy relationships; create a culture where sexual harassment and online sexual abuse are not tolerated, and where they identify issues and intervene early to better protect children and young people.

In order to do this, they should assume that sexual harassment and online sexual abuse are happening in their setting, even when there are no specific reports, and put in place a whole-school approach to address them. This should include:

- a carefully sequenced RSE curriculum, based on the Department for Education's (DfE's) statutory guidance, that specifically includes sexual harassment and sexual violence, including online. This should include time for open discussion of topics that children and young people tell us they find particularly difficult, such as consent and the sending of 'nudes'
- a Trust agreed RSHE policy that is compliant with the 2020 statutory update

At Gospel Oak, we deliver our RSHE through a range of provision throughout the year including Personal Social Health and Economic (PSHE)/Relationships, Sex and Health Education (RSHE) timetabled sessions, tutor sessions, assemblies, drop down days and external visitors.

Our RSHE resources are reviewed regularly and in conjunction with the nationally recognised 'PSHE Association'

PSHE Association Director of Education & Deputy CEO Jenny Barksfield said:

"We're delighted to have worked with Medway Public Health once more, to fully update and expand this great RSHE resource – and are grateful that our colleagues in Medway have again agreed to share their materials with PSHE Association members nationwide. In addition to updating the key stage 3 lessons to be fully in line with DfE statutory guidance for Relationships and Sex education (and elements of Health education), there are now ten new lessons for key stage 4, giving you comprehensive, sequenced schemes of work for both key stages and everything you need to teach topic areas such as healthy relationships, intimacy, relationship conflict, consent, contraception, and the effects of pornography, effectively and with confidence." (PSHE Association June 2022)

Our RSHE lessons are centrally planned and resourced by our PHSE coordinator in order for our teaching staff to deliver high quality RSHE content. In addition, all of our teaching staff receive regular CPD and support in order to best deliver this crucial content to our students and support them with RSHE education in all of its forms. Please see overview below:

	Autumn 1	Autumn2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	Transition to Secondary school	Building relationships	Health and puberty	Diversity	Developing skills and aspirations	Financial decision making
Learning Objectives	<ul style="list-style-type: none"> ▪ Attitude 2 learning home learning aspirations ▪ Challenges of a new school ▪ Study skills ▪ Friendships ▪ Bullying ▪ Cyber bullying 	<ul style="list-style-type: none"> ▪ Self-worth ▪ Romance ▪ Friendships (including online) ▪ Relationship boundaries 	<ul style="list-style-type: none"> ▪ Healthy routines ▪ Influences ▪ Health ▪ Puberty ▪ Unwanted contact ▪ FGM 	<ul style="list-style-type: none"> ▪ Diversity ▪ Prejudice ▪ Bullying 	<ul style="list-style-type: none"> ▪ Careers ▪ Teamwork ▪ Enterprise skills ▪ Raising aspiration 	<ul style="list-style-type: none"> ▪ Saving ▪ Borrowing ▪ Budgeting ▪ Financial choices
Smsc link British values link Pastoral/academic	<p>Supporting Y7 students to transition to Secondary school, build relationships along with building resilience.</p> <p>National Fitness Day World First Aid Day</p>	<p>To support new relationships, form within the year group, allowing students to develop a sense of worth. Linking back to the context of the area in terms of bullying and controlling behaviours. This allows early intervention and awareness.</p>	<p>Understanding yourself and your place in the world. Positive choices come from a positive self-image.</p> <p>STI Awareness Day</p>	<p>Understanding yourself, ensuring the decision you make are right. Linking back to the context of the school in terms on bullying.</p> <p>Autism awareness day Valiski Eid al Fitr</p>	<p>Understand a sense of team and community. Raising aspirations. Looking towards the future. Linking choices to future consequences. Links to the area context in terms of unemployment.</p>	<p>Links to how personal finances impact careers. Personal decision making. Links to the school context in terms of unemployment</p> <p>Black History month</p>

	World Mental Health Day	International Day of Disabled person National Stress Awareness Day International Day for the elimination of violence against Women Anti-Bullying Week				
Year 8	Discrimination	Drugs and alcohol	Emotional Wellbeing	Community and careers	Digital literacy	Identity and relationships
Learning Objectives	<ul style="list-style-type: none"> ▪ Racism ▪ Religious ▪ Disability ▪ Sexism ▪ Homophobia ▪ Biphobia ▪ Transphobia 	Types of Drugs Risks of Legal Drugs Managing Influence Online Communication Relations & Grooming Fake News	<ul style="list-style-type: none"> ▪ Mental health ▪ Emotional wellbeing ▪ Body image ▪ Coping strategies 	<ul style="list-style-type: none"> ▪ Equality ▪ Careers ▪ Life choices 	<ul style="list-style-type: none"> ▪ Online safety ▪ Digital literacy ▪ Media reliability ▪ Gambling hooks 	<ul style="list-style-type: none"> ▪ Gender identity ▪ Sexual orientation ▪ Consent ▪ Sexting ▪ Contraception
Smsc link British values link Pastoral/academic	Awareness of others. Very multi-cultural school. Links to the area context of bullying. Understanding their place in society as friendship groups change. Managing influences from peers.	Links to the area context in terms of substance misuse. How this impact on friendships. Friendship pressures. Healthy friendships and addictions do not mix. Historical pastoral data has also been used.	Links back to previous learning. Mental health and well-being is prevalent across all year group. The impact of mental health on friendship. Many students are going through puberty. Pastoral data used as well as well bring referrals	Raising aspirations links to the context of the area – unemployment rate. Choice and consequence. Links to friendships and health choices.	Pastoral data shows pressures of online influences. Links to bullying from the area context. Healthy friendships and addictions do not mix. Historical pastoral data has also been used.	Pressures of online content links to context of the area as well as conception of under 18. Early intervention is key. Hormones linked to behaviour changes are key in pastoral data. Pride Month

	Black History Month		Children's Mental Health Week			
Year 9	Peer influences	Future plans -Setting Goals	Respectful relationships	Healthy lifestyle	Employability skills	Intimate relationships
Learning Objectives	<ul style="list-style-type: none"> ▪ Influences ▪ Gangs and gang culture ▪ Removing influence ▪ Knife crime ▪ Drug and alcohol use 	<ul style="list-style-type: none"> ▪ Learning strengths ▪ Career options ▪ Goal setting ▪ GCSE options process 	<ul style="list-style-type: none"> ▪ Marriage ▪ Family ▪ Relationships & Media ▪ Forced Marriage 	<ul style="list-style-type: none"> ▪ Making Choices ▪ Maintaining Physical Health ▪ Physical & Mental Wellbeing ▪ Body Image 	<ul style="list-style-type: none"> ▪ Rights & Responsibilities ▪ Personal Brand ▪ Strategies for success ▪ Understanding Payslips 	<ul style="list-style-type: none"> ▪ Intimate Relationships ▪ Sharing sexual images ▪ Capacity to consent ▪ STI ▪ Contraception
Smsc link British values link Pastoral/academic	<p>Pastoral data links to increase in above issues. Relationships is a continued thread throughout. Area context links to misuse.</p> <p>Anti-bulling week</p>	During Spring two pupils well be choosing their options, they will have taster lessons and assemblies regarding different subjects, which along with this unit will help pupils to make positive and informed choices.	Interleaving relationships. Very multi-cultural school. Links to the area context of bullying. Understanding their place in society as friendship groups change. Managing influences from peers. Controlling behaviours links to area context	<p>Its important that pupils understand how to look after themselves and stay fir and active, this becomes increasingly important as they grow up and start there GCSE's in September</p> <p>National School Sports Week</p>	Now you have chosen your options its important to think about your future career choices and what skills you are going to need in the future.	Poor relationships lead to poor choices. Hormones linked to behaviour changes are key in pastoral data. Pastoral data also shows poor choices surrounding online behaviours. Area context data shows conception of under 18s.

			Black History month			STI Awareness
Year 10	Mental health	Future finances	Healthy relationships	Influences	Extremism and radicalisation	Work Experience
Learning Objectives	<ul style="list-style-type: none"> ▪ New challenges ▪ Signs of poor mental health ▪ Promoting emotional well-being ▪ Stigma of mental health <p>Grief and loss</p>	<ul style="list-style-type: none"> ▪ Buy now pay later schemes. ▪ Mortgages ▪ Working 15-18 and balance ▪ Personal brand ▪ Applying for jobs <p>Employment trends</p>	<ul style="list-style-type: none"> ▪ Relationship Values ▪ Safer online relationships ▪ Sexualised Behaviour ▪ Consent ▪ Contraception 	<ul style="list-style-type: none"> ▪ Positive and Negative role models ▪ Gang culture representation ▪ Influence of Drugs and Alcohol <p>Support and Exit strategies</p>	<ul style="list-style-type: none"> ▪ Valuing Diversity ▪ Understanding Extremism ▪ Radicalisation ▪ Terrorism 	<ul style="list-style-type: none"> ▪ Preparation for work experience <p>Evaluation of work experience Readiness for work</p>
Smsc link British values link Pastoral/academic	Mental health is an issue across Wolverhampton, this unit has been tied in with world mental health day, Its important that pupils have good mental health as they start and progress through their GCSE's	As you approach 16 you may get a part time job, so it's important that you are award of managing money in a positive way. Poor finances can impact on your mental health	To support pupils with their relationships as they grow up and start to explore their sexuality. Pupils also need to be very aware that pornography is not how women want to be treated, which ties in well with Elimination of Violence against women day.	Gang culture is a big part of life for young people in Wolverhampton, as the nights are getting lighter and you are lightly to be out more socializing, its important to understand the influence of gangs and drugs	As you have more freedom in your spare time to access the internet and go out with friends you can be subjected to gangs and people with extreme views.	<p>Apprenticeship week As the end of Spring 2 pupils will be completing their work experience, this unit will support pupils through this as they prepare for this.</p> <p>Apprenticeship week</p>

	World Mental Health Day					
Year 11	Building for the future	Next steps	Relationships	Revision strategies and managing stress		
Learning Objectives	<ul style="list-style-type: none"> Self-efficacy Stress Social media Justice and rights Human rights War British values 	<ul style="list-style-type: none"> Post 16 options, A levels, apprenticeship Long term career planning Growth throughout life <p>Organisation and time management</p>	<ul style="list-style-type: none"> Relationship Abuse Consent Handling Unwanted attention Honour based violence Family planning 	<ul style="list-style-type: none"> Self-efficacy Stress management Future opportunities 		
Smsc link British values link Pastoral/academic	As pupils have move into year 11, they will start to become stressed about their upcoming GCSE exams, this unit will help them manage their stress more effectively and prepare for a positive future.	Pupils are now starting to look for their next steps after year 11, this unit will help to guide them through 6 th form/college/apprentice applications	As pupils get older they need to understand how to have positive meaningful relationships and understand where to get help from if needed	As pupils have move into year 11, they will start to become stressed about their upcoming GCSE exams, this unit will help them manage their stress more effectively and prepare for a positive future.		

	World Mental Health Day			World Mental Health Day		
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Support Services:

If you wish to carry out further reading around RSHE, the following documents may be of use to you:

Government guidance

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/907640/RSE_secondary_schools_guide_for_parents.pdf

The Department for Education guidance <https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education/relationships-and-sex-education-rse-secondary>