

Relationships, Sex and Health Education Policy

Kesteven and Sleaford High School Curriculum Content and Delivery

1 Curriculum Content

The Personal Development and PSHE curriculum at Kesteven and Sleaford High School incorporates statutory Relationships Education, Health Education and, where appropriate, Sex Education.

The curriculum plays a key role in fulfilling the school's safeguarding duties, supporting students to recognise risk, understand healthy and unhealthy behaviours, make informed decisions and seek appropriate support when needed.

The curriculum is structured as a spiral curriculum, enabling students to revisit key concepts throughout Key Stages 3 and 4 with increasing depth and maturity.

The curriculum is organised around three predominant strands:

- Relationships
- Health and Wellbeing
- Living in the Wider World (including Careers Education)

These strands are underpinned by British Values and provide a coherent framework through which students develop the knowledge, skills and attributes needed to thrive in modern Britain.

A copy of the curriculum PSHE Learning Journey is reviewed annually and published on the Kesteven and Sleaford High School website, alongside a comprehensive Knowledge Sequencer offering a more detailed overview of the curriculum content.

Whilst the curriculum is carefully planned, content may be adapted where necessary to respond to emerging local or national issues, safeguarding priorities or the identified needs of particular year groups. The curriculum is responsive to local safeguarding priorities and is informed, where appropriate, by local safeguarding partnership guidance. This ensures that the curriculum remains relevant, responsive and effective in preparing students for the world in which they live.

2 How the Curriculum is Delivered

Personal Development is delivered through:

- In weekly themed assemblies for every Key Stage
- In form time Personal Development sessions 8.45-9.10 for all students

- In Years 7, 8, 9 and 10 in PSHE lessons (one hour per timetable cycle)
- In additional annual Year 7 and Year 9 PSHE days, in partnership with our local safeguarding communities and Lincolnshire County Council
- In Year 11 in PSHE 'Drop-Down' Days (approx. two days per academic year)
- In subject lessons (*e.g. Computing, Ethics and Philosophy, Science...*)
- In extra-curricular activities and events (*e.g. our KSHS World Fair, a student-led event celebrating culture and diversity in our school*)
- Through our wide variety of careers opportunities and workshops.

The curriculum is primarily delivered by teaching staff employed by Kesteven and Sleaford High School. Teaching is delivered in a balanced, factual and age-appropriate manner and reflects the school's duty to ensure political impartiality.

Where specialist expertise is required, external providers may be used. All external providers are appropriately vetted, and their materials are discussed in advance to ensure they are accurate, age-appropriate and aligned with statutory guidance and school values.

Overall responsibility for curriculum content remains with the school.

3. Relationships Education and Sex Education

1 Relationships Education

Relationships Education forms a statutory part of the curriculum and is taught to all students.

This includes learning about:

- Families and caring relationships
- Respectful relationships
- Consent and personal boundaries
- Online relationships
- Equality and diversity
- Bullying and harassment
- Personal safety
- Safeguarding and exploitation

Relationships Education does not involve teaching the detail of different forms of sexual activity.

However, sensitive issues such as sexual harassment, sexual violence, coercive control, exploitation, harmful practices and abuse may be discussed where necessary to safeguard students and help them recognise risks.

2 Sex Education

Sex Education forms one part of the wider Personal Development and PSHE curriculum.

Kesteven and Sleaford High School defines Sex Education as learning that goes beyond the statutory curriculum and focuses on the details of intimate sexual relationships and sexual activity only.

At Kesteven and Sleaford High School, Sex Education includes age-appropriate learning that may be related to topics such as:

- Intimate relationships
- Sexual intimacy and readiness
- Contraception
- Pregnancy and fertility
- Parenthood and family life
- Reproductive health

All Sex Education is delivered in a factual, age-appropriate and inclusive manner.

4. Right to Withdraw from Sex Education

Parents have the right to request that their child be withdrawn from some or all of the Sex Education delivered as part of the curriculum.

For the purposes of parental withdrawal, the school defines Sex Education as learning that goes beyond the statutory curriculum and focuses on the details of intimate sexual relationships and sexual activity only. There is no right to withdraw from Relationships Education, Health Education or safeguarding education.

At Kesteven and Sleaford High School there are no individual lessons that cover Sex Education content exclusively. However, the following lessons may be considered to constitute Sex Education and may be subject to parental withdrawal requests:

Year 8 – Introduction to Contraception

Year 10 – Intimate Relationships, Contraception – Condom Demonstration

In Year 9 and Year 11 we also welcome external speakers to deliver talks on topics such as Contraception and Sexually Transmitted Infections. Parents will be notified via letter when these can be expected and what content will be covered.

Parents wishing to discuss the curriculum or request withdrawal should contact the Personal Development Lead. The Personal Development Lead will be happy to discuss the curriculum content, answer any questions and explain the educational rationale for the programme before any decision is made.

In accordance with statutory guidance, a student who has been withdrawn from Sex Education may, from three terms before their 16th birthday, request to receive Sex Education themselves.

Appropriate supervision and alternative educational work will be provided for students who are withdrawn.

Any withdrawal request applies only to the current academic year and must be renewed annually.

5. Inclusion and Accessibility

The school is committed to ensuring that all students can access the Personal Development curriculum, including those with special educational needs and disabilities.

Teachers take account of:

- Age
- Developmental stage
- Prior learning
- Individual needs
- Additional learning needs

Resources, teaching approaches and activities may be adapted to ensure that all students can engage successfully with the curriculum.

Where appropriate, staff work alongside parents, SEND staff and external professionals to support access to learning.

Staff Training

The Personal Development Lead is responsible for the strategic leadership, development, monitoring and evaluation of the Personal Development curriculum, including Relationships, Sex and Health Education (RSHE).

All staff delivering Personal Development receive appropriate training and support.

Training may include:

- Statutory RSHE guidance updates
- Safeguarding and child protection training
- Managing sensitive discussions
- Responding to disclosures
- Subject knowledge development
- Supporting students with SEND
- Emerging safeguarding themes and local safeguarding priorities

The Personal Development Lead is responsible for identifying training needs, monitoring curriculum developments and ensuring that staff remain compliant with statutory expectations.

6. Monitoring, Evaluation and Quality Assurance

The Personal Development curriculum is monitored by the Personal Development Lead alongside the Senior Leadership Team.

Monitoring activities may include:

- Lesson observations
- Learning walks
- Curriculum reviews
- Student voice
- Staff feedback
- Parent feedback
- Review of external providers

The school evaluates the effectiveness of the curriculum through ongoing formative assessment.

Evidence may include:

- Retrieval activities
- Discussion and questioning
- Reflection tasks

- Student work
- Student surveys, particularly via TEAMs
- Curriculum evaluations

This enables the school to evaluate whether students are developing greater knowledge, understanding and confidence over time and whether they can recall and apply previous learning.

Curriculum maps and content are reviewed annually in line with statutory guidance, local safeguarding priorities and the needs of students.

7. Access to Curriculum Materials

Parents and carers are encouraged to engage with the Personal Development and PSHE curriculum.

Curriculum overviews are published on the school website.

Parents wishing to discuss specific curriculum content or view particular curriculum materials should contact the Personal Development Lead.

Requests will be considered on a case-by-case basis, taking into account safeguarding considerations, copyright restrictions and the need to preserve the integrity of classroom discussion and learning activities.

8. Responding to Student Questions

Students are encouraged to ask questions during Personal Development and PSHE lessons.

Teachers will answer questions:

- Honestly
- Sensitively
- Factually
- In an age-appropriate manner

Responses will be guided by professional judgement, statutory guidance and the needs of the students present.

Where a question falls outside the planned curriculum, is not age-appropriate or would be better addressed by a parent or carer, the teacher may defer the question or encourage the student to discuss the matter at home.

Where a student has been withdrawn from Sex Education and asks a question relating to content from which they have been withdrawn, staff will provide an appropriate safeguarding response whilst respecting the parental withdrawal request. Where appropriate, students may be encouraged to discuss the matter with their parent or carer or seek further support from the Personal Development Lead or another appropriate member of staff.