



The Stable School

Relationships and Sex Education Policy

The Stable School is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment.

In drafting this policy, The Stable School considered the Dept of Education’s Relationships Education, Relationships and Sex Education (RSE) and Health Education Guidance

The DFE guidance defines RSE as “lifelong learning about physical, moral and emotional development. It is about the understanding of the importance of marriage and family life, stable and loving relationships, respect, love and care. It is also about the teaching of sex, sexuality and sexual health”. It is about the development of the pupil’s knowledge and understanding of her or him as a sexual being, about what it means to be fully human, called to live in right relationships with self and others and being enabled to make moral decisions in conscience.

Owner: Melrose Education Limited

The Stable School Senior Leadership Team have overall responsibility for this policy. This policy can be made available in larger print or more accessible format if required.

Date Created	Date 1st Review Due	Date Reviewed	Version	Next Review Due
October 2022	October 2023		1	
		July 2023	2	July 2024



Introduction

Relationships and Sex Education is taught at The Stable School in order to support all young people to be happy, healthy and safe whilst growing up in an increasingly complex world and living their lives seamlessly on and offline. The curriculum is CBT-based and trauma informed throughout. We want to equip them for adult life and to help them make a positive contribution to society. This presents many positive and exciting opportunities, but also challenges and risks. In this environment, children and young people need to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way. Relationships Education is delivered years 1 - 6 and Relationships and Sex Education (RSE) is delivered years 7-11.

Aims

The aim of RSE is to give young people the knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives and meet their full potential. It is taught in a safe, non-judgemental and open forum, allowing the pupils to discuss their opinions, pre-conceptions and concerns. This is the only subject in the school that is taught in year groups, so the pupils feel they are amongst their own age group and we tailor the curriculum as appropriate to that age group.

The Stable School endeavours to give young people the information they need to help them develop healthy, nurturing relationships of all kinds, not just intimate relationships. It enables pupils to know what different relationships look like and what makes a good friend, a good colleague and a successful marriage or other type of committed relationship. It covers contraception, developing intimate relationships and resisting pressure to have sex (and not applying pressure). It teaches 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.

Delivery

Staff teaching RSE ensure that core knowledge is broken down into units of manageable size and communicated clearly to pupils, in a carefully sequenced way, within planned lessons. The RSE curriculum will cover topics such as peer pressure, bullying and body shaming, consent, gender and identity, sexism, parenting, child sexual exploitation, relationship break ups and safe sex. Teaching includes sufficient well-chosen opportunities and contexts for pupils to embed new knowledge so that it can be used confidently in real life situations.

Pupils are taught the facts and the law about sex, sexuality, sexual health and gender identity in an age-appropriate and inclusive way. Staff endeavour to ensure pupils feel that the content is relevant to them and their developing sexuality. Sexual orientation and gender identity are explored in a clear, sensitive and respectful manner. When teaching about these topics, The Stable School recognises that young people may be discovering or understanding their sexual orientation or gender identity and provide an equal opportunity to explore the features of stable and healthy same sex relationships.

In teaching Relationships Education and RSE, The Stable School ensures that the needs of all pupils are appropriately met, and that all pupils understand the importance of equality and respect. The Stable School ensures that we comply with the relevant provisions of the Equality Act 2010. (Please see The Equality Policy).



The Law

Pupils are well informed about the full range of perspectives and, within the law, are well equipped to make decisions for themselves about how to live their own lives, whilst respecting the right of others to make their own decisions and hold their own beliefs. This includes a range of important facts and the rules regarding sharing personal information, pictures, videos and other material using technology. This will help young people to know what is right and wrong in law, but it can also provide a good foundation of knowledge for deeper discussion about all types of relationships.

Key aspects of the law relating to sex which are taught include:

- The age of consent and what it is
- Violence against women and girls
- The definitions and recognition of rape, sexual assault and harassment,
- Choices permitted by the law around pregnancy.
- Pornography
- Grooming, sexual exploitation and domestic abuse, including coercive and controlling behaviour,
- Internet safety - pupils are taught the rules and principles for keeping safe online, including how to recognise risks, harmful content and contact, and how and to whom to report issues.
- Sexting - definitions, the law in regards to distributing, possessing or showing any indecent images of anyone aged under 18, even if the content was created with the consent of that young person.

Support

Where to find support - As well as addressing this in the context of the law, pupils may also need support to recognise when relationships (including family relationships) are unhealthy or abusive (including the unacceptability of neglect, emotional, sexual and physical abuse and violence, including honour-based violence and forced marriage) and strategies to manage this or access support for oneself or others at risk. The Stable School recognises that for pupils who are or have experienced unhealthy or unsafe relationships at home or socially, the school may have a particularly important role in being a place of consistency and safety where they can easily speak to trusted staff, report problems and find support.

Right to withdraw

Parents have the right to request that their child be withdrawn from some or all of Sex Education delivered as part of statutory RSE. If a pupil is excused from Sex Education, The Stable School will ensure that the pupil receives appropriate, purposeful education during the period of withdrawal. There is no right to withdraw from Health Education. Parent/carers are provided with a detailed description of what particular RSE elements are being taught for their child's year group at the beginning of the academic year. A two-week consultation period for parents/carers is given at the beginning of the academic year giving the opportunity for questions and feedback. Interventions are then put in place as appropriate.

SEND

RSE and Health Education must be accessible for all pupils, therefore The Stable School delivers high quality teaching that is differentiated and personalised to ensure accessibility to all pupils. The Stable School appreciates that some pupils are more vulnerable to exploitation, bullying and other issues and



will take active steps to address this in their RSE lessons. The Stable School ensures that our teaching is sensitive, age-appropriate, developmentally appropriate and delivered with reference to the law.

Roles and Responsibilities

The Stable School will ensure that:

- The teaching of RSE is monitored and delivered in ways that are accessible to all pupils with SEND
- Clear information is provided to parents/carers on the subject content and the right to request that their child is withdrawn
- If a pupil is excused from Sex Education, it is the school's responsibility to ensure that the pupil receives appropriate, purposeful education during the period of withdrawal.
- All pupils are offered the opportunity to explore ideas, situations and feelings in an atmosphere of confidence and support
- All points of view that staff may express during the course of teaching RSE are unbiased
- The emphasis of teaching RSE will always be the importance and understanding of personal relationships and the right of the individual to make informed choices.
- If a pupil has embarked on a course of action likely to place them at risk, staff will refer any potential concerns to the Designated Safeguarding Lead.

Safeguarding, Reports of Abuse and Confidentiality

Keeping Children Safe in Education (2023) sets out that all schools and colleges should ensure children are taught about safeguarding, including how to stay safe online, as part of providing a broad and balanced curriculum. Stable School pupils are aware of how to raise their concerns or make a report and how any report will be handled. All staff are aware of what to do if a child tells them that they are being abused or neglected. Please see our Child Protection and Safeguarding Policy.