



WATERSIDE ACADEMY

SEX AND RELATIONSHIPS (RSE) POLICY 2024-2025

Policy Details

Status:	In-house
Frequency of review:	Annual
Lead member of staff:	Stephanie Larner
Last reviewed:	November 2024
Next Review Date:	November 2025

Background

This policy outlines the provision of Relationships and Sex Education (RSE) at Waterside Academy, ensuring compliance with statutory guidance as per the Department for Education's *Relationships Education, Relationships and Sex Education (RSE) and Health Education (England) Regulations 2019*.

Effective RSE is vital for equipping pupils with the knowledge, skills, and values to make informed decisions about their well-being, relationships, and sexual health. Waterside Academy uses resources from **Chameleon PDE**, and external contributors such as **Talk the Talk Education** and **Sefton Sexual Health Service**. Pupils also have access to the **school nurse** for additional support.

Policy Aims

The aim of this policy is to ensure RSE at Waterside Academy:

- Meets statutory requirements.
- Supports pupils' development as confident, responsible, and respectful individuals.
- Provides a safe, inclusive space to explore sensitive topics.

Objectives

By engaging with the RSE programme, students will:

1. Develop knowledge of physical, emotional, and social changes during puberty and adolescence.
2. Build skills to maintain healthy relationships and make informed decisions about their sexual health.
3. Learn about accessing relevant support services (e.g., school nurse, Sefton Sexual Health Service).
4. Develop critical thinking skills to challenge stereotypes, misinformation, and societal pressures.
5. Respect diversity in relationships, including cultural, religious, and sexual orientation differences.

Curriculum Delivery

RSE is embedded in the **PSHE** curriculum and supported by the **science curriculum**. Topics are introduced in an age-appropriate and developmental manner. Key areas include:

- Healthy relationships.
- Respect and consent.
- Sexual health, including contraception and sexually transmitted infections (STIs).
- Online safety and exploitation.
- The impact of media and peer pressure.

The curriculum is regularly reviewed to ensure relevance and effectiveness, with input from pupils, staff, and parents/carers. Resources are selected for inclusivity and accuracy.

Teaching Approach

RSE is delivered using a range of methods, including:

- Class discussions and small group work.
- Use of case studies, role-play, and multimedia resources.
- Workshops and presentations by external organisations such as **Sefton Sexual Health Service**.

To ensure sensitivity:

- Ground rules are established to maintain a respectful, open classroom environment.
- Pupils are encouraged to ask questions, which are answered honestly and age-appropriately.
- Single-gender sessions are offered where appropriate to create a comfortable learning environment.

Values and Inclusivity

RSE at Waterside Academy is guided by the following values:

- Respect for self and others.
- Acceptance of diversity, including sexual orientation and gender identity.
- Awareness of the importance of consent and mutual respect in relationships.
- Recognition of the value of family life in its various forms.

We ensure that teaching reflects the diversity of the school community and does not discriminate based on ability, gender, race, or religion.

- **LGBTQ+ Inclusivity:** All RSE content is taught in line with the Equality Act 2010, ensuring it is inclusive of all pupils, including those who identify as LGBTQ+.
- **Special Educational Needs and Disabilities (SEND):** RSE is adapted to meet the learning needs of SEND pupils, using differentiated resources and strategies.
- **Cultural Sensitivity:** The delivery of RSE acknowledges and respects the diverse cultural and religious beliefs of our school community.

Parental Rights and Involvement

Parents and carers are partners in their child's education. Waterside Academy is committed to working with families to ensure that RSE reflects the needs and values of our community.

- **Right to Withdraw:**
Parents have the right to withdraw their child from aspects of sex education (but not relationships or health education) up to three terms before the child turns 16. After this, the child can choose to participate.
- **Communication:**
The overarching learning journey is shared with parents yearly and is published on our school's website. Parents may, by request, view individual lesson resources taught to students and an open discussion around the delivery of RSE is encouraged at all times.

Safeguarding and Confidentiality

Staff are trained to handle sensitive issues professionally and in line with the **school's safeguarding policy**. If a pupil discloses a safeguarding concern, staff will act in the child's best interests and may involve the **Designated Safeguarding Lead (DSL)**.

Confidentiality will be maintained unless:

- There is a risk of harm to the pupil or others.
- Legal or safeguarding duties require disclosure.

External contributors (e.g., **school nurse, Talk the Talk Education**) are briefed on safeguarding protocols before working with students and will be made fully aware of who to contact should a safeguarding concern arise as part of their work with pupils.

Support for Vulnerable Pupils

The RSE curriculum is differentiated to support pupils with special educational needs and disabilities (SEND). Additional pastoral support is provided to vulnerable pupils, including those at risk of exploitation or with experiences of trauma. This is decided in partnership with

Monitoring and Evaluation

The delivery of RSE is monitored through:

- Feedback from pupils and staff.
- Lesson observations.
- Review of teaching materials.
- Parent consultations.

The policy and curriculum are reviewed annually to ensure alignment with statutory guidance and the needs of the school community.

Key Topics by Key Stage

Key Stage 3:

- Puberty and emotional changes.
- Friendships and healthy relationships.
- Introduction to consent.
- Basic contraception and STI awareness.
- Online safety and the impact of media.

Key Stage 4:

- Sexual health and accessing services.
- Detailed exploration of contraception and STIs.
- Consent and the law.
- Managing peer pressure and challenging harmful norms.
- Exploring diverse relationships and gender roles.

- Addressing exploitation and recognising abusive behaviours.

Resources and Support

- **Chameleon PDE resources** ensure age-appropriate and engaging content.
- **Sefton Sexual Health Service** provides specialist workshops and guidance.
- The **school nurse** is available for confidential health advice and support.
- Posters and leaflets about sexual health services and online safety are displayed throughout the school.

Governance

The Governing Body oversees the RSE policy and ensures adequate resourcing. They work closely with the Senior Leadership Team to support the programme's delivery and review.