



Bringing out the Best in Everyone"



**Buckinghamshire Council /**

**Pebble Brook School**

## **Relationships and Sex Education Policy**

Signed \_\_\_\_\_ dated \_\_\_\_\_  
Chair of Governors

<b>Date Approved /Ratified</b>	Spring 2025
<b>Date of next review</b>	Spring 2026

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## **1. Relationships and Sex Education and the School Ethos**

At Pebble Brook School Relationships and Sex Education (RSE) is learning about the emotional, social and physical aspects of growing up, relationships, sex, human sexuality and sexual health. It equips pupils with the information, skills and positive values to have safe, fulfilling relationships, to enjoy their sexuality and to take responsibility for their sexual health and wellbeing.

The staff and Governors believe that pupils learning about their relationships with others and their own sexual development can greatly enhance their ability to lead their lives competently and with fulfilment. We also expect other learning outcomes to be enhanced by the increased self-esteem and confidence which a good Relationships and Sex Education Curriculum can bring about. At Pebble Brook School we value all staff and pupils as individuals, worthy of dignity and respect.

## **2. Aims and Objectives**

Relationships and Sex Education at Pebble Brook School will address the spiritual, moral, cultural and physical development of pupils and will emphasise responsible and healthy choices. It will also prepare our pupils for the opportunities, responsibilities and experiences of adult life.

Relationships and Sex Education at Pebble Brook School will:

- Provide knowledge and information to which all pupils are entitled.
- Clarify / reinforce knowledge pupils have already acquired.
- Help pupils develop the skills they require to have relationships with others.
- Raise pupils' self-esteem and confidence, especially in their relationships with others.
- Help pupils to understand their bodies, emotions, sexual feelings and behaviour so that they can lead fulfilling and enjoyable lives.
- Develop skills (language, decision making, choice, assertiveness) which are necessary in a range of situations.
- Promote acceptable and appropriate behaviour in public and private situations.
- Give practice of strategies which reduce the risk of exploitation, misunderstanding and abuse.

- Provide the confidence to be an active member of society.
- Support access to information and facilities.

Pebble Brook School works towards these aims in partnership with parents / carers.

### **3. Roles and Responsibilities**

- Responsibility for the RSE Policy ultimately lies with the Governing Board. The Chair of the Governing Board regularly liaises with the PSHE coordinator about PSHE and was involved in developing and reviewing this policy.
- The Headteacher is responsible for ensuring that the school implements a comprehensive RSE curriculum that complies with statutory guidance and covers topics such as relationships, consent, health and sexual education, tailored to the needs of the pupils.

In collaboration with the Governing Board, the Headteacher is responsible for developing and implementing the school's RSE Policy.

The Headteacher ensures that all staff members involved in delivering RSE receive appropriate training and support.

The Headteacher is responsible for ensuring that RSE provision contributes to the safeguarding and wellbeing of pupils including creating a safe and inclusive learning environment, promoting positive relationships and respect and addressing issues such as bullying, harassment and online safety within the context of RSE.

The Headteacher regularly monitors and evaluates the effectiveness of RSE provision in the school.

- The PSHE Coordinator is responsible for developing the school's RSE curriculum, ensuring it is up to date, in line with current legislation and meets the current needs of the student group. The PSHE Coordinator monitors teaching, assessment and evaluation of pupil progress, support PSHE teachers and form tutors as appropriate and provide training for staff as needed. The PSHE Coordinator ensures that parents / carers have the best opportunity to understand and feed into the RSE teaching curriculum so that teaching is a partnership as far as possible. They ensure single sex group discussion opportunities are available each year for both boys and girls. They offer staff and pupils support throughout the year as necessary. The PSHE Coordinator ensures resources are appropriate and up to date.
- PSHE teachers are responsible for ensuring they have the knowledge and understanding to deliver the curriculum, for the adaptation of lessons and resources for their group, assessing and evaluating pupil progress, feeding back to the Coordinator and writing the annual report for each pupil.

- Form tutors support the needs of individual pupils in their group with the support of the PSHE Coordinator as required.
- RSE is taught by a small team of teachers each year. Teachers have opportunities to meet with the PSHE Coordinator as necessary about RSE teaching.
- All staff know the basics of the statutory RSHE guidance and are aware of the wide-ranging curriculum content and when it is being taught. Issues arising are discussed in a Monday or Friday Teachers meeting.

#### **4. The Relationships and Sex Education Curriculum at Pebble Brook School**

Relationships and Sex Education is an integral part of our whole school PSHE curriculum and is taught annually to every pupil in the school. The curriculum is reviewed each year by the PSHE coordinator, taking into account pupil and staff feedback, pupil needs, progress data, current affairs and Government updates.

As with all subjects, RSE is taught in groups of approximately 10 pupils with a teacher supported by a teaching assistant. Lesson objectives are adapted to suit the needs, ability and age of a particular group. Where required, Relationships and Sex Education is also taught within single sex groups and to individuals demonstrating additional needs.

The broad topics of focus for each key stage are:

##### **4.1 Key Stage 3**

- Social and emotional changes at puberty.
- Personal hygiene.
- How a baby is made.
- Birth.
- Relationships.
- Consent.
- Safety online.

## **4.2 Key Stage 4**

- Relationships values and expectations.
- Consent.
- Healthy and unhealthy behaviours in relationships.
- Gender and sexual orientation.
- An introduction to contraception.
- Sexually transmitted infections.
- Safety online including sharing nude images and the impact of pornography.
- Parenting.

## **4.3 Key Stage 5**

- Intimacy in relationships.
- Consent, pressure and coercion.
- Managing relationships, conflict and breakups.
- More about contraception.
- More about Sexually transmitted infections.
- Safety online including sharing nude images and the impact of pornography.
- Parenting.
- Addressing relationship abuse.

It is the school's legal obligation, where appropriate, to make pupils aware of sensitive issues such as HIV / AIDS, abortion, homosexuality and sexual abuse (ref. Department for Education circular number 5194). Such issues will always be dealt with in a sensitive manner in consultation with parents / carers.

## **5. Safe and Effective Practice**

RSE is taught in the late spring or summer term to ensure that staff have had time to establish positive, comfortable relationships with pupils.

A safe learning environment is established for all PSHE lessons by developing a learning agreement with pupils at the beginning of the year which correlate to the Key Stage 3 Pebble Brook School Golden Rules and the Key Stage 4 Pebble Brook School Rights and Responsibilities.

Pupils are made aware of the adult responsibility to keep them safe and helped to understand they cannot promise to keep information private if an adult has concerns about their safety.

Staff have clear expectations of the learning behaviour required in a lesson and ensure this is managed by positive reinforcement as much as possible and consequences where needed.

Pupils are actively encouraged to ask questions both verbally or in their books and these are answered immediately where possible. Pupils have the opportunity to ask anonymous questions through post-it notes each lesson. These are either answered the following lesson or during the next lesson covering that content.

Pupils are helped to depersonalise shared information, using words like “someone I know” rather than naming an individual.

Pupils are helped to understand what is appropriate for a group discussion and what is private information or should be discussed one-to-one. Should a pupil choose to share information that is too private this is quickly dealt with by the teacher with the assurance that this will be dealt with later.

Staff are given verbal and written guidance about dealing with sensitive issues in the lessons.

## **6. Resources**

A central bank of resources across the school is continually updated and developed by the PSHE Co-ordinator. It includes books, visual aids, film clips and community based resources, all of which are matched carefully to individual need and age. Books are available in the PSHE room, individual classrooms and on shelving outside the separate boys’ and girls’ toilet corridor.

## **7. Assessment**

As with other subjects, RSE at Pebble Brook School is assessed against age and needs appropriate criteria based on Government guidelines.

Teacher assessment of pupil progress is informed by discussions in class, participation in practical activities, recorded work, teaching assistant and therapist feedback and pupil self-assessment.

Progress is recorded on the school computer based assessment system, Earwig Education.

Progress is reported annually through parent / carer consultations and the pupil's Annual Review.

## **8. Equal Opportunities**

Relationships and Sex Education is taught throughout the school within the framework provided by our Equal Opportunities Statement. All pupils are given equal access with due regard to race, gender or disability.

## **9. Statutory Requirements and Parents' / Carers' Right to Withdraw their Child from Sex Education.**

The Health Education and Relationships and Sex Education aspects of PSHE (personal, social, health and economic) Education are compulsory in all secondary schools.

Following discussion with the school, parents / carers can withdraw their child from the 'sex' elements of RSE. We encourage parents / carers to meet with the Headteacher and PSHE Coordinator.

Parents / carers do not have a right to withdraw their child from Health Education, Relationships or any other aspect of PSHE Education.

There is no right of withdrawal from National Curriculum Science which includes elements of Sex Education such as puberty and reproduction.

Three terms before they turn 16 a pupil can opt back in to Sex Education lessons. Our school has a duty to provide Sex Education during one of the remaining three terms. The Headteacher would meet with parents / carers to negotiate this situation.



Any pupil who is withdrawn from Sex Education lessons will be provided with other PSHE work and be supervised in an alternative location in school.

## **10. Other Professionals**

The Co-ordinator of PSHE seeks the advice of other relevant professionals as and when necessary, for example, the responsible LEA inspector, external specialist consultants and the PSHE Association as appropriate.

## **11. Safeguarding**

The RSE Policy supports our school's approach to safeguarding and links to and is informed by other policies and statutory and non-statutory guidance for schools, including:

- Statutory guidance on Relationships Education, Relationships and Sex Education (RSE) and Health Education.
- Equality Act 2010
- Pebble Brook School Safeguarding Policy 2023 / 2024.
- The Children Act 2004.

## **12. Engaging with Parents and Other Stakeholders**

We aim to work with parents / carers in partnership in delivering Relationships and Sex Education. It is our policy to inform all parents about the content and aims of PSHE and Sex Education. We will take every opportunity to inform and involve parents / carers by:

- Making our commitment clear in the school prospectus.
- Offering a Parents' Consultation Evening each year to discuss that year's curriculum and see resources available.
- Giving information about our RSE on YouTube and our website.
- Raising personal development issues at each pupil's Annual Review meeting.
- Giving the opportunity to discuss PSHE objectives as part of the Pebble Brook

School core curriculum.

- As a school we welcome all comments and enquiries from parents / carers through a phone call to the office, coming into school or email.
- Notice of the Relationships and Sex Education curriculum is given in writing 2 weeks before teaching of the curriculum starts.
- We do our best to find out from parents / carers any religious or cultural views they may have which may affect the Sex Education they wish to be given to their child, although we would consider carefully any request which compromised our Equal Opportunities Policy.
- Pupil voice opportunities are given through individual lessons, form time, the Student Council and an annual PSHE pupil questionnaire.
- Support for pupils is planned for and signposted at the end of each lesson.

### **13. Monitoring, Reporting and Evaluation**

Relationships and Sex Education is assessed and monitored in line with the school's policy on assessment, recording and reporting. It is the responsibility of the PSHE Co-ordinator to monitor the teaching of Relationships and Sex Education across the school. This is done through an annual audit and reviewing and monitoring pupils' books and teaching and assessment with the support of the Senior Leadership Team. Pupils give feedback during lessons, form time and the Student Council as well as the PSHE student feedback questionnaire.

The Governing Board is updated by the PSHE Governor who conducts termly visits.

### **14. Staff Training**

Relationships and Sex Education is an issue for whole school training and development. The PSHE Co-ordinator works with the Senior Leadership Team to ensure that staff are fully supported, both in terms of supervision and professional development, when delivering Relationships and Sex Education to our pupils.

### **15. Dissemination**

Parents are given opportunities to review and discuss curricular content as and when materials are put into place. The teaching programme is available on the

school website.

## **16. Consultation Process**

Parents / carers were invited to participate and contribute to the writing and review of the RSE Policy as part of the working group or by giving views by phone and email or to the Parent Governors.

## **17. Sex and Relationships Policy Review Date**

To ensure this policy continues to meet the needs of the students, staff and parents / carers, and that it is in line with current Department for Education advice and guidance, it will be reviewed by the PSHE Coordinator, the Headteacher, The Governing Board and parents / carers.

This policy will be reviewed in the Spring Term 2026.

## Appendix 1

### Parent / Carer Form: Withdrawal from Sex Education within RSE

TO BE COMPLETED BY PARENTS/CARERS			
Name of child		Class	
Name of parent/carers		Date	
Reason for withdrawing from sex education within relationships and sex education			
Any other information you would like the school to consider			
Parent signature			

TO BE COMPLETED BY THE SCHOOL	
Agreed actions from discussion with parents / carers	