



**Newham Collegiate
Sixth Form Centre**

A specialist centre for Science and Mathematics

Relationships and sex education (RSE) and health education

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Introduction and Purpose of Policy

The NCS believes that Sex and Relationship Education (RSE) makes an essential contribution to every student's health, wellbeing and preparation for adult life in society. Effective sex and relationship education is essential if young people are to make responsible and well-informed decisions about their lives. A comprehensive programme of SRE provides accurate information about the body, sex, sexual health, sexual harassment and consent. It also gives young people essential skills for building positive, enjoyable, respectful and non-exploitative relationships and staying safe both on and offline.

The aims of relationships and sex education (RSE) at our school are to:

- Provide a framework in which sensitive discussions can take place
- Give students an understanding of sexual development and the importance of health and hygiene
- Help students develop feelings of self-respect, confidence and empathy
- Create a positive culture around issues of sexuality and relationships
- Teach students the correct vocabulary to describe themselves and their bodies

What is Sex and Relationship Education?

It is part of lifelong learning about sex, sexuality, emotions, relationships and sexual health. It contributes to the spiritual, moral, cultural, mental and physical development of students and prepares them for the experiences, rights and responsibilities of adult life.

At the NCS the sex and relationship education programme will cover three main elements:

Attitudes and Values

- Learning the importance of values and individual conscience and moral considerations.
- Learning the value of family life and stable loving relationships for the nurture of children.
- Learning the value of respect, love and care.
- Exploring, considering and understanding moral dilemmas.
- Developing critical thinking as part of decision making.

Personal and Social Skills

- Learning to manage emotions and relationships confidently and sensitively.
- Developing self-respect and empathy for others.
- Learning to make choices based on understanding of differences and with an absence of prejudice.
- Developing an appreciation of the consequences of choices made.
- Managing conflict.
- Learning how to recognise and avoid exploitation and abuse.

Knowledge and Understanding

- Learning about contraception and the range of local and national health advice, contraception and support services (including education about HIV and AIDS - and other sexually transmitted diseases).
- Supporting students to make wise and informed choices regarding sexual activity.



- Developing an awareness of sex and the law.
- Developing an understanding of the diversity of relationships and sexuality.
- An understanding of the difference between consenting and exploitative relationships.
- Understanding internet safety issues such as sexting and sharing of images.

All students at NCS are entitled to sex and relationship education and attendance is expected. If any student wishes to discuss this further, they can do so in discussion with the Assistant Principal (Pastoral) . The NCS will provide a coherent, well-balanced programme of sex and relationships education that:

- Reflects the age and maturity of the students.
- Is inclusive

Organisation

- In Key Stage 5, students receive sex and relationship education through the pastoral curriculum such as
 1. Ignite
 2. Tutor time
 3. Drop down mornings/days
- In line with the Equality Policy, PSHE Policy and Staff Code of Conduct, the SRE curriculum will at all times ensure there is equality between the protected characteristics. The Sixth Form, individual staff or students will not promote any particular type of relationship/lifestyle outside the planned and agreed SRE programme.
- The Sixth Form will not discriminate by prioritising one particular protected group over another when planning and delivering any part of the SRE programme or wider curriculum more generally.

Safeguarding and Confidentiality

The NCS is aware that effective sex and relationships education can lead to the disclosure of a Child Protection issue and this will be acted on in accordance with the Sixth Form's Safeguarding and Child Protection Policy.

Teachers are required to adhere to the NCS' policy on confidentiality between themselves and students as described in the Safeguarding and Child Protection policy. Students should be reassured that their best interests will be maintained. However, due to issues relating to safeguarding, teachers cannot offer confidentiality in some matters and students will be made aware of this.

When discussing issues in the classroom, students' disclosures indicating the student is at risk (see below) must be reported by the teacher to the Designated Safeguarding Lead (or deputy), who will decide whether parents / carers should be informed, and any other action/s taken. Class teachers will not directly inform parents / carers of disclosures.

Students are deemed to be 'at risk' if they are:

- involved in situations where they can endanger themselves or others;
- involved in situations where they are being exploited or are exploiting others;
- victims of physical/sexual, homophobic, racial or emotional abuse.



Parents' Right of Withdrawal

- Parents do have the right to withdraw their child from all or part of any sex education provided.
- Parents do not have the right to withdraw their child from relationship education or health education
- Parents do not have the right to withdraw their children from the teaching of the biological aspects of human growth and reproduction that are included in the A level science curriculum.

Monitoring and Evaluation

- The DSL will liaise annually with the other curriculum areas to ensure that the specification is being covered and that the biological and emotional elements are properly co-ordinated.
- The KS5 drop down days and pastoral curriculum will be reviewed annually and evaluated by the students and staff
- The Senior Leadership Team will monitor the implementation of this policy through the line management meetings.

Use of Outside Visitors

Professionals from outside NCS may be involved in teaching the Sexual Health and Relationships Education programme at certain times. Every visitor or professional speaker involved in this programme is made aware of the NCS Sexual Health and Relationships Education Policy. The NCS exercises great care in the choice of external speakers.

Use of External Agencies

When staff deem it necessary, the NCS will provide information to students about external agencies who support young people around issues of sex and sexuality, for example a local voluntary agency,

Shine: (<http://www.shine.nhs.uk/professionals/home>).