

Relationships and sex education policy

(updated July 2025)

Mayesbrook Park School



Mayesbrook Park School

Alternative Provision for young people in Barking and Dagenham

Approved by:

Cathy Stygal

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1. Aims

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

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

This RSE policy relates to Mayesbrook Park School's nurturing ethos and values.

2. Statutory requirements

As a maintained secondary Pupil Referral Unit we must provide RSE to all pupils as per the [Children and Social work act 2017](#).

In teaching RSE, we must have regard to follow [guidance](#) issued by the secretary of state as outlined in section 403 of the [Education Act 1996](#).

At Mayesbrook Park School we teach RSE as set out in this policy.

3. Policy development

This policy has been developed in consultation with staff, pupils and parents. The consultation and policy development process involved the following steps:

1. Review – a member of staff or working group pulled together all relevant information including relevant national and local guidance
2. Staff consultation – all school staff were given the opportunity to look at the policy and make recommendations
3. Parent/stakeholder consultation – parents and any interested parties were invited to comment on the policy
4. Pupil consultation – we investigated what exactly pupils want from their RSE
5. Ratification – once amendments were made, the policy was shared with governors and ratified

4. Definition

RSE is about the emotional, social and cultural development of pupils, and involves learning about relationships, sexual health, sexuality, healthy lifestyles, diversity and personal identity.

RSE involves a combination of sharing information and exploring issues and values.

RSE is not about the promotion of sexual activity.

5. Curriculum

Our curriculum is set out as per Appendix 1 but we may need to adapt it as and when necessary.

We have developed the curriculum in consultation with parents, pupils and staff, taking into account the age, needs and feelings of pupils. If pupils ask questions outside the scope of this policy, teachers will respond in an appropriate manner, so they are fully informed and don't seek answers online.

For more information about our curriculum, see our curriculum map in Appendix 1.

6. Delivery of RSE

RSE is taught within the personal, social, health and economic (PSHE) education curriculum. Biological aspects of RSE are taught within the science curriculum, and other aspects are included in religious education elements of the History curriculum.

Pupils also receive stand-alone sex education sessions delivered by a trained health professional.

For more information about our RSE curriculum, see Appendices 1 and 2.

RSE focuses on giving young people the information they need to help them develop healthy, nurturing relationships of all kinds including:

- Families
- Respectful relationships, including friendships.
- Online and media
- Being safe
- Intimate and sexual relationships, including sexual health.

For more information about our RSE curriculum, see Appendices 1 and 2.

These areas of learning are taught within the context of family life taking care to ensure that there is no stigmatisation of children based on their home circumstances (families can include single parent families, LGBTQ+ parents, families headed by grandparents, adoptive parents, foster parents/carers amongst other structures) along with reflecting sensitively that some children may have a different structure of support around them (for example: looked after children or young carers).

7. Roles and responsibilities

7.1 The Management Committee

The Management Committee has delegated the approval of this policy to Curriculum and Achievement Committee/ the headteacher.

7.2 The headteacher

The headteacher is responsible for ensuring that RSE is taught consistently across the school, and for managing requests to withdraw pupils from non-statutory/non-science components of RSE (see section 8).

Staff are responsible for:

- › Delivering RSE in a sensitive way
- › Modelling positive attitudes to RSE
- › Monitoring progress
- › Responding to the needs of individual pupils
- › Responding appropriately to pupils whose parents wish them to be withdrawn from the non-statutory/non-science components of RSE

Staff do not have the right to opt out of teaching RSE. Staff who have concerns about teaching RSE are encouraged to discuss this with the headteacher.

Staff responsible for teaching PSHE in Mayesbrook Park School are

Mrs K. Waite PSHE Teacher/Student Welfare & Attendance Support Coordinator

Pupils are expected to engage fully in RSE and, when discussing issues related to RSE, treat others with respect and sensitivity.

8. Parents' right to withdraw

7.3 Staff

7.4 Pupils

Parents have the right to withdraw their children from the non-statutory/non-science components of sex education within RSE up to and until 3 terms before the child turns 16. After this point, if the child wishes to receive sex education rather than being withdrawn, the school will arrange this.

Requests for withdrawal should be put in writing using the form found in Appendix 3 of this policy and addressed to the headteacher.

A copy of withdrawal requests will be placed in the pupil's educational record. The headteacher will discuss the request with parents and take appropriate action to inform staff that the request has been made and the pupil should be located elsewhere when this area of the curriculum is covered.

Alternative work will be given to pupils who are withdrawn from sex education.

9. Training

Staff are trained on the delivery of RSE as part of their induction and it is included in our continuing professional development calendar.

The headteacher will also ensure that visitors from outside the school are invited in, such as school nurses or sexual health professionals, to provide support and training to staff teaching RSE.

10. Monitoring arrangements

The delivery of RSE is monitored by Mr G. Blair, Head of Campus (Mayesbrook Park) through:

Curriculum planning scrutinies, learning walks, etc.

Pupils' development in RSE is monitored by class teachers as part of our internal assessment systems.

This policy will be reviewed by Mr G. Blair, Head of Campus (Mayesbrook Park) annually. At every review, the policy will be approved by the Curriculum and Achievement Committee/ the headteacher.

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Appendix 1: Curriculum map

Relationships and sex education curriculum map

YEAR GROUP	TERM	TOPIC/THEME DETAILS	RESOURCES
Key Stage 3	Autumn Term	Literacy Focus – To Kill a Mockingbird (Harper Lee) Pupils will use this novel to explore the following themes in a way which contextualises information: • Good vs evil/moral complexity • Prejudice/racism • Innocence • Social inequality	• To Kill a Mockingbird (Harper Lee) • Signposting resources for mental health support services including school counsellor, Kooth, Shout & CAMHS
	Spring Term	• Consent • The media & relationships • Contraception • Image sharing • Implications of unprotected sexual activity • Equality, inclusion & diversity • Community pride	• PREVENT resources on CCE, CSE • Support of police in delivery of CCE, CSE • Made in Dagenham resources used to support delivery of women's rights lessons
	Summer Term	• Alcohol awareness, drugs & substance misuse • Gangs & crime/county lines • Vaccinations, organ blood & stem cell donation • FGM • Coercive control • Healthy Relationships	• Support of police in delivery of gangs, crime & county lines lessons • PREVENT resources on gangs, crime & county lines

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YEAR GROUP	TERM	TOPIC/THEME DETAILS	RESOURCES
Year 10	Autumn Term	Literacy Focus – Wrecked (Louisa Reid) Pupils will use this novel to explore the following themes in a way which contextualises information: • Toxic relationships • Self-preservation • UK justice system • Joint enterprise • Peer pressure	• Wrecked (Louisa Reid) • Signposting resources for mental health support services including school counsellor, Kooth, Shout & CAMHS
	Spring Term	• Human rights (UNCRC) • Financial independence/money management From the second half of the Spring Term, year 10 students will start work towards their qualification in Health and Social Care at level 1 or 2. This consists of pupils completing two controlled assessments and one exam. Pearson currently accredit this. • PIES development (physical, intellectual, emotional, social) • Life stages	• Support of police in delivery during relevant lessons • PREVENT resources on radicalisation online, harassment & stalking lessons • PSHE association resources on forced & arranged marriages
	Summer Term	• Factors affecting growth & development: • Physical Factors • Lifestyle Factors • Cultural Factors • Social Factors • Economic Factors • Environmental Factors • Emotional Factors	• Support of school nursing team • Support of police in delivery during relevant lessons • Signposting resources for mental health support services including school counsellor, Kooth, Shout & CAMHS

YEAR GROUP	TERM	TOPIC/THEME DETAILS	RESOURCES
Year 11	Autumn Term	Year 11 pupils will work towards their qualification in Health and Social Care at level 1 or 2. This consists of pupils completing two controlled assessments and one exam. Pearson currently accredit this. • Health & Well-being • Life Circumstances • Relationship Changes • Support sources • Care Services • Multi-Disciplinary Working	• Pearson provided specification
	Spring Term	• Barriers to accessing support: - Physical & Sensory Barriers - Social, Cultural & Psychological Barriers - Language & Geographical Barriers - Intellectual, Resource & Financial Barriers • Skills & Attributes of Professionals	• Pearson provided specification • Liaison with post-16 transition team & LBBD careers advisor for support in delivery of preparation for adult life lessons
	Summer Term	• Controlled Assessments and Exam Revision	• Pearson provided specification • Liaison with post-16 transition team & LBBD careers advisor for support in delivery of preparation for adult life lessons

Appendix 2: By the end of secondary school pupils should know

TOPIC	PUPILS SHOULD KNOW
Families	• That there are different types of committed, stable relationships • How these relationships might contribute to human happiness and their importance for bringing up children • What marriage is, including their legal status e.g. that marriage carries legal rights and protections not available to couples who are cohabiting or who have married, for example, in an unregistered religious ceremony • Why marriage is an important relationship choice for many couples and why it must be freely entered into • The characteristics and legal status of other types of long-term relationships • The roles and responsibilities of parents with respect to raising of children, including the characteristics of successful parenting • How to: determine whether other children, adults or sources of information are trustworthy: judge when a family, friend, intimate or other relationship is unsafe (and to recognise this in others' relationships); and, how to seek help or advice, including reporting concerns about others, if needed
Respectful relationships, different (non-sexual) types of relationship friendships	• The characteristics of positive and healthy friendships (in all contexts, including online) including: trust, respect, honesty, kindness, generosity, boundaries, privacy, consent and the management of conflict, reconciliation and ending relationships. This includes including different (non-sexual) types of relationship friendships • Practical steps they can take in a range of different contexts to improve or support respectful relationships • How stereotypes, in particular stereotypes based on sex, gender, race, religion, sexual orientation or disability, can cause damage (e.g. how they might normalise non-consensual behaviour or encourage prejudice) • That in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including people in positions of authority and due tolerance of other people's beliefs • About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help • That some types of behaviour within relationships are criminal, including violent behaviour and coercive control • What constitutes sexual harassment and sexual violence and why these are always unacceptable • The legal rights and responsibilities regarding equality (particularly with reference to the protected characteristics as defined in the Equality Act 2010) and that everyone is unique and equal

TOPIC	PUPILS SHOULD KNOW
Online and media	• Their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online • About online risks, including that any material someone provides to another has the potential to be shared online and the difficulty of removing potentially compromising material placed online • Not to provide material to others that they would not want shared further and not to share personal material which is sent to them • What to do and where to get support to report material or manage issues online • The impact of viewing harmful content • That specifically sexually explicit material e.g., pornography presents a distorted picture of sexual behaviours, can damage the way people see themselves in relation to others and negatively affect how they behave towards sexual partners • That sharing and viewing indecent images of children (including those created by children) is a criminal offence which carries severe penalties including jail • How information and data is generated, collected, shared, and used online
Being safe	• The concepts of, and laws relating to, sexual consent, sexual exploitation, abuse, grooming, coercion, harassment, rape, domestic abuse, forced marriage, honour-based violence and FGM, and how these can affect current and future relationships • How people can actively communicate and recognise consent from others, including sexual consent, and how and when consent can be withdrawn (in all contexts, including online)

TOPIC	PUPILS SHOULD KNOW
Intimate and sexual relationships, including sexual health	• How to recognise the characteristics and positive aspects of healthy one-to-one intimate relationships, which include mutual respect, consent, loyalty, trust, shared interests and outlook, sex and friendship • That all aspects of health can be affected by choices they make in sex and relationships, positively or negatively, e.g., physical, emotional, mental, sexual, and reproductive health and wellbeing • The facts about reproductive health, including fertility and the potential impact of lifestyle on fertility for men and women • That there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure, and not pressurising others • That they have a choice to delay sex or to enjoy intimacy without sex • The facts about the full range of contraceptive choices, efficacy, and options available • The facts around pregnancy including miscarriage • That there are choices in relation to pregnancy (with medically and legally accurate, impartial information on all options, including keeping the baby, adoption, abortion and where to get further help) • How the different sexually transmitted infections (STIs), including HIV/AIDs, are transmitted, how risk can be reduced through safer sex (including through condom use) and the importance of and facts about testing • About the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment • How the use of alcohol and drugs can lead to risky sexual behaviour • How to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment

Appendix 3: Parent form: withdrawal from sex education within RSE

TO BE COMPLETED BY PARENTS			
Name of child		Class	
Name of parent		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	
Signed by/Date	

