

Relationships and Sex Education Policy

Aim

The goal of Relationships and Sex Education at Tring Park is to provide a framework to share information and then discuss these sensitive matters regarding Sexual Relationships. The goal of these presentations and discussions is fourfold.

1. Prepare students for puberty so they may understand the changes their bodies are going through and to understand the proper ways to maintain health and hygiene.
2. Provide the students with the appropriate vocabulary to describe their bodies and relationships.
3. Develop confidence, self-respect, empathy and tolerance of others with the overall aim of promoting an open and healthy culture in issues pertaining to relationships and sex.
4. Educate students on the very specific risks associated with sexual relationships so they may better navigate these risks at such a time that they are ready to, with the overall aim of reducing potential risk to students.

What is Relationships and Sex Education about?

Relationships and Sex Education is about social, cultural and emotional development which is accomplished by Sharing information and exploring issues and values pertaining to relationships, sexual health, healthy lifestyles, sexuality, diversity and personal identity.

Relationships and Sex Education is not about the promotion of sexual activity. It is not about shaming any individual for their attitudes or past behaviours.

Educational topics will include:

- Different types of relationships including friendships, family relationships, dealing with strangers and intimate relationships.
- Being able to identify the difference between healthy and unhealthy relationships including understating self-respect, respect for others, commitment, tolerance, boundaries, consent and managing conflict.
- The impact of relationships on health and wellbeing including mental health.
- Online safety with the specific focus on sexual relationships, social media and pornography, and healthy attitudes and safe practices therewithin.
- Factual knowledge regarding biological reproduction.

- LGBTQ(+) issues Including different perspectives on diverse sexualities and gender identities.

Designated members of staff are:

Sister Charlotte Smith RN, Sarah Bell, Head of Lower School

Designated Staff will:

- Deliver Relationships and Sex Education in a sensitive, inclusive and open fashion.
- Model responsible and positive attitudes to Relationships and Sex Education.
- Respect and support the individual needs of students.
- Make available to students materials and resources in reference to Relationships and Sex Education. This Includes where to get help and advice.
- Respond respectfully to the students whose parents wish to withdraw them from the non-statutory aspects of Relationships and Sex Education.
- Encourage students to discuss any issues with parents or guardians providing that they feel comfortable in doing so.
- Inform parents when RSE will be delivered within the curriculum.
- Be aware that curricula overlap with Key Stage 3 science, biological aspects of reproduction and Key Stage 3 PSHE looks at the emotional/social aspects.

Students are expected to:

- Discuss the issues presented maturely.
- Respect other students and be tolerant to any differences within the group.
- Contribute to the discussion in an open and inclusive fashion.

Confidentiality

Members of staff are not legally bound to pass on information that they may be told by students that does not constitute a safeguarding issue. However, it is best practice to encourage the student to discuss any issues with parents or guardians providing that they feel comfortable in doing so. This is in keeping with our overall value of encouraging discussion in an open and mature fashion.