

# Portal House School

## Relationships & Sex Education Policy & Procedure

## Relationships and Sex Education (RSE) Policy Portal House School

### 1. Introductory Statement

This policy outlines Portal House School's whole-school approach to Relationships and Sex Education (RSE). As a Secondary SEND School, we recognize that RSE is integral to the personal, social, and emotional development of our pupils. We are committed to delivering RSE that provides students with the knowledge, skills, and values necessary for building safe, respectful, and fulfilling relationships and for managing their sexual health and well-being responsibly.

Our ethos at Portal House School is grounded in respect, inclusivity, and growth. We strive to create an environment where every pupil is valued and supported in becoming confident, informed, and empathetic individuals. Our RSE curriculum is a reflection of our commitment to equality, diversity, and the celebration of differences. This policy was developed through consultations with staff, governors, pupils, and parents, and will be reviewed regularly to ensure it aligns with current legislation and best practices.

The RSE Policy should be read in conjunction with other relevant school policies, including:

- **Anti-Bullying Policy** • **Behaviour Policy** • **Child Protection and Safeguarding Policy** • **PSHE Curriculum Policy** • **Science Curriculum Policy** • **Online Safety Policy**

### 2. Equality, Inclusion, and Social Justice

Portal House School views RSE as a vital instrument for promoting equality, inclusion, and social justice. Our RSE curriculum aims to challenge gender stereotypes, address sexism and sexual harassment, and promote gender equality. We are committed to creating an LGBT+ inclusive RSE programme that considers the diverse needs of pupils with SEND, in line with the SEND Code of Practice 2014.

Our approach respects and accommodates the religious and cultural backgrounds of our pupils, ensuring that our RSE programme is delivered in a manner that values these diverse perspectives. Our RSE curriculum supports the values outlined in the Equality Act 2010, striving to challenge discrimination and foster understanding and respect.

### 3. Definitions of Relationships and Sex Education

- **Relationships Education:** Understanding the physical, social, legal, and emotional aspects of human relationships, including friendships, intimate relationships, and family life.
- **Sex Education:** Learning about the physical, social, legal, and emotional aspects of human sexuality and behaviour, including reproduction, contraception, safer sex, sexually transmitted infections (STIs), and sexual health.

At Portal House School, we integrate these elements into a cohesive curriculum based on gender equity and human rights principles.

## 4. Curriculum Content

Our RSE curriculum is developed by the [RSE Coordinator/Lead Teacher] in consultation with teachers, pupils, and parents. The curriculum adheres to the Relationships Education, Relationships & Sex Education, and Health Education Guidance and is designed to be age- and developmentally appropriate for pupils with SEND.

### Key Stage 3 and 4 RSE Curriculum Overview

#### Key Stage 3:

- Understanding relationships and the importance of respectful interactions.
- Exploring identity, self-esteem, and personal values.
- Introduction to aspects of human sexuality, including puberty and reproductive health.
- Recognizing and managing emotions and developing resilience.
- Exploring family structures and different types of relationships.

#### Key Stage 4:

- Developing a deeper understanding of intimate relationships and consent.
- Exploring issues related to sexual health, including contraception and STIs.
- Understanding the legal aspects of relationships and sexual behaviour.
- Addressing topics of respect and equality in relationships, including addressing harmful behaviours and understanding sexual harassment.

**Statutory Content:** Parents cannot withdraw their child from Relationships Education. Parents can request withdrawal from certain aspects of Sex Education, which are distinct from the Science curriculum.

## 5. Resources and Materials

We use a variety of resources to deliver RSE, including:

- Educational games and interactive activities
- Age-appropriate books and videos
- External resources and guest speakers where appropriate

## 6. Subject Delivery

RSE is delivered as part of our Personal, Social, Health and Economic (PSHE) education curriculum through a spiral curriculum approach across all key stages. This approach ensures that key concepts are revisited and built upon over time.

The RSE Coordinator collaborates with colleagues in related subjects such as Science, Computing, and Physical Education to ensure a cohesive RSE programme. Whole-school activities, such as assemblies and special events, are also used to reinforce RSE topics.

RSE is taught in a non-judgmental, factual manner, using correct medical terminology. Staff receive regular training to stay up to date with RSE policies and practices.

## **7. Monitoring**

We regularly monitor the RSE programme through:

- Lesson observations
- Planning scrutiny
- Sampling of pupils' work
- Analysis of pupil attendance and feedback

The

RSE Coordinator and the School Leadership Team review the policy and practice annually, making necessary updates and consulting with staff, parents, and pupils.

## **8. Evaluation**

Our RSE programme is evaluated through:

- Teacher feedback and lesson evaluations
- Pupil feedback via surveys and focus groups
- Reviewing samples of pupils' work and assessment records

## **9. Pupil Voice**

Pupil feedback is integral to our RSE programme. We collect feedback through:

- Surveys and questionnaires
- Focus groups and individual interviews
- Pupil suggestions and reflections during lessons

This feedback informs the ongoing development of our RSE curriculum, ensuring it remains relevant and engaging for students.

## **10. Answering Pupil Questions**

We encourage questions as a sign of engagement. Staff answer questions in an ageappropriate and sensitive manner. Personal questions are handled carefully, and questions not suitable for the whole class are addressed individually.

## **11. Working with Parents/Carers**

We work closely with parents/carers to keep them informed about the RSE curriculum through:

- Parental information sessions
- Opportunities for parents/carers to discuss concerns with the Headteacher

Parents/carers have the right to request withdrawal from certain aspects of Sex Education. We encourage discussions with parents to understand and address any concerns before finalizing withdrawal requests.

## 12. Working with Visitors and External Agencies

External experts and visitors are used to enrich our RSE curriculum. They are selected for their expertise and must comply with our RSE policy and other relevant school policies. A teacher will always be present during these sessions to build on the learning and address any follow-up questions.

## 13. Safeguarding and Child Protection

RSE is delivered in a manner that supports a culture of safeguarding. Staff are trained in child protection procedures, and any disclosures made during RSE lessons are managed according to our safeguarding policies.

## 14. Statement by the Governing Body

The Governing Body of Portal House School adopted this policy on 10/07/2024. The policy will be reviewed annually to ensure it meets legislative requirements and best practices.

In adopting this policy, the Governing Body recognizes its responsibility for ensuring that RSE is effectively resourced, staffed, and timetabled to fulfil our legal obligations.

## 15. Statutory Requirements

The aim of RSE is to equip young people with the information they need to develop healthy, nurturing relationships of all kinds. RSE should enable them to understand what constitutes a healthy relationship, what makes a good friend or colleague, and the qualities of a successful committed relationship.

RSE covers:

- **Healthy Relationships:** Understanding the positive effects of good relationships on mental well-being and recognizing when relationships are not right.
- **Intimate Relationships:** Knowledge of contraception, developing intimate relationships, and resisting sexual pressure.
- **Safer Sex and Sexual Health:** Information on contraception, STI prevention, and the importance of regular health checks.
- **Legal Aspects:** Understanding the law regarding consent, sexual behavior, and the legal definitions of rape, sexual assault, and harassment.

Effective RSE also supports young people in developing self-esteem and confidence, understanding human sexuality, and respecting themselves and others. It includes:

- **Sexual Orientation and Gender Identity:** Teaching about diverse sexual orientations and gender identities in a respectful manner.
- **Sexual Health Education:** Covering topics such as STI prevention, contraception, pregnancy, and sexual consent.
- **Online Safety:** Educating on the risks of online behaviour, data privacy, and how to report online issues.

## 16. Legal Framework

In teaching RSE, we ensure that pupils are informed about:

- **Marriage and Relationships:** The nature and legal status of different types of committed relationships.
- **Respectful Relationships:** Characteristics of healthy relationships, including how to manage conflicts and understand respect.
- **Online Safety:** Rights and responsibilities online, including how to recognize and report harmful content.
- **Being Safe:** Legal concepts related to sexual consent, exploitation, and abuse.
- **Intimate Relationships and Sexual Health:** Facts about reproductive health, contraceptive choices, and strategies for managing sexual pressure.
- **The Law:** Legal rights and responsibilities concerning consent, sexual behaviour, and online conduct.

## 17. Conclusion

This RSE policy serves as a foundational document for delivering high-quality, inclusive, and effective relationships and sex education at Portal House School. It ensures that our RSE programme is both comprehensive and aligned with statutory requirements and best practices for the benefit of all our pupils.

Portal House School  
Sea Street  
St Margaret's at Cliffe  
Dover  
Kent, CT15 6SS

Policy: **Relationships and Sex Education (RSE) Policy**

This Policy has been approved by the Governing body of Portal House School.

Signed:	(Chair of Governors)
Date:	
Signed:	(Head Teacher)
Date:	July 2025
Review Date:	July 2026