

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

Introduction

Portal House School is committed to providing a comprehensive Relationships and Sex Education (RSE) program that equips all students with the knowledge, skills, and values they need to develop healthy, respectful relationships. This policy is based on the Department for Education's statutory guidance for Relationships Education, Relationships and Sex Education (RSE) and Health Education in England.

Aims of RSE

- To develop students' understanding of healthy, nurturing relationships of all kinds.
- To build self-esteem, confidence, and resilience.
- To equip students with the knowledge to make informed choices about their sexual health and well-being.
- To create a safe space where students can ask questions and discuss sensitive topics.
- To promote respect for diversity and equality.

Content of RSE

The RSE program will cover a wide range of topics, tailored to the age and developmental stage of the students. This includes:

- **Relationships:**
 - Characteristics of healthy relationships (trust, respect, communication, consent)
 - Different types of relationships (friendships, family relationships, romantic relationships)
 - Online relationships and safety
 - Managing conflict and resolving disagreements
 - Recognizing and responding to unhealthy or abusive relationships
- **Sex and Sexuality:**
 - Human development and anatomy
 - Puberty and its changes
 - Sexual orientation and gender identity
 - Consent and healthy sexual behaviour
 - Contraception and safe sex
 - Sexually transmitted infections (STIs)
 - Pregnancy and choices
- **The Law:**
 - Age of consent
 - Sexual harassment and violence
 - Sharing personal information online
 - Female genital mutilation (FGM)

Delivery of RSE

RSE will be delivered by trained teachers in a sensitive and age-appropriate manner. A variety of teaching methods will be used, including:

- Class discussions
- Group activities
- Role-plays
- Presentations

Parental Involvement

We recognize the importance of parental involvement in their child's RSE education. We will:

- Provide parents with information about the RSE program
- Offer opportunities for parents to ask questions and raise concerns
- Work collaboratively with parents to support their child's development

Withdrawal from RSE

Parents have the right to withdraw their child from certain aspects of RSE. However, we strongly encourage parents to keep their children in the program as it provides essential information for their well-being. If a parent wishes to withdraw their child, they should discuss this with the school principal.

Confidentiality

We will maintain the confidentiality of any information shared by students during RSE lessons, except in cases where there is a safeguarding concern.

Review

This RSE policy will be reviewed regularly to ensure it remains up-to-date and meets the needs of our students.

Resources

We will provide students with access to a variety of resources related to RSE, including websites, books, and helplines.

Safeguarding

The school has robust safeguarding procedures in place to protect students from harm. If a student discloses any concerns about abuse or exploitation, these procedures will be followed.

Contact Information

For further information about the RSE program, please contact:

- Mr Joe McClure- joe.mcclure@portal-house.kent.sch.uk

We believe that a comprehensive RSE program is essential for the well-being of our students. We are committed to providing a safe and supportive environment where students can learn and grow.