



**Rainbow Education Multi Academy Trust**

**Relationships and Sex Education Policy  
(Relationships and Health Education)**

## OVERVIEW

The academy's approach to, and the content of, its sex and relationships teaching will be differentiated appropriately to reflect the different ages and levels of maturity of the pupils being taught. At the Rainbow Education Multi Academy Trust effective sex and relationship education is seen to be essential if young people are to make responsible and well informed decisions about their lives. It will be part of lifelong learning about physical, moral and emotional development. It will be about the understanding of the importance of marriage for family life, stable and loving relationships, respect, love and care. We are not advocating one type of relationship or sexual orientation, we are acknowledging the world that we live in (which is our duty under the Equality Act 2010). It will also cover the teaching of puberty and human science.

Following guidance produced by the DfE (2019), we ensure that Relationships Education and Health Education is carefully designed to safeguard and support all pupils/students for life in modern Britain.

## OBJECTIVES

1. To help and support young people through their physical, emotional and moral development.
2. To help young people learn to respect themselves and others and move with confidence from childhood through adolescence into adulthood.
3. To help learners develop the skills and understanding they need to live confident, healthy and independent lives.
4. To help learners understand and deal with difficult moral and social questions.
5. To teach sensitively, and when appropriate for learners, about sex, sexuality, and sexual health.
6. To help learners understand the importance of marriage for family life, stable and loving relationships, respect, love and care.
7. To help learners to understand the importance of respecting different types of families and relationships.

## STRATEGIES

1. The Trust along with each school's Local Governing Body and Headteacher will ensure that parents and carers are informed about the implementation of this policy and curriculum.
2. Learners will be taught about the nature and importance of family life and building stable relationships.
3. Learners will be taught that there are strong and mutually supportive relationships outside of marriage.
4. Learners will be taught the significance of stable relationships as key building blocks of community and society.
5. Care will be taken to ensure that there is no stigmatisation of children based on their home circumstances.
6. Learners will be given accurate information. This will help when developing skills to enable them to understand difference, respect for themselves and others. This process is also essential in preventing and removing prejudice.
7. Sex and relationship education will contribute to the promotion of the spiritual, moral, cultural, mental and physical development of pupils at school and of society. It will prepare pupils to meet the

*Please note: This policy has been reviewed in light of Sex and Relationships Education becoming statutory in September 2020.*



opportunities, responsibilities and experiences of adult life. Resources for this are available, but not included in the statutory Relationships and Health education curriculum.

8. Sex and relationship education will not encourage early sexual experimentation. It should teach young people to understand human sexuality and to respect themselves and others.
9. It will enable young people to mature, to build up their confidence and self-esteem and to understand the reasons for delaying sexual activity. It will help them to acquire the knowledge and skills which are so vital in preparing them to face the many conflicting pressures on young people in today's society.
10. There will be a graduated, age-appropriate, programme of sex and relationship education. Teaching methods will take account of the developmental differences of children.
11. Correct terminology and vocabulary will be used to ensure children understand word meanings and they are used appropriately.
12. All of the schools within our trust adopt some resources from the Christopher Wynter scheme of work for Relationships and Health Education. All resources have been adapted to meet the needs of each class. These elements of the curriculum are statutory.
13. We have access to resources for the teaching of Sex Education to be used where we deem appropriate and with the consent of parents. These are not a part of the yearly curriculum overview, as a result of parent consultations, but will be used in partnership with parents when necessary.

### **OUTCOMES**

Effective sex and relationship education/relationships and health education will be achieved through a whole-school approach which will ensure that the trust's policy and educational programme is tailored to the age and physical and emotional maturity of the children. Staff will be given appropriate training and support to carry out their work sensitively.

All children will have access to the Relationships and Health education curriculum through weekly PSHCE sessions. The impact of these sessions will be monitored through half termly pupil voice sessions.