




ST JAMES'

CATHOLIC HIGH SCHOOL

Relationships and Sex Education Policy

Policy Owner	Deputy Headteacher
Responsible Committee	Personal Development and Behaviour Committee
Date of Adoption	June 2020
Date of Review	June 2021
Chair of Governor's Signature	

The following consultation has taken place:

- Information shared with parents / carers
- Review of RSE curriculum content and training with staff
- Discussions with sets of pupils
- Consultation with wider school community (school nurse)
- Consultation with school governors

Dissemination

The policy will be given to all members of the Governing Body, and all teaching and non-teaching members of staff. Copies of the document will be available to all parents through the school's website and a copy is available in the school office. Details of the content of the RSE curriculum will also be published on the school's web site.

St James' Mission Statement:

*To ensure everyone within our school **family** achieves their full potential,
to encourage learning and development through **faith**,
and to strive for **excellence***

Defining Relationship and Sex Education

The DFE guidance defines RSE as "lifelong learning about physical, moral and emotional development. It is about the understanding of the importance of marriage and family life, stable and loving relationships, respect, love and care. It is also about the teaching of sex, sexuality and sexual health". It is about the development of the pupil's knowledge and understanding of her or him as a sexual being, about what it means to be fully human, called to live in right relationships with self and others and being enabled to make moral decisions in conscience. The DFE identifies three main elements: "attitudes and values, personal and social skills, and knowledge and understanding".

Statutory Curriculum Requirements

The Department for Education states that 'The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019, made under sections 34 and 35 of the Children and Social Work Act 2017, make Relationships Education compulsory for all pupils receiving primary education and Relationships and Sex Education (RSE) compulsory for all pupils receiving secondary education. They also make Health Education compulsory in all

schools except independent schools. Personal, Social, Health and Economic Education (PSHCE) continues to be compulsory in independent schools.’ However, the reasons for our inclusion of RSE go further.

Rationale

At St James’ Catholic High School, we have a duty to support parents in their endeavours to give sound relationship education to their children. The Relationships and Sex Education, at St James’, must ensure that pupils consider the moral aspects of relationship education and are encouraged to develop loving and caring relationships.

‘I HAVE COME THAT YOU MIGHT HAVE LIFE AND HAVE IT TO THE FULL’

(Jn.10.10)

We are involved in relationships and sex education precisely because of our Christian beliefs about God and about the human person. The belief in the unique dignity of the human person made in the image and likeness of God underpins the approach to all education in a Catholic school. Our approach to RSE therefore is rooted in the Catholic Church’s teaching of the human person and presented in a positive framework of Christian ideals and our school values of faith, family and excellence.

At the heart of the Christian life is the Trinity, Father, Son and Spirit in communion, united in loving relationship and embracing all people and all creation. As a consequence of the Christian belief that we are made in the image and likeness of God, gender and sexuality are seen as God’s gift, reflect God’s beauty, and share in the divine creativity. RSE, therefore, will be placed firmly within the context of relationship as it is there that sexuality grows and develops.

Following the guidance of the Bishops of England and Wales and as advocated by the DFE, RSE will be firmly embedded in the PSHCE framework as it is concerned with nurturing human wholeness and integral to the physical, spiritual, emotional, moral, social and intellectual development of pupils. It is centred on Christ’s vision of being human as good news and will be positive and prudent, showing the potential for development, while enabling the dangers and risks involved to be understood and appreciated.

All RSE will be in accordance with the Church’s moral teaching. It will emphasise the central importance of marriage and the family whilst acknowledging that all pupils have a fundamental right to have their life respected and support will be provided to help pupils deal with different sets of values.

Values and Virtues

Our programme enshrines Catholic values relating to the importance of stable relationships, marriage and family life. It also promotes those virtues which are essential in responding to God’s call to love others with a proper respect for their dignity and the dignity of the human body. The following virtues will be explicitly explored and promoted: faithfulness, fruitfulness, chastity, integrity, prudence, mercy and compassion.

Aims

Our Mission Statement commits us to the education of the whole child (spiritual, physical, intellectual, moral, social, cultural, emotional) and we believe that RSE is an integral part of this education. In our school we will endeavour to raise pupils’ self-esteem, help them to grow in knowledge and understanding, recognise the value of all persons and develop caring and sensitive attitudes. It is in this context that we commit ourselves:

- In partnership with parents, to provide children and young people with a “positive and prudent sexual education”. Which is compatible with their physical, cognitive, psychological, and spiritual maturity, and rooted in a Catholic vision of education and the human person.
- To help pupils learn the value of family life, marriage and stable loving relationships for the nurture of children and the value of respect, love and care incorporating the teachings of the Church with regards to relationships

Objectives

To develop the following attitudes and virtues:

- Reverence for the gift of human sexuality and fertility;
- Respect for the dignity of every human being – in their own person and in the person of others;
- Joy in the goodness of the created world and their own bodily natures;
- Responsibility for their own actions and a recognition of the impact of these on others;
- Recognising and valuing their own sexual identity and that of others;
- Celebrating the gift of life-long, self-giving love;
- Recognising the importance of marriage and family life;
- Fidelity in relationships.

To develop the following personal and social skills:

- Making sound judgements and good choices which have integrity and which are respectful of the individual's commitments;
- Loving and being loved, and the ability to form friendships and loving, stable relationships free from exploitation, abuse and bullying;
- Managing emotions within relationships, and when relationships break down, with confidence, sensitivity and dignity;
- Managing conflict positively, recognising the value of difference;
- Cultivating humility, mercy and compassion, learning to forgive and be forgiven;
- Developing self-esteem and confidence, demonstrating self-respect and empathy for others;
- Building resilience and the ability to resist unwanted pressures, recognising the influence and impact of the media, internet and peer groups and so developing the ability to assess pressures and respond appropriately;
- Being patient, delaying gratification and learning to recognise the appropriate stages in the development of relationships, and how to love chastely;
- Assessing risks and managing behaviours in order to minimise the risk to health and personal integrity.

To know and understand:

- The Church's teaching on relationships and the nature and meaning of sexual love;
- The Church's teaching on marriage and the importance of marriage and family life;
- The centrality and importance of virtue in guiding human living and loving;
- The physical and psychological changes that accompany puberty;
- The facts about human reproduction, how love is expressed sexually and how sexual love plays an essential and sacred role in procreation;
- How to manage fertility in a way which is compatible with their stage of life, their own values and commitments, including an understanding of the difference between natural family planning and artificial contraception;
- How to keep themselves safe from sexually transmitted infections and how to avoid unintended pregnancy, including where to go for advice.

A Framework for Relationships & Sex Education (RSE) 2019-2020

The Catholic Church, both through its Vatican documents and the statements of the Bishops' Conference of England and Wales emphasises that the school has a duty to support parents in their endeavours to give sound sex education to their children. According to DfE guidance, the subjects of RSE and PSHCE 'represent the opportunity to help our children and young people develop the knowledge and attributes gained will support their own, and others' wellbeing and attainment and help young people to become successful and happy adults who make a meaningful contribution to society'

We recognise that parents/carers are the key figures in helping their children cope with the physical and emotional processes of growing to adulthood and also in preparing them for the responsibilities that sexual maturity brings. However, there is evidence that some parents/carers do not feel able to discuss sexual matters freely with their children. We have a responsibility to ensure that all our pupils are adequately prepared for adult life. Whilst promoting

Catholic values and virtues and teaching in accordance with Church teaching, we will ensure that pupils are offered a balanced programme by providing an RSE programme that offers a range of viewpoints on issues. We hope that this framework will complement and support our parents in their task.

We are also aware that a variety of influences have encouraged some people to become sexually aware and active at a relatively early age and in situations distanced from the Gospel and the Church's teaching. Further, the values of 'society' and the prevailing culture portrayed by the media are often at odds with the Gospel message of growth through genuine love. It is therefore imperative that we should lay solid foundations and anticipate young people's questions. In this way we want to encourage them to be open and to meet their questions in a sensitive way.

We must protect our young people from ignorance (and especially the ignorance of knowing half the story). They should be given all the necessary information suitable to their age, and development so that they come to 'own' their morality, as people educated in the light of the Gospel message. In accordance with Department for Education guidelines, we believe that 'effective RSE does not encourage early sexual experimentation. It should teach young people to understand human sexuality and to respect themselves and others. It enables young people to mature, build their confidence and self-esteem and understand the reasons for delaying sexual activity. Effective RSE also supports people, throughout life, to develop safe, fulfilling and healthy sexual relationships, at the right time.'

At the heart of Christian faith is relationship. God becomes human in the person of Jesus in order to raise our relationship with God and each other to a new dimension. Jesus, as God-human makes all creation sacred and reveals what it means to love God above all and to love our neighbours as ourselves, in response to God's love for us and his loving relationship with us.

It follows that RSE needs to be deeply grounded in education concerning relationships. Sexuality is the root of our spiritual, moral, emotional, psychological, social and physical well-being in the world and of our communion with other people and with God. We also need to be aware of, to understand and to respect our female and male nature.

Gospel values demand that schools provide an integrated and systematic course in personal relationships and, within this, an examination of the place of sex and sexuality in our lives. The topics which have been identified are taught by the main subject areas of RE, Science and PSHCE, though other subjects also make important contributions. The whole school ethos based upon our mission statement is the foundation of the delivery of Relationships and Sex Education at St James'.

This policy for Relationships and Sex Education within St James' is a working document which must, by the nature and content within a changing curriculum, be reviewed, evaluated and updated regularly.

Parents have legal rights in connection with RSE including the withdrawal of their child (until September 2020), and the school respects this.

Expected outcomes of Relationships and Sex Education at St James'

The students will: -

- Learn the importance of values and individual conscience and moral considerations
- Learn the value of family life, marriage and stable loving relationships for the nurture of children
- Learn the value of respect, love and care
- Explore, consider and understand moral dilemmas
- Know the place that sexuality has in each human person's life
- Develop a greater understanding of the nature of relationships, including the responsibilities of parenthood
- Understand the physical, emotional and psychological aspects of sex in relationships
- Realise the power that sex can have in supporting a committed permanent relationship
- Receive some help and support in building self-esteem and developing skills in relationships
- Know the Christian understanding of sex as a loving and creative activity within the committed relationship of marriage
- Understand some of the relevant physical, emotional and psychological dangers arising from casual or uncommitted sex
- Know the teaching of the Church concerning family planning, be aware of ways parents can plan their families and know the advantages and the disadvantages of different means of contraception
- Know the physical facts of sex and fertility
- Have a clear understanding of the arguments for delaying sexual activity and resisting pressure

- Understand that RSE is linked with issues of peer pressure and other risk-taking behaviour such as drugs, smoking and alcohol
- Learn to make choices based on an understanding of difference and with absence of prejudice
- Develop an appreciation of the consequences of choices made
- Practise the art of asking for and giving help
- Have knowledge of the external agencies who can offer help, advice and support

The nature of RSE is such that all areas of school life impact upon it and are part of it. Schools are not just places of academic training; they are very much part of the process of educating young people in the rigours of life as an adult and as part of society. Within St James' dedicated RSE is delivered by specific subjects but all areas of the curriculum contribute in an important way using the principles of good practice outlined below:

- Content based on pupils' current and future needs
- A balanced and sensitive approach
- Attitude exploration and skill development
- A challenge to stereotypes and prejudice
- To develop pupils' esteem and empathy
- To enable pupils to make their own informed decisions
- An awareness of the needs of boys as well as of girls

Inclusion and Differentiated Learning

We will ensure RSE is sensitive to the different needs of individual pupils in respect to pupils' different abilities, levels of maturity and personal circumstances; for example their own sexual orientation, faith or culture and is taught in a way that does not subject pupils to discrimination. Lessons will also help children to realise the nature and consequences of discrimination, teasing, bullying and aggressive behaviours (including cyber-bullying), use of prejudice-based language and how to respond and ask for help. (In looking at these questions, it is important to draw links to the school's inclusion policy).

Equalities Obligations

The governing body have wider responsibilities under the Equalities Act 2010 and will ensure that our school strives to do the best for all of the pupils, irrespective of disability, educational needs, race, nationality, ethnic or national origin, pregnancy, maternity, sex, gender identity, religion or sexual orientation or whether they are looked after children.

Broad Content of RSE

Three aspects of RSE - attitudes and values, knowledge and understanding, and personal and social skills will be provided in three inter-related ways: the whole school / ethos dimension; a cross-curricular dimension and a specific relationships and sex curriculum.

Content and Delivery of RSE

The main areas of delivery of RSE are RE, PSHCE and Science although some other subject areas make very important contributions, especially those of English, Drama, PE and Geography.

Relationships and Sex in Curriculum Areas

Year Group	Content Covered
7	<p>Science Puberty and emotional changes Male and female structures Menstruation Mechanics of fertilisation Pregnancy and development of the foetus Birth and labour Passage of substances through the placenta</p> <p>PSHCE Growing up – who am I? Changing Bodies - puberty changes in both boys and girls</p>
8	<p>PSHCE Healthy Inside and Out – self esteem Where we come from - pregnancy and having a baby Family and Friends - the importance of relationships My Life on Screen – effects and impacts of digital technologies including sexting Living Responsibly – respect for self and others</p>
9	<p>Religious Education Catholic Social Teaching Sexuality and the call to love and relationships The Sacrament of Marriage Sexual relationships outside of marriage Creation of life and the Church's teaching on Contraception</p> <p>PSHCE Setting ground rules / sensible mature behaviour Love People, Use Things - sexual pressures on young people and saying no In Control of My Choices - challenging values, attitudes and beliefs Sexuality inc. homosexuality/homophobia Sexual Exploitation and Grooming Fertility and Contraception – including the Church's teaching on contraception and the value of life STIs – symptoms and consequences</p>
10	<p>Religious Education Sanctity of life Catholic teaching on moral issues (including abortion and euthanasia)</p> <p>Science Cell specialisation - sperm cells and egg cells Sexual and asexual reproduction Embryo screening in relation to genetic disorders In Vitro Fertilisation (IVF) Hormones in human reproduction Contraception methods The use of hormones to treat infertility Sexually transmitted diseases (HIV and Gonorrhoea)</p> <p>PSHCE Self-esteem, empathy Homophobic bullying Sex in the Media Families and parenting Marriage and committed relationships</p>
11	<p>Religious Education Sanctity of life Catholic teaching on moral issues (including abortion and euthanasia)</p> <p>Science Cell specialisation - sperm cells and egg cells Sexual and asexual reproduction</p>

	<p>Embryo screening in relation to genetic disorders</p> <p>In Vitro Fertilisation (IVF)</p> <p>Hormones in human reproduction</p> <p>Contraception methods</p> <p>The use of hormones to treat infertility</p> <p>Sexually transmitted diseases (HIV and Gonorrhoea)</p> <p>PSHCE</p> <p>Discussion – pregnancy choices</p> <p>Effects of having a baby including budgets and education</p> <p>Sexual assault</p> <p>Rights and Responsibilities including sexual exploitation</p> <p>Healthy/Abusive relationships including talks</p> <p>Gangs and Grooming</p>
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Assessment

Assessment is an important part of RSE education. All students will be assessed both formatively in class, and a written assessment will take place at the end of each unit.

Parents and Carers

We recognise that parents/carers are the primary educators of their children. As a Catholic school, we provide the principal means by which the Church assists parents and carers in educating their children. Therefore the school will support parents and carers by providing material to be shared with their children at home and workshops to help parents/carers to find out more. Parents/carers will be informed via the website when the more sensitive aspects of RSE will be covered in order that they can be prepared to talk and answer questions about their children's learning.

Parents will be consulted before this policy is ratified by the governors. They will be consulted at every stage of the development of the RSE programme, as well as during the process of monitoring, review and evaluation. They will be able to view the resources used by the school in the RSE programme. Our aim is that, at the end of the consultation process, every parent and carer will have full confidence in the school's RSE programme to meet their child's needs.

'Parents have the right to request that their child be withdrawn from some or all of sex education delivered as part of statutory RSE.' (DfE) Before granting any such request it would be good practice for the Headteacher to discuss the request with parents and, as appropriate, with the child to ensure that their wishes are understood and to clarify the nature and purpose of the curriculum. Schools will want to document this process to ensure a record is kept. Good practice is also likely to include the Headteacher discussing with parents the benefits of receiving this important education and any detrimental effects that withdrawal might have on the child. We believe that the controlled environment of the classroom is the safest place for this curriculum to be followed.

'The Headteacher will automatically grant a request to withdraw a pupil from any sex education delivered in primary schools, other than as part of the science curriculum.

If a pupil is excused from sex education, it is our responsibility to ensure that the pupil receives appropriate, purposeful education during the period of withdrawal.

There is no right to withdraw from Relationships Education or Health Education.' (DfE, June 2019).

Balanced Curriculum

Whilst promoting Catholic values and virtues and teaching in accordance with Church teaching, we will ensure that pupils are offered a balanced programme by providing an RSE programme that offers a range of viewpoints on issues. Pupils will also receive clear scientific information as well as covering the aspects of the law pertaining to RSE (in secondary schools/academies relating to forced-marriage, female genital mutilation, abortion, the age of consent and legislation relating to equality). Knowing about facts and enabling young people to explore differing viewpoints is not the same as promoting behaviour and is not incompatible with our school's promotion of Catholic teaching.

We will ensure that pupils have access to the learning they need to stay safe, healthy and understand their rights as individuals.

Roles and Responsibilities

Responsibility for the specific relationships and sex education programme lies with the teachers of RE, PSHCE and Science.

However, all staff will be involved in developing the attitudes and values aspect of the RSE programme. They will be role models for pupils of good, healthy, wholesome relationships as between staff, other adults and pupils. They will also be contributing to the development of pupils' personal and social skills.

External Visitors

Our school will often call upon help and guidance from outside agencies and health specialists to deliver aspects of RSE. Such visits will always complement the current programme and never substitute or replace teacher led sessions. It is important that any external visitor is clear about their role and responsibility whilst they are in school delivering a session. Any visitor must adhere to our code of practice developed in line with CES guidance 'Protocol for Visitors to Catholic Schools'.

Health professionals should follow the school's policies, minimising the potential for disclosures or inappropriate comments using negotiated ground rules and distancing techniques as other teachers would. They will ensure that all teaching is rooted in Catholic principles and practice.

Other Roles and Responsibilities Regarding RSE

Governors

- Draw up the RSE policy, in consultation with parents and teachers;
- Ensure that the policy is available to parents;
- Ensure that the policy is in accordance with other whole school policies, e.g., SEN, the ethos of the school and our Christian beliefs;
- Ensure that parents know of their right to withdraw their children;
- Ensure that the policy provides proper and adequate coverage of relevant National Curriculum science topics and the setting of RSE within PSHCE.

Headteacher

The Headteacher takes overall delegated responsibility for the implementation of this policy and for liaison with the Governing Body, parents, the Diocesan Schools' Service and the Local Education Authority, also appropriate agencies.

PSHCE/RSE Co-ordinator

The co-ordinator with the Headteacher has a general responsibility for supporting other members of staff in the implementation of this policy and will provide a lead in the dissemination of the information relating to RSE.

All Staff

RSE is a whole school issue. All teachers have a responsibility of care; as well as fostering academic progress they should actively contribute to the guardianship and guidance of the physical, moral and spiritual well-being of their pupils. Teachers will be expected to teach RSE in accordance with the Catholic Ethos of the school. Appropriate training will be made available for all staff teaching RSE.

Relationship to Other Policies and Curriculum Subjects

This RSE policy is to be delivered as part of the PSHCE framework. It includes guidelines about pupil safety and is compatible with the school's other policy documents.

Pupils with particular difficulties whether of a physical or intellectual nature will receive appropriately differentiated support in order to enable them to achieve mature knowledge, understanding and skills. Teaching methods will be adapted to meet the varying needs of this group of pupils.

Learning about RSE in PSHCE classes will link to/complement learning in those areas identified in the RSE audit.

Children's Questions

The governors want to promote a healthy, positive atmosphere in which RSE can take place. They want to ensure that pupils can ask questions freely, be confident that their questions will be answered, and be sure that they will be free from bullying or harassment from other children and young people.

Controversial or Sensitive Issues

There will always be sensitive or controversial issues in the field of RSE. These may be matters of maturity, of personal involvement or experience of children, of disagreement with the official teaching of the Church, of illegal activity or other doubtful, dubious or harmful activity. The governors believe that children are best educated, protected from harm and exploitation by discussing such issues openly within the context of the RSE programme. The use of ground rules, negotiated between teachers and pupils, will help to create a supportive climate for discussion.

Some questions may raise issues which it would not be appropriate for teachers to answer during ordinary class time, e.g., where a child or young person's questions hints at abuse, is deliberately tendentious or is of a personal nature.

Supporting Children and Young People who are at Risk

Children will also need to feel safe and secure in the environment in which RSE takes place. Effective RSE will provide opportunities for discussion of what is and is not appropriate in relationships. Such discussion may well lead to disclosure of a safeguarding issue. Teachers will need to be aware of the needs of their pupils and not let any fears and worries go unnoticed. Where a teacher suspects that a child or young person is a victim of or is at risk of abuse they are required to follow the school's safeguarding policy and immediately inform the designated safeguarding lead.

Confidentiality and Advice

All governors, all teachers, all support staff, all parents and all pupils must be made aware of this policy, particularly as it relates to issues of advice and confidentiality.

All lessons, especially those in the RSE programme, will have the best interests of pupils at heart, enabling them to grow in knowledge and understanding of relationships and sex, developing appropriate personal and social skills and becoming appreciative of the values and attitudes which underpin the Christian understanding of what it means to be fully human.

Pupils will be encouraged to talk to their parents/carers about the issues which are discussed in the programme. Teachers will always help pupils facing personal difficulties, in line with the school's safeguarding policy. Teachers should explain to pupils that they cannot offer unconditional confidentiality, in matters which are illegal or abusive for instance. Teachers will explain that in such circumstances they would have to inform others, e.g., parents, the Headteacher, but that the pupils would always be informed first that such action was going to be taken.

Monitoring and Evaluation

The RSE Co-ordinator will monitor the provision of the various dimensions of the programme by examining plans, schemes of work and samples of pupils work at regular intervals. The programme will be evaluated annually by means of questionnaires / response sheets/needs assessment given to pupils, and / or by discussion with pupils, staff and parents. The results of the evaluation should be reported to these groups of interested parties and their suggestions sought for improvements. Governors will consider all such evaluations and suggestions before amending the policy. Governors remain ultimately responsible for the policy.

Monitoring and evaluation by teaching staff takes place regularly as part of the PSHCE course evaluations and training and also through RE and Science departmental meetings. All new staff are expected to attend training on delivery of RSE. Where staff feel uncomfortable about delivering a particular topic support is given by another member of staff where possible. Verbal feedback is sought from pupils, which is in conjunction with the teacher feedback drives the changes made to our policy. This system of monitoring, evaluation and review works well and leads to quality modules which are constantly updated

By the end of primary school:

Families and people who care for me

Pupils should know

That families are important for children growing up because they can give love, security and stability.

The characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives.

That families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care.

That stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up.

That marriage* represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong.

How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.

Caring friendships

Pupils should know

How important friendships are in making us feel happy and secure, and how people choose and make friends.

The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties.

That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.

That most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right.

How to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed.

Respectful relationships

Pupils should know

The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs.

Practical steps they can take in a range of different contexts to improve or support respectful relationships.

The conventions of courtesy and manners.

The importance of self-respect and how this links to their own happiness.

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 those in positions of authority

about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help.

What a stereotype is, and how stereotypes can be unfair, negative or destructive.

The importance of permission-seeking and giving in relationships with friends, peers and adults.

Online relationships

Pupils should know

That people sometimes behave differently online, including by pretending to be someone they are not.

That the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous.

The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.

How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met.

How information and data is shared and used online.

Being safe

Pupils should know

What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context).

About the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe.

That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.

How to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know.

How to recognise and report feelings of being unsafe or feeling bad about any adult.

How to ask for advice or help for themselves or others, and to keep trying until they are heard,

How to report concerns or abuse, and the vocabulary and confidence needed to do so.

Where to get advice e.g. family, school and/or other sources.

By the end of secondary school:

Schools should continue to develop knowledge on topics specified for primary as required and in addition cover the following content by the end of secondary:

Families

Pupils should know

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, including friendships

Pupils should know

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 different (non-sexual) types of relationship.

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.

Online and media

Pupils should know

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

Pupils should know

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).

Intimate and sexual relationships, including sexual health

Pupils should know

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 and menopause.

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.

The Law

Pupils should be made aware of the relevant legal provisions when relevant topics are being taught, including for example:

- Marriage
- Consent, including the age of consent
- Violence against women and girls
- Online behaviours including image and information sharing (including 'sexting', youth-produced sexual imagery, nudes, etc.)
- Pornography
- Abortion
- Sexuality
- Gender identity
- Substance misuse
- Violence and exploitation by gangs
- Extremism/radicalisation
- Criminal exploitation (for example, through gang involvement or 'county lines' drugs operations)
- Hate crime
- Female genital mutilation (FGM)

