



Personal Development, Relationship and Sex Education Policy – The Bolsover School

Approving Body	Head Teacher
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Further information/Guidance	The Bolsover School Relationships and Sex Education Policy 'Relationships Education, Relationships and Sex Education (RSE) and Health Education' 2019 https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education

1. Context

Personal Development (PSHE) at The Bolsover School enables our young people to become healthy, independent and responsible members of society. This is encompassed in our Personal Development and RSHE programme. We encourage our pupils to play a positive role in contributing to the life of the school and the wider community. In so doing we help develop their sense of self-worth. We teach them how society is organised and governed. We ensure that they experience the process of democracy in school through the election and membership opportunities provided through the School Council and Derbyshire Young Voice.

The provision for SRE education at The Bolsover School is based upon the 'Relationships Education, Relationships and Sex Education (RSE) and Health Education' statutory guidance for governing bodies, proprietors, head teachers, principals, senior leadership teams, and teachers published by DoFE 2019.

The statutory guidance sets out the need for all students to have comprehensive discreet RSE lessons targeted for the appropriate age range. All students will have access to support and information that will enable them to prepare for the complexities of adult life. This is to, prepare pupils for puberty, and give them an understanding of sexual development and the importance of health and hygiene. It also aims to help pupils develop feelings of self-respect, confidence and empathy and create a positive culture around issues of sexuality and relationships

2. What is Personal Development and Relationships and Sex Education?

Personal Development at The Bolsover School aims to provide an environment and opportunities which will:

- Provide an environment where pupils feel safe and brave in all that they do.
- Encourage our pupils to consider moral and spiritual values, to understand their place in the world and to develop a spirit of service within the community
- Equip our pupils with the skills to be happy in their success at The Bolsover School and beyond
- Develop self-awareness, positive self-esteem and confidence; to enjoy school life, taking part and acting confidently.
- Develop pupils' self-knowledge and their abilities to understand and manage their feelings, to handle their relationships with other children and within their families and to organise and manage their lives.
- Promote positive values and attitudes such as respect, curiosity, consideration, a sense of community and a sense of self-worth and wellbeing.
- Encourage and respect other people even if they choose to follow a lifestyle that they may not have chosen to follow themselves.
- Increase the pupils' independence by developing skills such as collaboration, communication, decision making and self-reliance.
- Develop pupils' respect for different ways of life, beliefs, opinions and ideas and a respect for the processes of law; to develop tolerance, understanding, respect and acceptance of different cultural backgrounds.
- Help them develop a healthy lifestyle, to understand the value of keeping healthy (exercise, diet, personal hygiene and personal safety) and to take responsibility for themselves.
- Enable pupils to manage their own emotional and physical change and growth in a positive way as they move through puberty.
- Develop pupils' knowledge and understanding of key economic concepts eg use and saving of money.
- Help them to understand how technology enhances our lives, and how to access this safely.

Relationships and Sex Education is learning about the emotional, social and physical aspects of growing up, relationships, sex, human sexuality and sexual health. Some aspects are taught in Science, RE, PE,

and others are taught as part of Personal Development sessions. It gives children and young people essential skills for building positive, enjoyable, respectful and non-exploitative relationships and staying safe both on and offline. It also gives a comprehensive programme of RSE and provides accurate information about the complexities of understanding relationships and sexual development as well as aspects of physical and mental wellbeing. A more detailed overview can be found in 'Relationships Education, Relationships and Sex Education (RSE) and Health Education' 2019

<https://www.gov.uk/government/publications/relationships-education-relationships-and-sexeducation-rse-and-health-education>

- In any school that provides RSE, parents have the right to withdraw their children from some or all of Sex Education delivered as statutory RSE. This up to and until three terms before the child turns 16. After that point, if the child wishes to receive sex education rather than be withdrawn, the school will make arrangements to provide the child with sex education during one of those terms.

- Requests for withdrawal should be put in writing using the form found in Appendix 1 of this policy and addressed to the headteacher.

3. Why is Personal Development and Relationship and Sex Education important?

At The Bolsover School, we believe that a school can only be 'Nothing But The Best' if it has shared values. We have high expectations which encourage confident learners and enable us to celebrate achievement across all aspects of the curriculum including in Personal Development. It is our responsibility to nurture appropriate attitudes, values and behaviour in our pupils. In so doing we are actively challenging pupils to think about themselves as individuals and to encourage respect for other people, with particular regard to age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion and belief, as set out under the Equality Act 2010 and the 9 protected characteristics. The curriculum and teaching in PD and RSE supports fundamental British Values and L.I.M.B (Life in Modern Britain), and this interweaves throughout our wider tutorial systems as well as in specified priority weeks.

High quality RSE helps create safe school communities in which pupils can grow, learn, and develop positive, healthy behaviour for life.

As a secondary academy school we must provide RSE to all pupils as per section 34 of the Children and Social work act 2017.

In teaching RSE, we are required by our funding agreements to have regard to guidance issued by the secretary of state as outlined in section 403 of the Education Act 1996.

Today's children and young people are growing up in an increasingly complex world and living their lives seamlessly on and offline. This presents many positive and exciting opportunities, but also challenges and risks. In this environment, children and young people need to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way.

4. What is high quality Personal Development and Relationship and Sex education?

At The Bolsover School we place an emphasis on active learning by including our young people in discussions, investigations and problem-solving activities. We encourage the students to take part in a range of practical activities that promote active citizenship, e.g. charity fundraising, the planning of school special events such as an assembly or House event, council meetings and by taking on roles of responsibility for themselves, for others and for the school – this in turn contributes to our Core Values that each student tries to achieve throughout their school career.

We offer students the opportunity to hear visiting speakers, such as the NHS, health workers, police and fire officers, whom we invite into the school to talk about their role in creating a positive and supportive

local community. Students also have access to Theatre in Education groups which allow them to tackle issues like, road safety and Prevent.

As a school it is also important to ensure that all vulnerable groups have the same access to Personal Development as all the other students in the school (particularly SEND) and we ensure that this happens through targeted intervention groups throughout the year. This could involve a simplified version of the PD or RSHE, or extra workshops put on for those students as identified as most in need.

All teachers in the school have a responsibility for teaching Personal Development and RSHE, to ensure that this teaching is of a high quality, staff have access to CPD throughout the year via The National College as well as a bank of resources being put together by the Personal Development lead. Sometimes an individual child will ask an explicit or difficult question in the classroom. Questions do not have to be answered directly and can be addressed later. Individual teachers use their skill and discretion in these situations and refer to the Personal Development or RSE Subject leader if concerned. There is also a personal development email address set up that students can use to contact the Personal Development leaders.

5. How Personal Development and Relationship and Sex education is taught

Personal Development at The Bolsover School provides a balanced and broadly-based curriculum which promotes the spiritual, moral, cultural, mental and physical development of pupils and prepares them for the opportunities, responsibilities and experiences of later life. Personal Development cannot always be confined to specific timetabled time and must also account for the instilling of British Values in our young people, therefore Personal Development is delivered within a whole school approach which includes:

- Discrete curriculum time / Tutorial time via Personal Development Weeks on the school calendar
- Visiting speakers and Workshops
- Other subjects/curriculum areas for example: RE, PE and Food Tech
- Assemblies
- Residential experiences across the school / wider school curriculum
- School events and House Competitions
- Pastoral care and guidance

RSE focuses on giving young people the information they need to help them develop healthy, nurturing relationships of all kinds including:

- Families
- Respectful relationships, including friendships
- Online and media
- Being safe
- Intimate and sexual relationships, including sexual health

These areas of learning are taught within the context of family life taking care to ensure that there is no stigmatisation of children based on their home circumstances (families can include single parent families, LGBT parents, families headed by grandparents, adoptive parents, foster parents/carers amongst other structures) along with reflecting sensitively that some children may have a different structure of support around them (for example: looked after children or young carers).

Personal Development is taught during Personal Development priority weeks, during tutorial and as part of the wider curriculum. This will include class room based activities with an identified Personal Development tutor, tutorial time and safe space discussion of topics, whilst continuing to be addressed where relevant as part of the core curriculum.

In line with the DfE guidance, parental contact is made multiple times across the year. This includes before students start at The Bolsover School, and then further contact about any of the topics deemed more sensitive. Parents are also invited to access any of the resources that are used within the lessons

their child is taught via the Personal Development email address.

Appendix 1: Parent form: withdrawal from sex education within RSE

TO BE COMPLETED BY PARENTS			
Name of child		Class	
Name of parent		Date	
Reason for withdrawing from sex education within relationships and sex education			
Any other information you would like the school to consider			
Parent Signature			

TO BE COMPLETED BY THE SCHOOL	
Agreed actions from discussion with parents	