



Dear Parent / Carer

### **Relationships and Sex Education at The Bolsover School**

The Bolsover School is committed to providing a high quality educational experience, encouraging our young people to have an attitude of 'Nothing but the Best' in everything they do. Our curriculum determines and underpins the whole ethos of our school, celebrating achievement and encouraging students to achieve excellence. At The Bolsover School, our personal, social and health education (Personal Development) curriculum brings together citizenship with personal well-being, whilst promoting fundamental British values ensuring our young people become responsible citizens. Our Relationship and Sex Education (RSE) provision ensures that students are equipped with the information, skills and values to have safe, fulfilling and enjoyable relationships and to take responsibility for their sexual health and well-being. Although Personal Development is taught through discreet, age appropriate lessons, it also underpins regular tutor time activities, assemblies, educational visits and Curriculum Plus. It is intended that we will offer a cohesive whole-school approach which enables our young people to become healthy, independent and responsible members of society.

It is delivered to all students in accordance with the school's Equal Opportunities Policy and the requirements of the DfE *Sex and Relationships Education Guidance (2000)* and the more recent Relationships Education, Relationships and Sex Education, and Health Education (England) Regulations 2019 which are made under sections 34 and 35 of the Children and Social Work Act 2017.

At The Bolsover School, Relationships and Sex Education:

- is a partnership between home and school.
- includes the acquisition of knowledge, the development of life skills and respectful attitudes and values.
- has sufficient opportunity to cover a wide range of topics, with a strong emphasis on relationships, consent, rights, responsibilities to others, negotiation and communication skills, and accessing services.
- helps pupils understand on and offline safety, consent, violence and exploitation.
- is inclusive of difference: gender identity, sexual orientation, disability, ethnicity, culture, age, faith or belief, or other life experience.
- teaches pupils about the law and their rights to confidentiality even if they are under 16, and is linked to school-based and community health services and organisations.
- promotes equality in relationships, recognises and

challenges gender inequality and reflects girls' and boys' different experiences and needs

### **What topics will be covered and when?**

#### **1. RSE in Key Stage 3**

At this age, students are going through numerous changes both physically and mentally. The sessions will cover:

- changes to the body, emotions and mental health during puberty
- human fertility
- contraception
- personal responsibility for Health (e.g. personal hygiene, healthy habits, internet use)
- the menstrual cycle
- introduction to consent and thinking about personal boundaries and how to set them
- pornography and the potential for it to affect their relationships and expectations
- the effect of the media and the internet on body image

#### **2. RSE in Key Stage 4**

The sessions will address:

- human Fertility - how males and females differ in their fertility
- the impact of the Internet and mobile technology on sexual issues and how this might be different for boys and girls.
- sexual Relationships and an individual's health (including STIs, HIV and AIDs).
- peer pressure and how it may affect the choices they make
- choices and alternatives to different sexual situations.
- consent in the context of relationships
- self-care (breast and testicle examination)
- healthy and unhealthy relationships
- teenage parenthood

We are working to make sure that our new curriculum reflects:

- our students' age and maturity levels, as well as their cultural and religious backgrounds
- the values of our school community to achieve nothing but the best
- every students' learning needs
- what pupils need to know to be healthy and safe in school, in their personal relationships and in the wider world.

If you would like any more information, the RSE policy along with some resources is located on the school website, there is also the DfE guidance document (<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education>) or you can contact Mrs Power at the school via the websites staff contact page (<https://www.thebolsoverschool.org/staff-contact>).

Yours faithfully



Mrs K Power

Head of Humanities in. Personal Development