



1.27.1 Relationships and Sex Education at Cranbrook Grammar School (RSE) - Parental Guidance

What is RSE?

The aim of RSE is to give all our young people the information they need to help them develop healthy, nurturing relationships of all kinds, not just intimate relationships. It enables them to know what a healthy relationship looks like and what makes a good friend, a good colleague and a successful marriage or other type of committed relationship. It also covers contraception, developing intimate relationships and resisting pressure to have sex (and not applying pressure), as well as what is acceptable and unacceptable behaviour in relationships.

This will help pupils understand the positive effects that good relationships have on their mental wellbeing, identify when relationships are not right and understand how such situations can be managed.

Effective RSE does not encourage early sexual experimentation, or identity or sexuality questioning. Instead, it teaches 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 appropriate time.

Knowledge about safer sex and sexual health remains important to ensure that young people are equipped to make safe, informed and healthy choices as they progress through adult life, and are able to understand the benefits of healthy relationships to their mental wellbeing and self-respect as well as being clear on their rights and responsibilities as citizens.

How is it taught?

All students are taught the facts and the law about sex, sexuality, sexual health and gender identity in an age-appropriate, non-judgemental and inclusive way, thus allowing scope for all young people to be represented, gain relevant knowledge, and ask questions in a safe environment. There are clear ground rules set with each class to help manage sensitive discussion, and the PSHE Postbox allows students to raise issues anonymously.

RSE themes are also present in many other areas of the school curriculum; English and Drama texts often cover themes of consent, Biology explores human reproduction and bodily changes, and RE allows an exploration of a variety of religious views on all aspects of relationships. The PSHE department works closely with all other departments to find common themes.

How does this fit in with our school values?

Cranbrook School is proud of our core values that underpin all aspects of school life: kindness, integrity, curiosity, aspiration, individuality and celebration. PSHE and RSE are a central part of how the school teaches our young people to value these things, and encouraging positive attitudes towards the wide diversity of people in our school, local, national and global community.

What is taught?

RSE is taught within the PSHE curriculum across all year groups, in line with the guidance and legal requirements set by the government (which can be found on Appendix 2 of our [RSE Policy](#)). As well as

timetabled lessons and tutor time discussions, students are also given access to a wide range of external speakers.

A brief summary of RSE content is below - full details of the [PSHE curriculum for 2023-2024](#) are on the school website. All lessons are inclusive of all aspects of the life in Britain, and focus on the central theme of promoting and recognising healthy, positive and safe relationships.

Year 7	<ul style="list-style-type: none">• Positive relationships, including peer, family and online• Identity• Puberty
Year 8	<ul style="list-style-type: none">• Positive relationships, including peer, family and online
Year 9	<ul style="list-style-type: none">• Positive relationships, including peer, family and online• Puberty• Romantic relationships• Consent• Marriage and committed relationships• Sexual health• Contraception• Unhealthy relationships, including grooming, forced marriage and female genital mutilation
Year 10	<ul style="list-style-type: none">• Positive relationships, including peer, family and online• Romantic relationships• Consent• Sexual health• Contraception• Pregnancy, including pregnancy loss• Fertility• The impact of pornography
Year 11	<ul style="list-style-type: none">• Positive relationships, including peer, family and online• Harassment and abusive relationships• Consent• Sexual health• Contraception• The impact of pornography
Year 12	<ul style="list-style-type: none">• Positive relationships, including peer, family and online• Abusive relationships, including grooming, forced marriage and female genital mutilation• Sexual relationships, with a focus on consent and sexual health including fertility• Pregnancy, including loss and abortion
Year 13	<ul style="list-style-type: none">• Positive relationships, including peer, family and online• Abusive relationships, including harassment and stalking• Sexual relationships, with a focus on consent and sexual health

What resources are used?

Only factual sources that are recommended by the government are used in lessons, such as Brooke and the NHS. Samples of student work booklets can be found on the school website.

The Right to Withdraw

If you do not want your child to take part in some of the Sex Education lessons, you can ask that they are withdrawn from any element that is not covered in the science curriculum. However, by law you cannot withdraw your child from any of the Health Education or the Relationships Education element of Relationships and Sex Education, because it is important that all children receive this content, covering topics such as friendships and how to stay safe. Our school's [RSE Policy](#) details the elements that can be withdrawn from.

Nevertheless, if you still wish to withdraw your child, you must contact the head teacher in writing, outlining your reasons. The head teacher will consider this request and discuss it with you, up until three school terms before your child turns 16. At this age, your child can choose to receive Sex Education if they would like to.

Where to find out more

- Our school's [RSE Policy](#) and full details of the [PSHE curriculum for 2023-2024](#) can be found on the school website
- The full government guidance on what legally must be covered in RSE in secondary schools, and how, can be found here: [Relationships and Sex Education \(RSE\) \(Secondary\) - GOV.UK \(www.gov.uk\)](#)