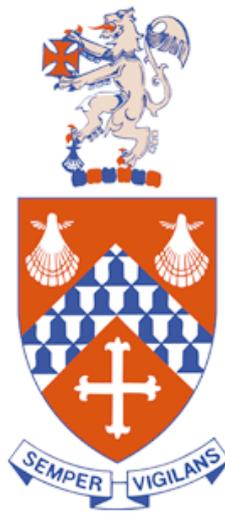


# HILL HOUSE

INTERNATIONAL JUNIOR SCHOOL



## Relationships and Sex Education Policy

## 1 Introduction

- 1.1 Hill House International Junior School (**Hill House**) is a non-selective independent day school in central London for boys and girls aged 4 to 13. Founded in 1951 by Colonel and Mrs. Townend, the purpose of the school is to teach children that all nations depend on one another, to learn to live with children of other nationalities, to respect that which is unknown and often foreign to them and thus to open doors to belong to a world which each day becomes smaller.
- 1.2 The motto and the four principles of a Hill House education support a balanced, respectful, positive and healthy approach to personal development and wellbeing. To this end, Hill House will introduce relationships and sex in a matter of fact way within the context of learning about love and care between people. Our approach aims to be informative and non-judgmental while also being sensitive and responsible to ensure that enough information and social guidance is given to dispel ignorance and fear while leaving the pupils neither exposed nor overwhelmed, but equipped and confident to build healthy relationships at every stage of their lives.
- 1.3 Pupils, parents, carers, teachers and proprietors have been consulted in the development of this policy and are welcome to comment and suggest refinement at any point in its implementation. Hill House endeavours to meet the needs of pupils and parents and reflect the community they serve in every aspect of this policy.

## 2 Policy Statement

- 2.1 Relationships and Sex Education (RSE) is embedded in both the Science and the Social Studies curriculums. At Hill House the Social Studies Subject comprises Relationships and Sex Education, Personal, Social, Health and Economic Education, Mental Health and Wellbeing, Citizenship and Living in the Wider World. Fundamental British Values are embedded at every stage for the social, moral, spiritual and cultural development of every child.

Social Studies is taught throughout the Hill House educational journey and aims to help children develop these areas of their personal and social lives:

- Self-esteem and self-awareness
- Skills for healthy and happy friendships and family relationships
- Emotional literacy
- Positive attitudes to their body and sexuality
- Positive attitudes to difference and diversity including gender fluidity
- The knowledge, skills, understanding and attitude to optimise their health
- The ability and knowledge to keep themselves and other people safe
- Understanding of their own and others' values and beliefs
- A discerning eye for the messages from the media
- The ability to access help and support

- 2.2 RSE provides explicit, relevant and age appropriate information about relationships and sex and allows them opportunities to develop life skills and an individual moral framework that aims to enable them to stay safe and make intelligent, informed decisions.
- 2.3 The focus of RSE at Hill House is teaching the fundamental building blocks and characteristics of positive relationships, with a particular reference to friendships, family relationships, and relationships with other children and with adults. It is about providing them with accurate information that will support them in the process of puberty and help them understand the physical and emotional changes relating to sex and reproduction. This curriculum begins in Small School (EYFS) and continues in all year groups providing a gradual awareness of the natural processes of human life and equipping young people for confidence in their identity and relationships.
- 2.4 Primary school RSE is about demonstrating to children that matters relating to the body, relationships and sex can be spoken about in a sensitive and positive way. This helps children feel comfortable communicating as they begin to show increased awareness, have questions and observe natural changes in themselves and others.
- 2.5 A key Hill House priority is to prepare children for proactive service and global citizenship. To this end, our community and curriculum is inclusive of all protected characteristics as specified in the Equality Act 2010. Hill House promotes and teaches about the many forms of families that provide a nurturing environment for children, including but not limited to single parent families, LGBTQ parents, families headed by grandparents, adoptive parents and foster parents or carers.

### **3 Legal Requirements**

- 3.1 The proprietors are required to ensure an up-to-date RSE policy that describes the content, organisation and monitoring of RSE provision throughout the school.
- 3.2 The Department for Education requires that all primary schools provide Relationships Education and all secondary schools provide Relationships and Sex Education. Health Education is required in all schools, including independent schools (Independent School Standards 2014).
- 3.3 Parents have the right to request that their child is withdrawn from the sex education component of RSE lessons. In this instance, there will be a meeting between the Pastoral Director and parents to clarify their concerns and address any additional needs of the child. This will be documented as per the statutory guidance. This will be required for each year the child is withdrawn.

## **4 Moral Framework**

4.1 Hill House teaches Relationships and Sex Education within the following moral framework:

- Self-respect and respect for others
- Empathy and mutual support
- Honesty
- Responsibility for personal actions
- Freedom of opinion, conscience and beliefs
- The right not to be abused or taken advantage of by others.
- The right to accurate information about sex and relationship issues.

## **5 Equal Opportunities Statement**

5.1 The Hill House RSE programme is inclusive and acknowledges and accommodates the diversity within any group of people in terms of gender, sexuality, ability, ethnicity, religion, language, background, appearance, family life or individual needs.

5.2 Teaching about families requires sensitive and well-judged teaching based on knowledge of pupils and their circumstances. Families of many forms provide a nurturing environment for children. (Families can include for example, single parent families, LGBTQ parents, families headed by grandparents, adoptive parents, foster parents/carers amongst other structures.) Care will be taken to ensure that there is no stigmatisation of children based on their home circumstances and needs, to reflect sensitively that some children may have a different structure of support around them.

## **6 Content**

6.1 The content of the Hill House RSE programme is informed by Government Guidance to Primary Schools (July 2020), the Programme of Study for PSHE Education compiled by the PSHE Association (July 2020), The National Curriculum in England Framework for Key Stages 1 to 3 (December 2014), the Subject Lead for Social Studies, the Heads of Year and the Pastoral and Academic Directors of Hill House. This content will be continually refined, updated and differentiated to ensure it is accurate, relevant and appropriate.

6.2 Building positive, productive and caring relationships alongside healthy self-awareness is integral to every subject at Hill House. An explicit curriculum for RSE is embedded in the Pastoral Care programme, the Science programme and the Social Studies programme.

6.3 These three broad Knowledge Strands in the Social Studies programme run throughout the Hill House educational journey:

- Relationships - Developing socially and emotionally
- Health & Wellbeing - Leading a safe, happy and healthy life
- Living in the Wider World - Becoming a responsible citizen in a diverse global society

- 6.4 RSE is embedded within all three strands, running in a spiral programme to reinforce prior learning and promote systematic progression so that children and young people know and remember how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way.
- 6.5 Relationships and Sex Education is also a priority in the Pastoral Care of a Hill House pupil from Early Years Provision to Key Stage 3, explicitly and implicitly taught through assemblies, classroom teaching, games, music, drama, art and trips outside the school. All Heads of House and Heads of Year are accountable to the Pastoral Director and all classroom teachers of Social Studies are accountable to the Subject Lead of Social Studies for provision and monitoring of pupil progress in RSE.
- 6.6 In their Early Years, pupils are taught Relationships Education as part of the Early Years Foundation Stage (EYFS) provision in their Personal, Social and Emotional Development curriculum by their classroom teacher. RSE is taught as part of Health and Hygiene by the Small School Nurse in their class group. Teachers talk about the features of healthy friendships, family relationships and other relationships which young children are likely to encounter.
- 6.7 In Key Stage 1, RSE is taught by classroom teachers as part of their Science and Social Studies lessons as well as through assemblies and classroom activities. Pupils are taught what a relationship is, what friendship is, what family means and who the people are who can support them. Pupils are introduced to healthy relationships, learning how to take turns, how to treat each other with kindness, consideration and respect.
- 6.8 In Key Stage 2, RSE is taught by the Science and Social Studies teachers, as well as their Form Tutors and Heads of Year as an integral part of their curriculum and pastoral care. Building on what has already been learned, pupils are taught consideration and respect, the importance of honesty and truthfulness, permission seeking and giving, and the concept of personal privacy. Science and Social Studies teachers explain to pupils what to expect in puberty and how to manage the changes socially, emotionally, physically and hygienically. Pupils learn how to establish personal space and boundaries, showing respect and understanding the differences between appropriate and inappropriate contact. Pupils are taught how to stay safe and practice the skills of developing safe relationships. Drawing attention to the features of healthy relationships in a range of contexts enables pupils to form a strong early understanding of the features of relationships that are likely to lead to happiness and security. This also helps them to recognise any less positive relationships when they encounter them.
- 6.9 In Key Stage 3, RSE is taught by the Science and Social Studies teachers, as well as their Form Tutors and Heads of Year as an integral part of their curriculum and pastoral care. Sex Education in Key Stage 3 informs pupils specifically about the physical and emotional changes that they are experiencing and will experience as they become adults. In Science, pupils are taught human reproduction. In Social Studies, pupils discuss relationships, intimacy and sex in a safe, informative and supervised environment. In Modesty, respect for privacy and establishing personal boundaries as well as becoming aware of the importance of consent all form a part of the RSE curriculum.
- 6.10 Hill House recognises that the ability to form strong and positive relationships with others depends on the deliberate cultivation of character traits and positive personal attributes and virtues in the individual. The cultivation of virtue is built into the whole Hill House educational journey and is explicitly taught in Key Stage 3 through an eight-week

relationships unit called The Loving Classroom. The Loving Classroom programme (David Geffen, 2010) builds knowledge and understanding of the virtues necessary for healthy relationships with ourselves, others and the world: respect, compassion, listening, kindness, gratitude, love, friendship and care.

## **7 Conclusion**

- 7.1 This whole school approach to Relationships and Sex Education at Hill House sensitively promotes the spiritual, moral, social and cultural development of all of its pupils in every area of school life, equipping children and young people to be confident in themselves and prepared to reach out to others—building safe, healthy, respectful and loving relationships with all types of people at every stage of their lives.

<b>Authorised by</b>	<b>Resolution of the Proprietors</b>
<b>Signed on behalf of the Proprietors</b>	<b>William Townend</b>  .....
<b>Date</b>	<b>15 February 2021</b>

<b>Effective date of the policy</b>	<b>15 February 2021</b>
<b>Review date of the policy</b>	<b>14 February 2022</b>