

## Policy: Sex & Relationship Education



### What is sex and relationship education?

'It is lifelong learning about physical, moral and emotional development. It is about the understanding of the importance of marriage for family life, stable and loving relationships, respect, love and care. It is also about the teaching of sex, sexuality, and sexual health. It is not about the promotion of sexual orientation or sexual activity – this would be inappropriate teaching.' (DfES guidance, 2000 updated 2012).

As such it contains three main elements:

1. Attitudes and values, including resolving moral dilemmas, the importance of respect in relations, and developing critical decision-making skills.
2. Personal and social skills, including managing emotions, making healthy choices and managing conflict
3. Knowledge and understanding, including human sexuality, sexual health, contraception, the avoidance of unplanned pregnancy and sexually transmitted infections

This policy builds on existing practice, and forms part of the overall CPSHE Policy for the College, that also includes policies for Drugs Education, Citizenship and PSHE Education. This document should also be read in conjunction with policy on Child Protection and Safeguarding issues, including proper practice in the event of a pupil making a disclosure that they might be at risk.

The Personal Development curriculum and Impact Days, through which the majority of SRE is covered, have been developed in consultation with staff, students and parents. It seeks to address some of the most pressing issues that face young people in modern life.

Sex and Relationship Education at the College seeks:

- To help our students to make responsible and well informed decisions about their lives.
- To help and support our students through their physical, emotional and moral development.
- To develop the skills and understanding needed to lead confident, healthy and independent lives.
- To examine the nature and importance of marriage and family life, in bringing up children, while also giving due weight to strong and mutually supportive relationships outside marriage.
- To help students to learn to understand human sexuality.

- To signpost to appropriate advice on sexual health.
- To help students to gain the skills and knowledge to protect themselves and their partner from unintended conceptions and sexually transmitted infections including HIV / AIDS.
- To develop healthy attitudes to relationships
- To challenge students ideas about self image

### **How is sex and relationship education provided?**

Sex and Relationship Education at Sidmouth College is provided in a range of ways and has been specifically designed to complement the wider work in Personal Development.

The majority of SRE is taught during Impact Days where the whole year group spends time with a health professional. This is supported by the tutor with follow up during PD.

The program is as follows:

Year 7 – Changes in Puberty, Managing Feelings and Getting Help and Support

Year 8 – Talking about SRE, Conception and Contraception

Year 9 – Recognising and Managing Risk, Contraceptives and STI's

Year 10 – Relationships and Body Image, Negotiation skills and Accessing sexual health services

Year 11 – Safer Sex, Choices and Decisions and Personal Safety

### **Our objectives are to:**

- Create a learning environment in which pupils feel able to discuss issues of a sexual nature in an open and supportive way
- Create a learning environment in which there is clear understanding of ground rules, including issues such as confidentiality.
- Enable pupils to understand and respond to the factors that may influence decisions about sexual activity, including the media, and peer group.
- Understand and consider the wider social and legal framework, including family and society's attitudes and the law on sexual activity.

## **Who is responsible for providing it?**

Each individual tutor is responsible for the provision within their lesson. Heads of House support the tutors to deliver the sessions and the PSHE coordinator will provide each year team with appropriate resources to enable tutors to deliver appropriate and relevant sessions.

The Schools and Community Nurse and other health professionals, provide additional sessions during Impact Days on sexual development, sign posting to sexual health services and teaching about contraception. The nurse also provides a weekly lunch time drop in service at the College for students. Governors having given consent for the provision, by the College Nurse and on the College site, of Emergency Contraception in certain circumstances; this provision is explained and discussed in Key Stage 4 sessions.

## **How is sex and relationship education monitored and evaluated?**

An evaluation forms part of the impact day for all year groups and this is completed at the end of the sessions. This information is then passed to the Heads of House and core SLT.

The CPSHE coordinator will also carry out a learning walk during the tutorials in order to monitor the quality of delivery and engagement of students.

## **Information about parents' right to withdrawal**

Unlike most other elements of the curriculum, the law provides for the right of parents and carers to withdraw their children from some or all of the Sex and Relationship Education provided, except where it forms part of the taught Science curriculum. It remains the practice that parents wishing to exercise this right should put this request in writing to the Principal. This right has been extremely rarely, if ever, exercised at the College. We aim to ensure that this situation continues. Staff have always believed that the work being done in this area has the support of parents and the community, and works in partnership with parents. If parents have any questions or concerns about the provision of SRE, we encourage them to raise these immediately with relevant staff.

## **Is SRE reviewed regularly?**

SRE is reviewed annually by the CPSHE coordinator and pastoral team.

**First adopted by governors: 20<sup>th</sup> January 2014**

**Approved: 29.02.16 (Learning & Standards)**