

# SEX AND RELATIONSHIP EDUCATION POLICY

## Introduction

At John Kyrle High School and Sixth Form Centre we recognise that sex and relationship education is lifelong learning about physical, moral and emotional development. It is about the importance of stable and loving relationships including marriage for family life, and about respect, love and care. Sex and relationship education provides students with factual knowledge and an understanding of the influences on young people, encouraging them to be aware of the options open to them and to take charge of decisions about their own behaviour. It encourages the development of personal and interpersonal skills, the awareness and respect of self and others and encourages reflection and responsibility.

Parents have the right to withdraw their children from the sex education part of the PSHE programme and alternative arrangements will be made for their children's supervision. The request to withdraw must be made in writing to the Headteacher. However, parents do not have the right to withdraw their children from the biological aspects of human growth and reproduction necessary under national curriculum science.

## Objectives and targets

The aim of having a sex and relationship education policy is to clarify the provision of sex and relationship education to all students (including education about HIV and AIDS and other sexually transmitted diseases) and the teaching of human growth and reproduction as set out in the national curriculum.

Our target is that students will achieve a clear understanding of the arguments for delaying sexual activity and resisting pressure. We aim to link sex and relationship education with issues of peer pressure and other risk-taking behaviour, such as drugs, smoking and alcohol, and to ensure that our students understand how the law applies to sexual relationships.

## Action plan

Our PSHE programme provides knowledge about the processes of reproduction and human growth as part of the national curriculum in science. All students must follow this programme. The PSHE programme deals with the nature of sexuality and relationships. It encourages the acquisition of skills and attitudes that allow students to manage their relationships in a responsible and healthy manner and provides them with parenting skills for later in life. The programme is carefully structured and shows continuity between the years. The programme is delivered within a moral framework. As well as knowledge and information, students are encouraged to consider the importance of the following values, which are derived from the schools' value system.

We aim to develop attitudes and values through:

- Promoting respect, value, love and care of themselves and others including respect for individual and cultural differences.
- Developing understanding and promoting sensitivity towards the needs and views of others, including those who are LGBT, and modelling appropriate behaviours.



- Discussing moral issues including concepts associated with right and wrong; encouraging responsibility for their own actions and promoting positive self-images.
- Exploring responsibility to the school, their family and the wider community.

We aim to develop personal and social skills through:

- Learning how to share and co-operate with others.
- Experiencing being part of a community within the class, the school and the wider community, enjoying the benefits, and learning to accept the responsibilities this brings.
- Enabling students to express preferences, communicate needs, make decisions, choose options that other people act upon and respect.
- Supporting students in learning to understand appropriate and inappropriate behaviours and manage their own behaviour and emotions.
- Enabling students to make choices and deal with the consequences that these may bring.
- Enabling students to make choices based on an understanding/acceptance of differences and absence of prejudice.
- Developing self-respect and empathy for others.
- Developing self-awareness and self-esteem.
- Developing skills to manage potential conflict and upset.
- Learning how to assert oneself appropriately and so avoid abusive exploitation.

We aim to develop knowledge and understanding through:

- Developing body awareness and physical control.
- Developing an understanding of their ability to influence the environment.
- Developing a knowledge of gender, growth and development.
- Learning when privacy is appropriate and how to protect one's own privacy.
- Promoting a positive attitude to body changes around puberty and developing the skills needed to cope with them.
- Developing an understanding of physical feelings, including physiological responses to touch.
- Developing an understanding of own and others' sexuality, sex health, emotions and relationships.
- Learning about healthy lifestyles.

As part of our sex education programme, issues of contraception, HIV/AIDS, sexuality, unwanted pregnancies and abortion will be addressed. Facts are presented in an objective and balanced way, with students being encouraged to consider their attitudes and values. They will be made aware of the differences between fact, opinion, and cultural and religious beliefs.

Our methods of teaching include presentations and small group discussion, visiting speakers, the use of worksheets, videos and textbooks.

Our teachers are aware that effective sex and relationship education may lead to disclosure of a child protection issue and will rely on the school's child protection policy to handle any such matter as confidentially as possible.

### **Monitoring and evaluation**

Student and parent surveys are used to evaluate the effectiveness of the programme from the students' and parents' points of view.

### **Reviewing**

The governing body will review this policy regularly and assess its implementation and effectiveness via Learning Walks.

Policy Reviewed: Summer Term 2017

