

Sex and Relationships Policy

Approved by: Governors

Approved on: September 2020

STA Contact: Headteacher/SAHT

Revision due: September 2022

Aims:

At St Andrew's C of E High School, we believe that Physical, Social, Health and Career's Education (PSHCE) enriches pupils' knowledge, skills and the understanding they need to lead confident, healthy, independent lives to become informed, active, and responsible citizens. Our curriculum is mindful of the Christian values we have at St Andrew's school whilst it is respectful of other faiths in our local community. The Department for Education has introduced new curriculum guidelines for PSHCE and there is a high focus on Sex and Relationship Education (SRE). Our SRE curriculum has been developed in line with these guidelines, considering guidance from both the PSHE association and West Sussex education for safeguarding. We have also strengthened cross curricular links at St Andrew's with other subjects, to enable students to investigate and extend their understanding of different topics in an open learning environment.

Definition

SRE is part of lifelong learning about the emotional, social and physical aspects of growing up, relationships, sex, human sexuality, and sexual health. SRE, within PSHE, aims to give children and young people essential skills for building positive, enjoyable, respectful, and non-exploitive relationships. It also provides them with the skills to stay safe both on and offline. It enables pupils to explore their own and other's attitudes and values, building their self-esteem and confidence to view their own sexuality positively.

Guiding principles

In society today young people face a host of different pressures, it is vital that they are given a safe place to discuss these and understand the gap between perception and reality, in a fully supported environment. Although not all young people will be involved in these behaviours, research suggests that it has the potential to influence a teenager's attitude, sexual behaviour, and the understanding of what constitutes healthy relationships and interactions. Our SRE programme is an integral part of our whole school PSHCE provision and will cover various sensitive and controversial issues, therefore, where possible, external professionals will be used to support student learning. Our SRE curriculum allows our students to develop their attitudes and values, their personal and social skills and their knowledge and understanding of SRE. The curriculum does this whilst supporting the following Christian beliefs and other aspects:

- The sanctity of marriage is central in Christian teaching and practice.
- The significance of marriage and families as key building blocks of our community and society.
- Students will learn that some people choose not to engage in sexual activity and that this should be respected and valued as a response to the gift of faith.
- Sex education includes learning about physical and emotional development.
- Sex education is part of a wider social, personal, spiritual and moral education process.
- Students will learn to have respect for their own and other people's bodies.
- Students will learn about the responsibilities to others and be aware of the consequences of sexual activity.
- The importance of building positive relationships with others through trust and respect.
- Students will recognise how to keep themselves safe when using the internet and other forms of technology, to respect the wellbeing and integrity of themselves and others.
- To assist our students in becoming a balanced and caring member of adult society, preparing them for the responsibilities and experiences of adult life.
- To help students move towards a mature understanding of the responsibilities involved in relationships with others and sexual behaviour.
- Enable students to consider the actions of certain sexual behaviours, whilst recognising the values of family life by providing a basis for informed decisions.

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Policy development and PSHCE provision

This policy has been developed in consultation with staff, governors, and students. The consultation and policy development process involved the following steps:

1. Review – A review of the PSHCE curriculum and all the relevant changes before researching local and national guidance.
2. Pupil consultation – We investigated, via questionnaires, pupils' current levels of understanding and their desired curriculum.
3. Staff consultation – PSHCE teaching staff and faculty heads were given the opportunity to forge stronger cross curricular links, whilst making recommendations on the policy.
4. Ratification – The policy was shared, reviewed and approved by the schools full Governing Body.

Roles and Responsibilities

Those primarily responsible for the management of SRE at St Andrew's are:

The Head Teacher (Ms M Lowney)

Senior Assistant Head Teacher/PSHCE Line Manager (Ms H Goss)

Head of PSHCE, PE and Vocational Studies (Mr G Nicholls)

The Lead Governor (Mr K Jones)

Sensitive Issues

No teacher delivering SRE will be expected to deal with sensitive issues beyond those outlined in the curriculum content. If any teacher feels unable to deliver all or part of the SRE programme, another member of staff should teach it. If students ask questions or seek information about sensitive matters, teachers should use their professional judgement over the response on this matter, possibly after consultation with colleagues.

Right of Withdrawal

Parents/carers and children aged sixteen, have the right to withdraw their children or themselves from all or part of the sex education provided by the school. Requests for withdrawal should be put in writing and addressed to the headteacher. A copy of withdrawal requests will be placed in the pupil's educational record. The headteacher will discuss the request with parents or child and take appropriate action.

Child Protection

The child protect officer should be informed of any information which may indicate abuse or inappropriate activities. The Child Protection Policy should be referred to for further clarification.

The Curriculum

SRE will predominately be taught as part of the PSHCE curriculum, where students will have a one-hour lesson a fortnight. Students will also develop their awareness of SRE during other compulsory curriculums such as science. Assemblies throughout the year will also support students' knowledge and understanding of SRE.

YEAR 7 Autumn and summer term

- Strategies to resist peer-pressure that may lead to risky situations.
- Grooming
- Puberty, menstruation, and the emotional impacts.

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- The different laws, consent and right to say no.
- Building different relationships and the sanctity of marriage.

YEAR 8 – Spring and summer term

- Physical changes at puberty for boys and girls and the impact of these changes emotionally and socially.
- Coercion and grooming in society.
- Laws associated with indecent images and pornography.
- Sexual orientation, gender identity and LGBT.
- Healthy, unhealthy, and romantic relationships.
- Sexual harassment and unwanted contact.
- Pressured scenarios and sexting.
- Introduction to contraception and STI's.
- Awareness of female genital mutilation.

YEAR 9 – Spring and summer term

- Pressures and bad decisions in relationships.
- The impact and consequences of sexting.
- Online safety and protecting your image from the wider world.
- Impacts of substance abuse on sexual inhabitants.
- Safer sex – contraception and STI's. When available, the school nurse delivers a lesson which introduces the need for knowledge about issues linked to irresponsible sexual behaviour.
- Female genital mutilation.

Year 10 – Summer term

- Components of a relationship.
- Negative and abusive relationships, physical, mentally, and emotionally.
- Strategies to minimise risk in a relationship.
- The Law and Sex, exploring issues associated with pornography, rape, forced and arranged marriages.
- Sexual relationships and pressures young people may face.
- Contraception and STI's – Lesson with nurse who explains different types of contraception available and demonstrates a condom use. S/He also explains the range of STI's, signs and symptoms to look out for and where to access help, advice and information.
- Reproductive health and the impact of lifestyle on fertility, as well as lifestyle impacts on the menopause.
- STI's transmission and testing.
- Unplanned pregnancies and testing, miscarriages, and abortion.
- Religious and social issues associated with abortion.
- Parenting – expectations, roles, and families.

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Year 11 – Spring Term

Gender, sexuality and LGBT.

The impact of prejudice, stereotypes, and discrimination, how to seek advice and help.

STIS and HIV – Facts and myths behind HIV and AIDS which still perpetuate.

Impact substance abuse can have on parenting.