

## **Sex and Relationships Education Policy**

This sex and relationships education policy will be reviewed annually by the strategic development committee of the governing body.

Date of last review: Summer 2018

Date of next review: Summer 2019

### **Introduction**

All the evidence suggests that clear and explicit sex and relationships education discourages teenage pregnancy and the incidence of sexually transmitted infections (STIs). It is our intention therefore to make sure that all pupils receive enough information throughout their compulsory education to allow them to make more informed decisions about relationships.

All pupils develop differently and have different needs at different ages. It is our intention to provide information before we think pupils will need it so that they are not in the future caught out in a situation they are not prepared for.

In the past, research into young people's perception of sex education at school was that there is too little too late and that the emphasis is too biological. At Carlton le Willows we aim to provide a programme that ensures pupils learn about sex in the context of positive relationships. We try to emphasise the need for responsibility in sexual relationships.

Friends, parents and school have long been the major sources of information about sexuality and sexual behaviour or young people. However, recent research shows there is an increasing trend towards use of the internet to gain information. Friends and the internet are not always reliable sources and it is therefore essential that pupils receive clear and accurate education on sex and relationships from school, and of course their parents.

**Aim:** Pupils gain the knowledge, skills and understanding to make positive decisions about their own relationships and lives, and about their safety and that of others.

### **Objectives:**

1. To ensure that all sex education is set within the context of positive relationships.
2. To provide clear and precise sex and relationships education. This should build year on year to develop and reinforce knowledge.
3. To provide extra support for SEN pupils to make sure that their understanding is sound. This is especially important since they can be amongst the most vulnerable and are often more open to exploitation than others.
4. To provide appropriate training and support to teaching staff.

## **Delivery**

A designated team of staff teach the sex and relationship education during citizenship lessons across key stage 3 and 4 using the scheme of work and lesson plans. This approach provides coherence and consistency in relation to the advice and guidance given to pupils at various stages of the course and their development. Resources are readily available for use during lessons and can be viewed by parents on request.

## **Sensitive issues**

Issues such as homosexuality are likely to be real for some of our pupils. They should be treated with sensitivity and intolerant attitudes discouraged.

## **Staff training**

Training, advice and guidance on delivery of sex and relationship education lessons is coordinated by the assistant headteacher deep experience and learning, who is also responsible for citizenship education. During sex and relations education lessons, teachers are asked to:

- Make sure they are comfortable and confident with the content of the lessons and to seek further advice from the assistant headteacher deep experience and learning if required.
- Establish clear guidelines with pupils before beginning:
  - **Do** establish with pupils that they discuss issues through the materials and that they do not make personal disclosures or ask you to mediate in discussion.
  - **Do not** be tempted to use your own experience as an example – distance yourself personally.
  - **Do** encourage pupils to listen to each other carefully.
  - **Do** encourage all pupils to show respect for comments made by others.
  - **Do** signpost appropriate sources of advice and help, for example the academy's student health advisor.
  - **Do** defer answering a question if you are unsure how best to respond.
  - **Do** agree terminology to be used in the classroom. Clarify terms and build vocabulary to encourage pupils to use appropriate and accurate terms rather than the more pejorative language that might arise.

## **Withdrawal from sex and relationship education**

Parents and carers have the right to request that their child is withdrawn from any or all aspects of sex and relationship education, other than the biological aspects which are part of the programme of study for science. For this reason, pupils will not be examined on any area of sex and relationship education other than the biological aspect.

## **Consultation Access to information**

Parents will be consulted annually on the sex and relationship education policy and resources will be made available for parents to view on request.

Pupils will be consulted annually through student council. Student councillors will be encouraged to read the policy and to share their own experience of sex and relationship education lessons.

The sex and relationship education policy can be downloaded from the academy website.

A letter is sent to parents at the start of each academic year outlining the content of the sex and relationship programme. It also explains parents' and carers' right to withdraw their child from sex and relationship education and how they can gain more information from school.

## Sex and Relationships Education Policy - APPENDIX 1

### Syllabus Summary

Year 7	Time	Objectives
Puberty	4 hours	<p>Pupils understand the physical changes which take place at puberty and people witness these changes at different stages in their life</p> <p>Pupils know the differences between male and female body parts.</p> <p>They are aware of the need for privacy and when behaviour can be described as inappropriate</p> <p>They know how they can care for their body through physical hygiene and healthy life styles.</p> <p>The emotional changes that puberty can bring and the need for self- esteem and assertiveness.</p> <p>Awareness that sexuality can be a motive for bullying.</p> <p>Pupils compare different relationships and the nature of true friendship.</p>
Year 8	Time	Objectives
Staying healthy	6 hours	<p>Pupils consider the pressures of having a boyfriend or girlfriend.</p> <p>How to make sure that each person is treated with respect.</p> <p>Pupils learn that it is important not to be pushed into a situation they are not comfortable with.</p> <p>Pupils have the chance to practice saying what they think in an assertive way.</p> <p>Pupils will know that unprotected sex can lead to STIs.</p> <p>They will know some of the characteristics of common STIs.</p> <p>They will know how AIDs can affect those involved – to include the family and friends of sufferers.</p> <p>They will know how to prevent STIs.</p> <p>This will focus on the prevention of STIs and unplanned pregnancy through the use of condoms.</p> <p>Pupils will know how to use a condom.</p> <p>They will know why condoms might be ineffective.</p> <p>They will be taught the value of abstaining from sexual relationships at a young age.</p>

		<p>All Pupils in year 8 are taught about Child Sexual Exploitation through a production and workshop pioneered by Pintsize Theatre.</p> <p>By the end of the performance, year 8 pupils will have an increased knowledge of:</p> <ul style="list-style-type: none"> <li>• What might constitute an unhealthy relationship. This will include an emphasis on understanding what consent to sex means, including consent within the context of the law. This will also reference the importance of only having sex when feeling ready to do so, what constitutes unwanted sex, the right to say 'no' to sex or unwanted attention and how best to avoid the risk of emotional or physical harm in relation to these issues.</li> <li>• What might constitute sexual exploitation. This will include references to and discussion around virtual and real world exploitation.</li> <li>• How CSE happens and how easily it can happen to any young person. This will include reference to and particular emphasis on, the role and tactics of the perpetrator/groomer</li> <li>• Who should or might take responsibility around addressing issues relating to CSE. In addition to highlighting pathways to support agencies, the project will also encourage young people to look out for their friends and to access support services outside the home environment if they are worried about them.</li> <li>• What to do if a young person is approached in an inappropriate way – who to tell and how to safely seek help.</li> <li>• How CSE is everybody's responsibility and how professionals such as teachers and youth workers might take measures to keep young people safe</li> <li>• The short and long term impact of CSE on families and friends.</li> </ul>
<b>Year 9</b>	<b>Time</b>	<b>Objectives</b>
Decision Making	5 hours	<p>Pupils will examine the decisions involved if considering a sexual relationship. They will discuss ways of resisting pressure to act in a way that they are not ready for.</p> <p>They will examine the rights and responsibilities that a relationship brings, to both parties concerned and the need for responsibility and honesty with partners.</p> <p>Pupils are aware of the symptoms of key STIs.</p> <p>They are aware of ways of avoiding STIs.</p> <p>They know where to go to seek help if concerned.</p> <p>Pupils compare different methods of contraception for different people in different situations.</p>

<p>Teenage Pregnancy</p>		<p>They know how to use a condom correctly.</p> <p>They consider the importance of seeking appropriate advice for any sexual health problems or concerns.</p> <p>They will consider what makes a healthy relationship and be aware of the issues surrounding abusive relationships.</p> <p>They will consider the reasons why some people become parents at a young age.</p> <p>They will be aware of the demands of caring for a young child.</p> <p>Pupils watch a play on teenage pregnancy ('Kids having Kids') followed by an interactive workshop. The play asks how teenagers exercise choice and accept responsibility in terms of their relationships and sexual behaviour. It aims to increase awareness of sexually transmitted diseases and the consequences of becoming a parent at a very young age.</p>
		<p>No lessons in year 10.</p>

Dear Parent/Carer

**Sex and relationships education**

As part of our citizenship course all pupils will have lessons on sex and relationships, with the aim of ensuring they gain the knowledge, skills and understanding to make positive decisions about their own relationships and lives, and about their safety and that of others.

The course content is age related.

- The emphasis in year 7 is placed on the physical and emotional changes which take place at puberty. This builds on work pupils have already undertaken in their primary schools.
- Lessons in year 8 explore respect in relationships, contraception and sexually transmitted diseases.
- The year 9 sex and relationships programme builds on work undertaken in year 7 and year 8 by examining ways of dealing with pressure in sexual relationships and avoiding risky situations. The course also considers the law and sexual relationships, and furthers learning on the topic of sexually transmitted infections and contraception (including the chance to practise putting a condom on a demonstrator model).
- In year 10 the emphasis is on understanding what consent to sex means and what might constitute sexual exploitation. Further learning on contraception and sexually transmitted infections is included.

You may wish to take the opportunity to talk to your son or daughter about these issues and to reinforce your own positive values.

Parents and carers have the right to request that their child is withdrawn from any or all aspects of sex and relationships education, other than the biological aspects which are part of the programme of study for science. For this reason, pupils will not be examined on any area of sex and relationships education other than the biological aspect. For more information about sex and relationships education lessons you can email [office@clwacademy.co.uk](mailto:office@clwacademy.co.uk). Alternately, you can download the sex and relationships education policy from the academy website.

Yours sincerely

J C Weaver  
Head Teacher