



Outstanding for All - Borlase and Beyond

Sex and Relationship Education (SRE)

Date Last Reviewed: September 2018

Next Review Date: April 2020

For Review by: LGB

1. What Is Sex and Relationship Education?

SRE is lifelong learning about physical, sexual, moral and emotional development; the cornerstone of aspiration and achievement in the community. It is about the understanding of the importance of stable, loving and non-coercive relationships: a union of equals whatever sexual orientation, respect, love and care, and family life. It involves acquiring information, developing skills, forming positive beliefs, values, attitudes and personal empowerment to deal with situations within relationships and the family unit.

2. Information to Parents

This policy will be available to parents through access to the website and upon request. Hard copies can be given to parents if requested.

3. Principles and Values

SWBGS believes that SRE should:

- Be an integral part of the lifelong learning process, beginning in early childhood and continue into adult life.
- Be an opportunity and entitlement for all young people.
- Encourage every student to contribute to lessons and support each individual as they grow and learn.
- Be set within the wider school context of aspiration, achievement and contribution to the community. Family is a broad concept; not just one model. It includes a variety of types of family structure, and acceptance of different approaches.
- Encourage students to share and respect each other's views. We are aware of different approaches to sexual orientation, without promotion of any particular family structure. The important values are love, respect and care for each other.
- Generate an atmosphere where questions and discussion on sex and relationships matters can take place without any stigma or embarrassment
- Recognise that parents/carers are key partners when teaching their children about sex, relationships and growing up.
- Recognise that the wider community has much to offer and work in partnership with health professionals, outside agencies and other mentors or advisers.

Sex and Relationship Education at SWBGS has three main elements:

Attitudes and Values

- Learning the importance of values, individual conscience and moral choices;
- learning that certain behaviours within relationships can prevent aspiration and achievement within the family;

- learning the value of family life, stable and loving relationships, and marriage;
- learning the value of respect, love and care;
- exploring, considering and understanding moral dilemmas;
- developing critical thinking as part of decision-making;
- challenging myths, misconceptions and false assumptions about normal behaviour;
- understanding the importance of consent and the unacceptable nature of coercive behaviour in any relationship; and
- understand the economic reality of parenting.

Personal and Social Skills

- Learning to manage emotions and relationships confidently and sensitively;
- learning how to manage sexual health and avoid infection;
- developing self-respect and empathy for others;
- learning to make choices with an absence of prejudice;
- developing an appreciation of the consequences of choices made;
- managing conflict which enables suitable outcomes for all; and
- empower students with the skills to be able to avoid inappropriate pressures or advances (both as exploited or exploiter).

Knowledge and Understanding

- Learning and understanding physical development at appropriate stages;
- understanding human sexuality, reproduction, sexual health, emotions and relationships;
- understand there may be times in a relationship when outside help is required to resolve differences, and where to get that help and advice;
- learning about contraception and the range of local and national sexual health advice, contraception and support services; the avoidance of unplanned pregnancy;

- understand the importance of a positive body image and some of the unrealistic stereotypes portrayed in the media; and
- understand how to cope and who to turn to for advice when unexpected changes occur within a family.

3. Aims

The aim of SRE is to provide balanced factual information about human reproduction, together with consideration of the broader emotional, ethical, religious, and moral dimensions of sexual health. The SRE programme at SWBGS aims to prepare students for an adult life in which they can:

- develop positive values and a moral framework that will guide their decisions, judgements and behaviour; have the confidence and self-esteem to value themselves and others and respect for individual conscience and the skills to judge what kind of relationship they want;
- understand the consequences of their actions and behave responsibly within sexual and pastoral relationships;
- understand there are different types of family structure and parenting skills;
- avoid being exploited or exploiting others or being pressured into unwanted or unprotected sex;
- communicate effectively by developing appropriate terminology for sex and relationship issues;
- develop awareness of their sexuality and understand human sexuality; challenge sexism and prejudice, and promote equality and diversity;
- understand the arguments for delaying sexual activity;
- understand the reasons for having protected sex and strategies individuals use to encourage the use of contraception;
- have sufficient information and skills to protect themselves and, where they have one, their partner from uninvited/unwanted conceptions and sexually transmitted infections including HIV;
- be aware of sources of help and acquire the skills and confidence to access confidential health advice, support and treatment if necessary;
- know where the sources of sexual health advice are locally for young people;
- know how the law applies to sexual relationships;

- be aware of what is deemed appropriate behaviour on line, the uses of social media and avoidance of exploitation on line;
- understand how to spot inappropriate behaviour on line and through social media, and how to report such behaviour;
- be aware of the distortions in the media and pornography towards body image, sex and relationships; and
- be aware of the impact pornography can have on the individual, and the facts and lies related to pornography.

SWBGS is committed to the provision of SRE to all students.

Our programme aims to respond to the diversity of children's cultures, faiths and backgrounds. As in all our work, staff delivering SRE will strive to ensure that all students listen to and respect each others' views.

There may be occasions when students with particular needs are given extra support in SRE lessons from SEN staff.

4. Organisation and Content of Sex and Relationship Education

- 4.1 SWBGS delivers Sex and Relationship Education through its PSHCE programme at KS3 and KS4; in Science lessons at KS3 and KS4 and through the KS5 Lecture Series as well as assemblies with relevant input delivered by health professionals appropriately qualified in the field.
- 4.2 SRE lessons are set within the wider context of the PSHE curriculum and focus more on the emotional aspects of development, relationships and family life; although the physical aspects of puberty and reproduction are also included.
- 4.3 The Science National Curriculum is delivered by staff in the science department. These lessons are more concerned with the physical aspects of development and reproduction, although the importance of relationships is not forgotten. Parents cannot withdraw their child from these lessons.
- 4.4 Any SRE lesson may consider questions or issues that some students may find sensitive. Before embarking on these lessons ground rules are established which prohibit inappropriate personal information being requested or disclosed by those taking part in the lesson. When students ask questions, we aim to answer them honestly, within the ground rules established at the start of the sessions. When it is felt that answering a specific question would involve information at a level inappropriate to the development of the rest of the students, the question may be dealt with individually at another time.

5. Monitoring and Evaluation of Sex and Relationship Education

SRE resources are chosen and checked to ensure they are:

- Up to date
- Inclusive – including different types of sexuality
- Promote positive, healthy and unbiased messages
- Age appropriate
- Promote positive values
- Accurate

Monitoring of the delivery, content, teaching and assessment of SRE is linked to the usual school monitoring procedures. It is the responsibility of the Head of Year / Key Stage with the Pastoral Assistant Head to oversee and organise the monitoring and evaluation of PSHE, in the context of the overall school plans for monitoring the quality of teaching and learning.

6. Confidentiality

All staff are aware that effective sex and relationship education, which brings an understanding of what is and is not acceptable in a relationship, could lead to disclosure of a child protection issue. Staff cannot offer or guarantee absolute confidentiality, if we have any reason to believe a student is at risk, we are required to disclose the matter which potentially could/ or is placing them at harm, then this will be shared with the schools Designated Person.

7. Right of Withdrawal of Students from Sex and Relationship Education

Some parents/carers prefer to take the responsibility for aspects of this element of education. They have the right to withdraw their children from all or part of the sex and relationship education except for those parts included in the statutory National Curriculum (i.e. in Science lessons). These requests must be put in writing to the Head teacher. If a parent requests that their child be removed from “SRE”, SWBGS will provide support by supplying alternative work on family life to the student concerned which will be completed in another part of the school to avoid the child being labeled by their peers. Prior to making any decision, parents are encouraged to discuss their concerns with the Head of Year / Key Stage and the Pastoral Assistant Head at the earliest opportunity and are welcome to review any SRE resources the school uses.

Refer to:

- Child Protection and Safeguarding Policy
- Staff Code of Conduct