

# **CHENDERIT SCHOOL SEX & RELATIONSHIPS EDUCATION POLICY**

**REVIEWED BY GOVERNING BODY – May 2016**  
**ADOPTED BY GOVERNING BODY – May 2016**

## **1. INTRODUCTION**

At Chenderit we believe that Sex and Relationships Education is an important part of students' learning and that students' emotional and physical welfare is the central focus of the work. We acknowledge that SRE raises complex and emotive issues and that the students' may have a variety of views and experiences in this area. The students have the opportunity to discuss and learn about all aspects of SRE and have access to a weekly confidential clinic within school time run by health professionals through BodyEdge.

## **2. LOCATION & DISSEMINATION**

The policy has been reviewed as part of the Governors on-going scrutiny of all policy documents and has been devised in consultation with parents, students, the school leadership team and the governors. The full policy will be published in the staff handbook, and on the school shared area and on the school's website. The policy will also be given to the BodyEdge team. Elements of the policy will be in the school prospectus (including the right of withdrawal statement) and parents will be able to request a copy via the school should they require one.

## **3. LINKS/INFLUENCES**

In writing this policy and the SRE curriculum we have used various government documents to ensure quality of entitlement for all students at Chenderit. Documents include the PSHE Framework, Social Inclusion Report on Teenage Pregnancy, National Science Curriculum Orders, DfE Sex and Relationships Guidance and National Healthy Schools Standard – Sex & Relationships Education, Ofsted report on PSHE (2012)

With regard to the latest statutory DfE Sex and Relationships Guidance (2000) and subsequent DfE / Ofsted non-statutory guidance, Chenderit School's PSHE provision will:

- teach about relationships, love and care and the responsibilities of parenthood as well as sex
- focus on boys as much as girls

- build self esteem
- teach the taking on of responsibility and the consequences of one's actions in relation to sexual activity and parenthood
- provide young people with information about different types of contraception, safe sex and how they can access local sources of further advice and treatment
- give young people a clear understanding of the arguments for delaying sexual activity and resisting pressure
- link sex and relationships education with issues of peer pressure and other risk-taking behaviour, such as drugs, smoking and alcohol
- ensure young people understand how the law applies to sexual relationships

#### **4. AIMS & OBJECTIVES OF THE POLICY**

The aim of this policy is to provide a working document that gives clear guidance to staff, parents and governors for SRE.

SRE aims to equip all students with accurate, unbiased knowledge about sex and relationships and give students the opportunity to acquire life skills that will help students make good use of this knowledge.

SRE aims to give students the necessary skills to live an adult life in which they can:

- develop positive values and a moral framework that will guide their decisions, judgements and behaviour
- be aware of their sexuality and understand human sexuality
- understand the arguments for delaying sexual activity
- understand the reasons of having protected sex
- understand the consequences of their actions and behave responsibly within sexual and pastoral relationships
- have the confidence and self esteem to value themselves and others and respect for individual conscience and the skills to judge what kind of relationships they want
- communicate effectively
- have sufficient information and skills to protect themselves and, where they have one, a partner from unintended/unwanted conceptions, and sexually transmitted infections including HIV
- avoid being exploited or exploiting others
- avoid being pressured into unwanted or unprotected sex

We aim to:

- teach about relationships, love and care and the responsibility of parenthood as well as sex
- focus on boys as much as girls
- teach the taking on of responsibilities and the consequences of one's actions in relation to sexual activity, health and parenthood
- provide information about different types of contraception, safe sex and how they can access local sources or further advice and treatment
- use visitors as a means of giving a sense of reality to what is taught, e.g. person with HIV and parents of young babies

- give students a clear understanding of the argument for delaying sexual activity and resisting pressure from peers and others
- help students understand the nature and effects of peer pressure
- link sex and relationships education with issues of peer pressure and other risk taking behaviour, such as drugs, smoking and alcohol
- ensure students understand how the law applies to sexual relationships

## **5. MORAL & VALUES FRAMEWORK**

Our school believes that SRE should be delivered within the following moral framework. Our programme promotes:

- self respect.
- respect and tolerance towards others who may have different backgrounds, cultures, feelings, views and sexuality.
- taking account of other people's feelings.
- mutual support and co-operation.
- honesty.
- accepting the responsibility for the consequences of our own actions.
- the right of people to hold their own views.
- the right not to be abused by other people or taken advantage of.
- the right to accurate information about sex and relationship issues in order to make informed decisions
- the reduction of unwanted pregnancies

Students must be informed of the moral choices of certain actions that relate to sex and relationships. They need to be able to ask questions to ascertain whether it is the right choice for them at that time. They need to think about why they want to take certain steps, such as sexual intercourse in their relationship. They should be made aware of the emotional and moral consequences of these actions and the other options that are available such as abstinence.

With the issue of abortion, students will be offered the opportunity to explore the dilemmas. They will be made aware of pro-life and pro-choice options. They need to know the different arguments that support these stances as well as the different groups within society who support them. Students need to be aware of the rights of the foetus and the issues of sanctity and quality of life in order to understand the different arguments. Students will be enabled to know and understand about abortion and develop the communication skills to discuss it with parents and health professionals. As there are different religious groups represented in the school, some consideration needs to be given to the religious teachings from these groups.

## **6. EQUAL OPPORTUNITIES**

Our school ensures that effective SRE is available to all students. Our SRE programme responds to the needs of individual students and takes students, cultures, faiths and family backgrounds into consideration. Students with special educational needs are given extra SRE support by SEN staff and differentiated materials are used where appropriate.

## **7. RIGHT OF WITHDRAWAL FROM SRE LESSONS**

Parents/Carers have the legal right to withdraw their child/ren from the school's sex education lessons that fall outside the National Curriculum lessons. Any parent

wishing to withdraw their child will be asked to discuss the matter with the headteacher and will be made aware of the implications of removing their child and how this may impact on their relationships with other young people. Students who are withdrawn from SRE lessons will be placed in another lesson.

## **8. SEX AND RELATIONSHIPS EDUCATION PROGRAMME**

Academies are not required to teach the National Curriculum. Chenderit School will, however, teach the specific aspects of sex education as outlined in the Science National Curriculum, as well as additional Sex and Relationships guidance in PSHE lessons as outlined in this Policy.

At Key Stage 3 students will be taught:

- that fertilisation in humans is the fusion of a male and female cell
- about the physical and emotional changes that take place during adolescence
- about the human reproductive system, including the menstrual cycle and fertilisation
- how the foetus develops in the uterus
- how the growth and reproduction of bacteria and the replication of viruses can affect health
- online safety, issues surrounding digital imagery and sexting
- about issues relating to the effects of pornography, appropriate to their age

At Key Stage 4 students will be taught:

- the defence mechanisms of the body
- that sexual reproduction is a source of genetic variation, while asexual reproduction produces clones
- how sex is determined in humans
- about issues related to pornography, appropriate to their age

SRE is taught within science lessons and as part of the PSHE programme which is taught by the specialist team for one hour per fortnight. The PSHE programme follows the national guidelines of an ASK model (Attitudes, Skills & Knowledge). The programme not only aims to educate students in terms of the facts about sex and relationships but also as an exploration of students' attitudes and values and the development of skills.

## **9. CURRICULUM**

### **Key Stage 3 PSHE**

- Puberty (physical changes)
- Puberty (worries)
- Puberty (emotional changes)
- Puberty (heroes and heroines – influences of the media)
- Relationships (friends)
- Relationships (love)
- Relationships (relationships/pressure)
- Relationships (sexuality)
- Guidance (BodyEdge – being healthy)
- Relationships (having sex/legal issues)
- Relationships (reasons to wait)
- Guidance (resisting the pressure)
- Contraception (methods/safer sex)

- Contraception (Choices and where to get advice)
- Online safety (sexting)
- Online safety (imagery etc)
- Body image (Self-esteem)

### **Key Stage 3 Science**

- Staying Alive (Male & female reproductive systems)
- Staying Alive (Fertilisation)
- Staying Alive (Pregnancy & birth)
- Staying Alive (Adolescence)

In summary:

- Year 7            That fertilisation in humans is the fusion of a male and female cell; about the physical (and emotional – limited) changes that take place during adolescence; about the human reproductive system, including the menstrual cycle and fertilisation; how the foetus develops in the uterus.
- Year 8            How the growth and reproduction of bacteria and replication of viruses can affect health
- Year 9            Behaviour and health; exercise; drugs; smoking; alcohol; How sex is determined in humans;

### **Key Stage 4 PSHE**

- Sexual Health (sexually transmitted infections)
- Sexual Health (getting help and advice)
- Sexual Health (effects of STIs)
- Sexual Health (HIV/AIDS)
- Sexual Health (cancer)
- Relationships (making choices)
- Pregnancy (signs and testing)
- Pregnancy (reactions)
- Pregnancy (choices – abortion)
- Pregnancy (choices – keeping a baby)
- Relationships (being a parent)
- Online safety (grooming)
- Online safety (sexual exploitation)
- Online safety (pornography)

### **Key Stage 4 Science**

- You and Your Senses: (Sexual & asexual reproduction)
- You and Your Senses: (Cloning techniques)

In summary:

- Year 10:            Defence mechanisms of the body; that sexual reproduction is a source of genetic variation, while asexual reproduction produces clones; How sex is determined in humans
- Year 11:            That sexual reproduction is a source of genetic variation, while asexual reproduction produces clones

## **10. RESOURCES**

The main resources for the SRE are produced in-house using a variety of sources. The lessons also include the use of videos and DVDs, leaflets and access to experts like the appropriate staff. Websites are also used to allow students access to up to date information and research various aspects of SRE. [principal websites are: Talk to Frank ([www.talktofrank.com](http://www.talktofrank.com)) and NHS ([www.nhs.uk](http://www.nhs.uk))]

## **11. USE OF VISITORS AND OUTSIDE AGENCIES**

Visitors are used to enhance students learning and give them the opportunity to speak to people who have experience/expertise in the field of SRE. These include the appropriate staff, midwives from the Horton Maternity Hospital and Positive Voice speaker (See appendix 2 for contact information). All visitors are informed of the schools' non-smoking policy and the child protection policy.

## **12. BODYEDGE**

Students have access to a confidential health service on Monday lunch time. BodyEdge is based on the Body Zone scheme first developed in Oxfordshire. Professionals work together to offer the students an holistic opportunity to take responsibility for their own health.

## **13. STAFF TRAINING**

The majority of training will be provided in-house with additional support from the Local Authority as and when it becomes available in line with all other subject teams, members of the PSHE department are entitled to access relevant courses provided externally.

## **14. ASSESSMENT, MONITORING, EVALUATION AND REVIEWING**

The elements of SRE that form part of the science curriculum are assessed in accordance with the requirements of the National Curriculum. Students are assessed regularly for knowledge, understanding and attitudes in SRE and it is both formative and summative. This is done through a variety of methods including peer, self and teacher assessment. The SRE programme is monitored through whole school monitoring procedures as part of PSHE. This is through team reviews, subject reviews and year group work sampling. Students also have the chance to review modules and suggest improvements/revisions to courses. Reviewing the content of SRE programmes also forms part of the departmental development plan every 2/3 years.

## **15. CONFIDENTIALITY**

Teachers cannot and should not promise total confidentiality. Teachers, when dealing with disclosures from students should inform students that they may not be

able to keep the information confidential and should give the student the opportunity to stop their disclosure. If a student discloses information which is sensitive, not generally known, and which the student asks not to be passed on, the request should be honoured unless this is unavoidable in order for teachers to fulfil their professional responsibilities in relation to child protection and referral to external services. Fuller information and guidance in this area is provided in the separate Child Protection Policy.

It is the School's policy that staff do not give students individual contraceptive advice and should refer students to BodyEdge or to their own doctor for further guidance.

If the student discloses that they are sexually active or pregnant this must be referred to the Child Protection teacher as this may need further action under the Child Protection Guidance.

## **16. WORKING WITH PARENTS AND CARERS**

Along with all other subjects parents are informed of the SRE content of the PSHE curriculum through a course booklet issued at the beginning of each year. Parents are encouraged to talk with students about SRE issues and parents have the opportunity to speak to the head of PSHE at open evenings and subject evenings.

The School also provides additional workshops for year 7 parents under the 'Helping Your Child To Succeed' programme, in addition to Key Stage Four workshops that support parents in their care for their children in the run up to examinations. This support includes advice and guidance on managing teenage anxieties and stress.

In more severe cases the school is able to refer families and parents to outside agencies who are able to provide greater expertise and support.

## **17. ROLE OF GOVERNORS**

There is a link governor for PSHE who has an interest in this area of the curriculum, currently this is Mr Roger Bell. Governors continually monitor policy and practice at school. PSHE is monitored as part of this process.

## **18. LIAISON WITH FEEDER SCHOOLS**

To ensure continuity of curriculum, copies of this policy are given to all our partner primary schools.

## APPENDICES

### 1. Specific Areas of Interest

**Puberty and Menstruation:** Students in Year 7 are taught about puberty in both PSHE and Science lessons. PSHE lessons mainly focus on the effects of puberty on young people and the feeling associated with growing up. Science lessons are based on the biological changes.

Female students are made aware (through Guidance Teams) of how to request sanitary protection from the front office and that they will always be allowed to leave lessons for menstrual reasons (a common fear amongst Year 7 girls)

**Contraception:** Students are introduced to the meaning of contraception in Year 8 and the role of BodyEdge in giving more advice and support in this area. The main focus on contraception comes in Year 9. The appropriate staff gives a presentation to students, giving information on all aspects of contraception, particularly highlighting condoms, the pill, injection and emergency contraception. Students are all given the opportunity to handle condoms and to practise putting them on the demonstrators (the opportunity is repeated in future years at the school, particularly when referring to sexually transmitted infections and HIV). Students are given information about how to get advice about contraception and how to obtain it in the local area (students at Chenderit can obtain contraceptives from BodyEdge, a drop in centre run each Thursday)

**Abortion:** This issue is explored within PSHE lessons as an issue and choice that some students may have to face, both as a girl and a boy. (This is a sensitive issue, particularly if a student has had an abortion, or has been closely involved in an abortion. This is, therefore, an optional session for students should it be too uncomfortable for a student or students. Those who do not attend are set alternative work to complete in the library.)

**Safer Sex, HIV and AIDS and Sexually Transmitted Infections:** In Year 10 and 11 students are taught about the types of STIs (including HIV) and how to identify the signs. They are also given the opportunity to explore what is 'safe sex' including the opportunity to practise with condoms. Student are helped to develop the skills needed to avoid being pressured into having unsafe sex; Students are also information on how to access local clinics to treat and get advice about STIs, including HIV. As part of a Health and Survival Day, students in Year 10 also have the opportunity to meet an individual who has HIV and hear their story, and ask questions about living with HIV.

### 2. Contact Information

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| Horton Maternity Hospital                 | 01295 229462 |
| Banbury GUM Clinic, Orchard Health Centre | 01295 819171 |