



## COASTAL ACADEMIES TRUST

### Sex and Relationship Education Policy

#### Rationale



A planned, appropriate and sensitive programme of sex and relationship education is a fundamental entitlement of all our students. Sex and relationship education provides for the development of good self image and ensures that individuals are in charge of and responsible for their own bodies and emotions.

#### Aims

Sex and relationship education aims:

- To help students understand the function of their own bodies and those of the opposite sex and develop positive self image.
- To recognise and be able to discuss sensitive and controversial issues such as contraception, virginity, birth, child-rearing, abortion, sexually transmitted diseases and technological developments which involve consideration of attitudes, values, beliefs and morality.
- To make students aware of the range of sexual attitudes and behaviour in present day society.
- To recognise the importance of personal choice in managing relationships to enable them to make informed and reasoned choices.
- To explore the influence of pressures on sexual behaviour, eg. home and family, friends, school, media and the law.
- To have the opportunity to discuss personal development openly and with sensitivity thereby reducing anxieties which may be experienced during adolescence.
- To recognise the importance of responsibility in all relationships.
- To critically analyse moral values and explore those held by different cultures and different groups.
- To understand the concept of stereotyping and to discuss issues such as sexual harassment in terms of their effects on individuals
- To enable students to understand the biological aspects of reproduction and to consider the advantages and disadvantages of various methods of family planning in terms of personal preference and their social and moral implications.

Sex and relationship education is delivered as an integral part of the curriculum through PSHE, science, tutor time and visits by outside specialists.

Parents have the right to withdraw their child from sex and relationship education if they so wish and should inform the school in writing.

**Moral and values framework**

Section 46 of the Education Act (No2) 1986 requires that the LEA, governing body and Headteacher 'shall take steps as are reasonably practical to secure that where sex education is given to a registered student at the school it is given in such a manner as to encourage those pupils to have regard to moral considerations and the value of family life'.

**Equal opportunities**

There is a separate policy on Equal Opportunities and this should inform allSRE matters.

## **KING ETHELBERT SCHOOL**

**Specifics**

- A planned programme of sex education is coordinated by the assistant headteacher and is taught in PSHE lessons, science and religious studies (the content of the programme is attached in Appendix A).
- PSHE is delivered by Form Tutors, supported by Heads of Year.
- All year groups have some sex and relationship education formally delivered to them.
- Facts and information is balanced with learning activities which promote sensitivity and tolerance and allow students an opportunity for debate and discussion.
- The groupings of students will be in mixed gender groups
- Outside speakers may be used to assist in delivering specific topics within the programme
- Staff training needs are reviewed regularly with specific staff training given when necessary
- Parents can exercise their right to withdraw their child from lessons during sex and relationship education but must do so in writing. Upon receipt of the request an alternative module of health education will be made available.
- Students may occasionally raise an explicit individual issue which requires counselling and advice rather than teaching. Members of staff should not

risk compromise and are advised to refer the matter to a senior member of staff who will advise on the most appropriate action to be taken.

- We have links with the school nurse, who is available to come in and meet with individual pupils, by appointment through Pupil Services.

## **APPENDIX A**

### **Topics covered within personal and Social Education An overview of the issues covered in sex education (not placed in any order of priority)**

#### **KEY STAGE 3**

##### **Years 7 and 8**

- \* Relationships – friends/home/family, body language, interpersonal skills
- \* Puberty – emotional and physical changes in boys and girls
- \* Personal Hygiene
- \* Reproductive systems in males and females, including positions in body and functions
- \* Eggs and sperms – functions and where produced
- \* Fertilisation – simple development of embryo
- \* Birth
- \* Smoking during pregnancy
- \* IVF
- \* Periods – menstrual cycle
- \* Sources of help and support in the community
- \* Relationships
- \* Respecting others
- \* HIV, AIDs and STIs

##### **Year 8**

Keeping safe (contraception)  
Relationships and growing up (5 week carousel)  
Puberty (5 week carousel)  
HIV, AIDs

##### **Year 9**

- \* Types of relationship – love, responsibility
- \* Peer pressure
- \* Assertiveness
- \* Self-confidence/esteem
- \* Dating – sexual attraction
- \* Sexually transmitted infections including HIV/AIDS

#### **KEY STAGE 4**

##### **Year 10 and Year 11**

Relationships and sex (inc. abortion, gay marriage)  
Rights and responsibilities inc. exploitation in a relationship and respect

## Year 10

Respect  
Teen files – The truth about sex  
Teen files – Boyfriend/girlfriend and Sexual Responsibility  
Teen files – Date rape/abusive relationships and the truth about body image  
Contraceptive methods and STIs  
Being a single parent

## Year 11

\*\*Contraception  
relationship }  
\*\* Unwanted pregnancy } covered through topic of abortion  
\*\* Morality/values  
Exploitation in a relationship and respect  
Pressure to conform  
Sexting – Talk by PC Jackie Whitehead

## **KEY STAGE 5**

Relationships: personal responsibility and respect  
The law  
Passive Aggressive Behaviour  
Sexual Health Nurse introduction  
Chlamydia screening

\* indicates topics cover in Science \*\*  
also included in GCSE R.S.

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