



Highsted Grammar School

Sex and Relationship Education Policy

SEX AND RELATIONSHIP EDUCATION POLICY

In accordance with the 1993 Education Act Highsted School is required to provide Sex and Relationship Education to all our pupils. This is consistent with our overall aims as a school to educate the whole pupil and to foster personal development which will prepare girls for the opportunities, responsibilities and experiences of adult life.

Aspects of Sex and Relationship Education will be part of the curriculum throughout the school

Fundamental to our school's values and practice is the principle of sharing the responsibility for education of young people with parents, by keeping them informed and involved at all times. Effective communication and co-operation is essential to the successful implementation of this policy.

Aims

Our sex and relationship education programme will provide knowledge, develop personal skills and foster attitudes which will empower pupils to manage their relationships in a responsible and healthy way. The programme makes a positive contribution to our pupils' personal and social development, helping to prevent negative health outcomes such as unintended pregnancies and sexually transmitted infections. Pupils should be able to make sensible, informed choices having considered physical, spiritual/moral and social implications.

Specifically it should enable pupils to:

- encourage young people to have regard for moral considerations, and for the value of family life and loving stable relationships.
- promote responsible behaviour and respect for oneself and other people
- combat ignorance and increase understanding by providing information about physical, emotional and social aspects of human sexual development from conception to old age, including personal relationships, the nature of love and family life
- be informed about reproduction, contraception and sexually transmitted infections, including HIV/Aids
- develop the ability to make informed and responsible decisions and be aware of the appropriate sources of information and help
- provide a suitable vocabulary for discussing sex and enable this to be used without embarrassment in a group, class or clinic
- promote an understanding of those aspects of law which relate to sexuality



Delivery

The structure of the sex and relationship education programme will be co-ordinated throughout the school by the designated Health Co-ordinator in discussion with the pastoral team and under the guidance of SLG.

The process should be concerned with:

- an understanding of how young people grow and develop; and the many influences to which they are subject
- finding out what young people themselves know, feel and do in relation to whatever aspect of sex and relationship education is being dealt with, to enable a base-line from which learning and teaching might proceed in a realistic and relevant manner
- providing opportunities for pupils to learn about sexually related topics and their relevance to pupils' lives in ways which are appropriate to their levels of development; and nurturing an understanding of the range of human sexual attitudes and behaviour
- providing situations which enable young people to acquire a range of skills concerning their own sexual behaviour and that of the community. e.g. role-play, decision making, resisting peer pressure, solving problems
- countering unnecessary feelings of guilt and anxiety

Most aspects of Sex and Relationship Education are delivered through the Personal and Social Health Education programme, however there is considerable overlap into the realms of religious and moral education, social responsibility and science.

PSHE focus days has been adopted as the preferred method of delivery as the girls will be taught by a member of staff who, has expressed a preference for working with students in a key stage, and is aware of the personal development, character and needs of each girl within his/her group. Detailed lesson plans and appropriate information sheets are provided for each tutor. Tutors can refer any problems/difficulties they might encounter to the PSHE Lead Teachers, Heads of School, Heads of House, Health Co-ordinator.

Sensitive issues such as contraceptive information, the role of outside professional agencies and personal social consequences are covered by the use of outside agencies i.e. School Nurse, NHS Community Trust, KCA. The role and content of the areas to be covered by these agencies are agreed with the Health Co-ordinator before the proposed visit to the school.

At no time is individual advice pertaining to sexual matters given to any pupil. However, information of a general nature could be given to either a group or individual. Individual pupils are encouraged to either discuss any problems with their parents or to use one of the many outside agencies available. A professionally trained counsellor is available should pupils wish to discuss matters of a confidential nature.

Any member of staff who believes that a pupil has embarked upon, or is contemplating, a course of conduct which is likely to place her at moral or physical risk or is in breach of the law, has a general responsibility to ensure that the pupil is aware of the implications and is urged to seek advice. In such circumstances, the teacher should inform the Headteacher.

The current content of the Sex and Relationship Education programme was thoroughly reviewed in 2010, in close consultation with parents and pupils, to ensure that the programme is as up to date and relevant as possible.

Content

- Year 7** Relationships – with family and others – friendships, other adults, teachers, siblings
Puberty – physiological – menstruation
Gender roles – awareness of stereotypes
- Year 8** Puberty – emotional, social, economic
Love and relationships, myth busting
Introduction to contraception, School Nurse
- Year 9** HIV/Aids & other STIs
Reasons to wait/The Law & underage sex
- Year 10** Teenage pregnancy – signs and symptoms/choices
Relationships – parental, sexual, abusive, sexuality
STIs continued – a practical demonstration
Contraception in more detail – School Nurse
- Year 11** Varieties of contraception – revisited
Breast and cervical screening processes for females: Nurse
Relationships – ranges of sexual behaviour - sexuality
Chlamydia
Contraception success rates
Opportunity to participate in the ‘Cyber baby’ programme
- Year 12/13** Emergency Contraception

Detailed schemes of work and resources utilised can be found in Year group’s Pastoral Handbooks/Religious Studies Handbook (* items).

Withdrawal

Parents have a legal entitlement to withdraw their child from all or part of this programme except for those parts included in the statutory National Curriculum. Parents considering this course of action may like to discuss their concerns with the school. Alternatively, formal written notice of withdrawal may be sent to the school. The school will comply with this requirement until it is revoked in writing. In the event of withdrawal parents may wish to discuss the feasibility of using school material at home.

The school cannot provide alternative tuition for pupils who have been withdrawn.

Review

The delivery and content of the whole programme will be continually reviewed by year tutors and the Health Co-ordinator immediately after each topic has been covered. For suitability within the whole school programme will be reviewed annually by Governors in the light of



feedback from Pastoral and Evaluation Manager, Health Education Co-ordinator, Heads of House/School, Parents and Pupils.

Members of Staff Responsible:

Designated Safeguarding Lead
Assistant Headteacher (KS4)

Date of Policy: May 1995

Reviewed/revised: 1997, 2001, 2002, 2003

Reviewed July 2006, 2009

Reviewed and updated: February 2015

Reviewed and updated: February 2018