

Sex and Relationships Education Guidelines

1. Rationale

1.1. Sex and Relationship Education (SRE) is a lifelong learning process of acquiring information, developing skills and forming positive beliefs and attitudes about sex, sexual relationships and feelings. A sex and relationship education programme is an educational entitlement of all students and by carefully considering our programme and its delivery, we can play an important part in helping students prepare for the responsibilities and experiences of adult life so that they may manage their lives in a responsible and healthy way.

2. Aims and Objectives

2.1 There are three main elements to our SRE programme:

- Gaining knowledge and understanding
- Developing positive attitudes and values
- Extending personal and social skills

We aim to:

- 2.1.1 Widen knowledge and understanding about related health and social issues and to help students to recognise their growing responsibilities and to be aware of the dangers of casual and promiscuous sexual activity (including information about sexually transmitted infections)
- 2.1.2 Help students understand the legislation relating to sexual behaviour, gender and equal opportunities and to make them aware of the statutory and voluntary organisations which offer support in relationships.
- 2.1.3 Give accurate information about methods of contraception
- 2.1.4 Help students develop an appreciation of the possible consequences of their choices and actions, including an awareness of the concept of sexual consent, the risks and dangers and to learn to recognise and avoid grooming, sexual exploitation and abuse
- 2.1.5 Ensure that students know how and where to gain information and appropriate support and advice in school, locally and nationally
- 2.1.6 Help students develop a positive self-image and to behave with dignity and respect for themselves and others
- 2.1.7 Provide an opportunity for students to explore their attitudes and feelings towards sex and sexuality including their fears and uncertainties, including considering and understanding moral dilemmas

- 2.1.8 Help students to develop an awareness of social and moral considerations in relation to sexual behaviour and sexuality and an awareness of the concept of equal opportunities and responsibilities between the sexes. Also to promote understanding, respect and sensitivity towards other people's beliefs and traditions
- 2.1.9 Encourage students to appreciate the benefits of stable relationships, family life and the responsibilities of parenthood
- 2.1.10 Help students develop their interpersonal skills as a basis for developing positive relationships with others
- 2.1.11 Enable all students to understand the role of peer pressure in influencing decision making and to develop the skills and confidence needed to resist negative pressure by developing skills in communication and assertive behaviour.

3. Delivery

- 3.1 SRE is delivered as part of the School's Personal, Social, Health and Citizenship Education programme, and forms part of a complete programme of guidance and development for students, which is also delivered across other aspects of the curriculum, for example in Science.
- 3.2 The programme is taught by a qualified teacher and the High School coaches, with elements also delivered by the School Nurse, and representatives from Torbay Sexual Medicine Services Team.
- 3.3 A variety of teaching methods are used, in many cases classes are taught in single sex groups where this is most effective.
- 3.4 Ground rules are discussed and agreed at the start of each SRE module and in every lesson.
- 3.5 Throughout the course of teaching, a variety of sensitive issues will inevitably be explored. Since an individual's sexuality is a highly personal matter, the teaching of SRE will place emphasis on the need for understanding and awareness of sexual preference across the spectrum of human sexuality.

4. Monitoring

- 4.1 It is recognised the SRE has to be regularly revised in line with new legislation. A full review and evaluation will take place each year involving staff, students and external contributors and views are used to inform future planning. New resources will be constantly reviewed and included, to ensure an up to date programme.

5. Confidentiality and Safeguarding

- 5.1 Staff cannot promise confidentiality to a student and this should be made clear to the students from the outset. Ground rules on this will be made clear in sex education lessons. Students should be made aware that systems and procedures, which may be involved on referral of a specific problem or issue are there as part of the caring and supportive nature of the school. Students should be encouraged to discuss their concerns with their parents/carers first.
- 5.2 Staff can provide all students with information about where, and from whom, they can receive confidential advice, but they should not provide that detailed confidential advice themselves.
- 5.3 Possible or disclosed safeguarding or child protection concerns should be discussed with the school's Designated Senior Person, where the school's child protection procedures will be followed.

6. Right to withdraw from curriculum

- 6.1 Parents/Carers have the right to withdraw their children from all or part of sex education that does not form part of the statutory National Curriculum. Those parents/carers wishing to exercise this right are invited in to see the Head of South Devon High School, who will explore any concerns and discuss the impact that withdrawal may have on the child. If a student is withdrawn, all relevant colleagues must be informed of this.