

NEWLANDS GIRLS' SCHOOL

POLICY DOCUMENT



Relationships and Sex Education Policy

LAST UPDATED AND REVIEWED	(by) Curriculum Governors	November 2022
POLICY TYPE	School Policy	
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RESPONSIBLE		
Leadership Team	Deputy Head – Curriculum	
Governing Committee	Curriculum Committee	
APPROVED/ MEETING	Approved by Headteacher	Friday 2 nd Dec 2022
	Minuted as approved at FGB Meeting	Monday 5 th Dec 2022
UPDATED: Shared Drive Website	9 th December 2022 9 th December 2022	

Courage Commitment Compassion

Newlands Girls' School

Relationships and Sex Education Policy

1. How this policy was developed

A working party consisting of a Deputy Head, Head of Department and a Governor prepared the original draft which was discussed with the Science Department and the Head of Personal, Social and Health Education (PSHE), parent representatives and approved by the Governors Curriculum Committee. This was then approved by the Full Governing Body.

Although the main aspects of the original policy are still in place, it has regularly been reviewed and modified by those staff members involved in teaching Relationships and Sex Education, the Leadership Team and the Governors Curriculum Committee. Guidance has been taken from the following reports:

'Sex and Relationship Education Guidance circular: DfE 0116/2000, July 2000'.
OFSTED HMI 433 report on Sex and Relationships Education 2002.
"Sex and relationship Education": Support for School Governors 2003.
Relationships Education, Relationships and Sex Education (RSE) and Health Education Statutory Guidance, 2019.

2. What is Relationships and Sex Education

Relationships and Sex Education is lifelong learning about physical, moral and emotional development. It is about the understanding of the importance of marriage for family life, stable and loving relationships, respect, love and care. It is also about the teaching of sex, sexuality, and sexual health. It is not about the promotion of early experimentation of sexual orientation or sexual activity which would be inappropriate teaching.

3. The School's legal obligations are:

- That there must be provision for sex education for all registered pupils. This is not defined but must include education about HIV and other sexually transmitted infections (STIs).
- The Governing Body and the Headteacher must take such steps that are reasonably practical to ensure that sex education is given in such a manner to have due regard to moral considerations and value of family life. This includes pupils learning about the nature of marriage and its importance for family life and the bringing up of children.
- The Governing Body and the Headteacher must ensure that pupils are protected from teaching and materials which are inappropriate having regard to the age and the religious and cultural background of the pupils concerned.
- The Headteacher must ensure that the sex education curriculum is compatible with this policy.

3. The School's legal obligations are: (continued)

- The Governing Body must make copies of this policy available for inspection and provide a free copy to parents if they request one.
- Parents may withdraw their children from any sex education which is not part of the National Curriculum. Any parent wishing to take this course of action should make a request to the school in writing for the school's consideration. In such cases, the school must make alternative arrangements for these pupils.

4. Aims and objectives

The aims of the Relationships and Sex Education Policy reflect that students should be prepared for an adult life. Thus, the approach of the school is:

- To stimulate a growing awareness of moral values and to be able to discuss sensitive and controversial issues such as abortion, gender identity and criminal exploitation.
- To teach about relationships (including marriage and civil partnerships), consent and the responsibilities of parenthood, as well as sex education.
- To build up self-esteem so that they value themselves.
- To equip students to avoid being exploited.
- To equip students to communicate effectively and to avoid being pressured.
- To teach the taking on of responsibility and the consequences of one's actions in relation to sexual activity and parenthood.
- To provide the pupils with information about the different types of contraception, safe sex and how they can access local sources of further advice and treatment.
- To give pupils a clear understanding of the arguments for delaying sexual activity and resisting peer pressure.
- To link sex education with issues of peer pressure, and other risk taking behaviour such as the misuse of illegal and legal drugs such as tobacco and alcohol.
- To equip students to access confidential sexual health advice, support and if necessary, treatment.
- To ensure that students understand how the law applies to sexual relationships.
- To ensure that students and staff are aware of the Designated Safeguarding Lead and Deputies

CONTENT AND ORGANISATION

5. The teaching of the Relationships and Sex Education programme

This will be taught under the three sections referred to below:

5.1 Attitudes and values

- Learning the importance of values and individual conscience and moral considerations.
- Learning the value of family life, marriage or civil partnership, and stable and loving relationships for the nurture of children.
- Learning the value of respect, love and care.
- Exploring, considering and understanding moral dilemmas.
- Developing critical thinking as part of decision-making.

5.2 Personal and social skills

- Learning to manage emotions and relationships confidently and sensitively.
- Developing self-respect and empathy for others.
- Learning to make choices based on an understanding of difference and with an absence of prejudice.
- Developing an appreciation of the consequences of choices made.
- Managing conflict.
- Learning how to recognise and avoid exploitation and abuse.

5.3 Knowledge and understanding

- Learning and understanding physical development at appropriate stages.
- Understanding human sexuality, reproduction, sexual health, emotions and relationships.
- Learning about contraception and the range of local and national sexual health advice, contraception and support services.
- Learning the reasons for delaying sexual activity, and the benefits to be gained from such delay.
- Avoidance of unplanned pregnancy.

Summary of topics covered in Relationships and Sex Education:

Science programme of study

- Y7 Human reproduction, sex organs, puberty, menstrual cycle and pregnancy and contraception.
- Y9 Asexual reproduction – cloning
- Y10 Human reproduction, hormones, puberty, the menstrual cycle, contraception methods and infertility treatment, STIs, alcohol related-diseases, smoking-related diseases
- Y11 Sexual and asexual reproduction

PSHE programme of study includes:

- Y7: Identity, peer pressure and bullying, challenging stereotypes, human rights, making choices about diet and exercise, maintaining physical health, personal hygiene, menstrual wellbeing, attitudes toward mental health, promoting emotional wellbeing, internet safety, sexting, careers
- Y8: Relationship values and domestic abuse, LGBT awareness, introduction to consent, body image, digital resilience, healthy and unhealthy coping strategies, social media safety, alcohol, FGM, diversity, careers
- Y9: Consent - avoiding assumptions and capacity to consent, healthy and unhealthy relationships, drugs & alcohol - exploring attitudes and the law and managing risk, first aid, knife crime, democracy, county lines, finance, CSE, radicalisation, careers
- Y10: Pressure persuasion and coercion, family life - long term commitments, the legal status of marriage and parenting, fertility and routes to parenthood, pregnancy outcomes, pregnancy choices: abortion, allergies, gangs, equality & justice, finance, careers
- Y11: Relationship abuse, sharing sexual images, reframing negative thinking, recognising mental ill-health, recognising mental ill-health, substance use and assessing risk, exam reflection, substance use and managing influence, finance, CV writing and interview skills
- Y12/13 Appropriate online safety, what constitutes healthy relationships and drug and alcohol safety, alcohol and first aid, driving safety, mindfulness and stress, consent, university costs and loan repayments,

PRE-Programme of study

- KS4 Contraception and abortion is taught to all students, whilst Marriage and relationships are taught to those who opt for the GCSE course. All areas are taught both from a religious and non-religious perspective.

6. Curriculum entitlement

All Newlands girls are entitled to follow the full programme of Relationships and Sex Education. The National Curriculum science programme of study is compulsory. However as stated earlier parents may exercise an option to withdraw their daughters from sex education delivered as part of statutory RSE. Before granting the request the head teacher or PSHE lead will discuss the request with parents and, as appropriate, with the child to ensure that their wishes are understood and to clarify the nature and purpose of the curriculum.. If this decision is taken the school will document this process to ensure we have a record available. If the decision is still taken to withdraw, except in exceptional circumstances, the school will respect the parents' request to withdraw the child, up to and until three terms before the child turns 16. After that point, if the child wishes to receive sex education rather than be withdrawn, the school will make arrangements to provide the child with sex education during one of those terms. The child will also be provided with purposeful education during the period of withdrawal.

Currently the following lessons constitute as sex education within RSE which the parents have a right to withdraw:

Y7 – Menstrual Wellbeing

7. Equal opportunities

Students with special needs, including early stage bilingual learners, are monitored by the classroom teacher delivering the programme in liaison with the Head of Learning Support and with Teaching Assistant support where required. All stimulus material is examined to ensure that it is accessible to the pupils concerned.

8. Staff delivering the programme

The Science Department delivers the aspects contained in the National Curriculum Programme of Study. A specialist team, from the Science Department delivers the Health Education components including Sex Education in Years 9-11. Science in Years 7 is taught in teaching groups, whilst Years 8-11 are in ability set groups and PSHE in Years 7–11 is taught in form groups. Detailed materials covering all aspects of the programme are given out at the start of the academic year. The PSHE coordinator then provides support to staff as necessary. *A teacher of Relationships and Sex Education must be able to distance themselves* from the class discussions to avoid embarrassment. If ground rules are established then these should provide a suitable framework for discussions.

Trust and respect are important. In PRE at KS4 the GCSE is taught in option groups to those who select this subject and the non GCSE is taught in teaching groups to all students. The taught content carefully follows examination board's specifications.

9. Teaching and Learning Styles

A wide variety of approaches are used to deliver the programme. These include whole class discussions, small group discussions, whole year talks from specialist visiting speakers, visiting speakers to work with targeted groups, visual presentations, information sheets, problem-solving activities, case studies and role play. The general approach is open and informal, yet informative, giving opportunities for understanding and evaluation that are related to real life situations. Outside agencies are chosen carefully and discussions are held prior to the days to discuss the topics that will be covered.

10. Specific issues covered in the programme

Puberty. Girls need to be prepared for puberty. This is covered in the Year 7 and 10 Science Programmes of Study.

Menstruation. The onset of menstruation can be alarming for girls if they are not prepared. This is covered in the Year 7 and 10 Science Programme of Study and menstrual wellbeing is covered during Y7 in PSHE.

Contraception. Knowledge of the different types of contraception and of access to, and availability of contraception is a major part of the strategy to reduce teenage pregnancy. This is covered in Y7 Science.

Abortion. A significant proportion of teenage pregnancies end in abortion. There are strongly held views and religious beliefs about abortion. These views and beliefs of students and parents should be respected. This is covered in the Year 10 PSHE Programme of Study.

10. Specific issues covered in the programme - continued

Safe Sex, HIV and Sexually Transmitted Infections. Although the emphasis in SRE should be on prevention of infection and the reasons for safe sex, students also need to know about treatment and diagnosis. This is covered in Science in Y10 where they study HIV and gonorrhoea are also covered in Science in Y10.

Sexting and Child Sexual Exploitation. In today's society where there are increased pressures on young people through online and digital channels including social media, the issues of sexting, grooming and CSE are often in the media. These subjects are covered in the PSHE Programme of Study in Years 7, 9 and 11 and teachers are supported in their delivery by local experts in these fields.

11. Confidentiality issues

11.1 Confidential advice requested by a student

The classroom is a public place, where it is inappropriate to talk about private concerns, but issues may be raised. It is possible that the teaching of sex education will cause students to approach an individual teacher for advice concerning sexual relationships. In such circumstances staff must not promise confidentiality regarding any disclosure by any student

The student will be advised to seek the advice from his/her parent(s) and/or a qualified professional such as a doctor or the local counselling advice

- Where there is a possibility that a student's conduct is likely to place him/her at moral or physical risk or in breach of the law, the teacher has a responsibility to ensure that the pupil is aware of this and to notify the designated Senior Leader/Person for Child Protection (safeguarding)

Also health professionals are bound by their professional codes of conduct to maintain confidentiality and when working in a classroom situation, they are also bound by relevant school policies. In line with the best practice guidance they will seek to protect privacy and prevent inappropriate personal disclosures in a classroom setting, by negotiating ground rules and using distancing techniques.

11.2 Availability of advice by professionals outside the teaching situation

The law allows health professionals to see and in some circumstances to treat young people confidentially, and part of this process includes counselling and discussion about talking to parents. In order to be able to take responsibility for their actions, young people need to be more generally aware of the law in relation to sexual activity and local confidential services. Outside the teaching situation, health professionals such as school nurses can give one-to-one advice or information to a pupil on a health-related matter including contraception and exercise their own professional judgement as to whether a young person has the maturity to consent to medical treatment including contraceptive treatment. All Leadership members and Heads of Year have a comprehensive list of contact names and organisations and useful telephone numbers if the students seek extra or external advice. The same information is displayed on the Health Board in the main corridor.

11.3 A teacher becoming aware that an under 16 year old is contemplating or participating in sexual intercourse

Effective Relationships and Sex Education should enable and encourage young people to talk to a trusted adult if they are having sex or contemplating doing so and it is desirable, although not always possible, that that person should be their parent or carer. If a teacher learns from an under 16 years old that they are having, or contemplating having, sexual intercourse the school will take steps to ensure that:

- Wherever possible, the young person is persuaded to talk to their parent or carer.
- Any child protection issues are addressed.
- The child has been adequately counselled and informed about contraception, including precise information about where young people can access contraception and advice services.

It is only in the most exceptional case that the school should be in the position of having to handle such information without parental knowledge, and where younger pupils are involved this would be grounds for serious concern. The Headteacher will monitor the frequency of such cases and if they occur frequently this indicates deficiencies in pupils awareness of, or confidence in, sources of confidential medical advice and this will be addressed in the teaching programme.

11.4 Suspected abuse/child protection

- Children cannot learn effectively if they are concerned or frightened about being abused or being the victims of violence at home. They have a right to expect the school to provide a safe and secure environment. Any fears or worries they bring into the classroom should not go unnoticed by staff. Teachers are aware that effective Relationships and Sex Education, which brings an understanding of what is and is not acceptable in a relationship, can lead to disclosure of a child protection issue. If a member of staff (teaching or non-teaching), suspects that a student is a victim of abuse or they have reason to believe that she is at risk of abuse they should inform the designated Senior Leader/Person for Child Protection (safeguarding) and explain to the student that confidentiality cannot be guaranteed.

12. Evaluation

The content of the Sex Education and Relationship programme should be reviewed annually by the Head of PSHE and the LT as part of their routine monitoring and evaluation of this curriculum area.

The Relationships and Sex Policy should be reviewed every two years as part of the Governing Body's rolling programme of policy scrutiny.

13. Dissemination of this policy

Available for inspection is a copy of this policy, the programme of study for the Relationships and Sex Education parts of PSHE, and the resources used. Interested parties should contact the main School office. It is also available on the school website.