

SEX AND RELATIONSHIP EDUCATION POLICY LAMPTON SCHOOL

Reviewed and updated: January 2015

Next review: January 2017

This policy should be read in conjunction with the following guidance document from the DfE 'Sex and Relationship Education Guidance 2000', the Child Protection policy and with reference to CEFM Education Update December 2009 ii. The policy was developed in response to Sex and Relationship Education Guidance DfES 2000, the National Teenage Pregnancy Strategy and National Healthy Schools Programme.

1. Statement
2. Objective of the SRE programme
3. Content of the PSHE programme in Lampton

1. Statement

All maintained schools providing secondary education must provide sex education (including education about HIV & AIDS and other sexually transmitted diseases). All maintained schools should also teach human growth and reproduction as set out in the statutory national curriculum for science.

At Lampton School we recognise that Sex and Relationship Education (SRE) is lifelong learning about physical, moral and emotional development. It is about the importance of stable and loving relationships including marriage for family life, and about respect, love and care. Sex and Relationship Education provides pupils with factual knowledge and an understanding of the influences on young people, encouraging them to be aware of the options open to them and to take charge of decisions about their own behaviour. It encourages the development of personal and interpersonal skills, the awareness and respect of self and others and encourages reflection and responsibility.

Parents have the right to withdraw their children from the relationship education element of the PSHE programme and alternative arrangements are made for their children's supervision, (usually an independent project to be completed in the library about the rates, emotional and financial impact of teenage pregnancy). The request to withdraw must be made in writing to the Headteacher. Parents do not have the right to withdraw their children from the biological aspects of human growth and reproduction which is a requirement under national curriculum Science and also taught in PSHE.

2. Objective of the Sex and Relationships Programme

The basic aim of having a Sex and Relationship Education policy is to clarify the provision of Sex and Relationship Education to all pupils (including education about HIV & AIDS and other sexually transmitted diseases) and the teaching of human growth and reproduction as set out in the national curriculum.

The wider objective is that pupils will achieve a clear understanding of the arguments for delaying sexual activity and resisting pressure. We aim to link Sex and Relationship Education with issues of peer pressure and other risk-taking behaviour, such as drugs, smoking and alcohol, and to ensure that Lampton School pupils understand how the law applies to sexual relationships.

Action plan

Lampton Schools PSHE programme provides knowledge of the processes of reproduction and human growth as part of the national curriculum in science. All pupils must follow this programme. The PSHE programme reinforces this, and deals with the nature of sexuality and relationships. It encourages the acquisition of skills and attitudes that allow pupils to manage their relationships in a responsible and healthy manner and provides them with parenting skills for later life. The programme is carefully structured and shows continuity between the years. The programme is delivered within a moral framework. As well as knowledge and information, pupils are encouraged to consider the importance of the following values, which are derived from the schools' value system.

PSHE aims to develop student's attitudes and values through:

- Promoting respect, value, love and care of themselves and others including respect for individual, religious and cultural differences.
- Understanding and promoting sensitivity towards the needs and views of others and modelling appropriate behaviours.
- Discussing moral issues including concepts associated with right and wrong; encouraging responsibility for their own actions and promoting positive self-images.
- Exploring responsibility to the school, their family, their religion and the wider community.

PSHE aims to develop student's personal and social skills through:

- Learning how to share and co-operate with others.
- Experiencing being part of a community within the class, the school and the wider neighbourhood, enjoying the benefits, and learning to accept the responsibilities this brings.
- Enabling pupils to express preferences, communicate needs, make decisions, choose options that other people act upon and respect.
- Supporting pupils in learning to understand appropriate and inappropriate behaviours and manage their own behaviour and emotions.
- Enabling pupils to make choices and deal with the consequences that these may bring.
- Enabling pupils to make choices based on an understanding/acceptance of differences and absence of prejudice.

- Self-respect and empathy for others.
- Self-awareness and self-esteem.
- Skills to manage potential conflict and upset.
- Learning how to assert oneself appropriately and so avoid abusive exploitation.

PSHE aims to develop student's knowledge and understanding through:

- Body awareness, confidence and physical control.
- Their ability to influence the environment.
- A knowledge of gender, growth and development.
- Learning when privacy is appropriate and how to protect one's own privacy.
- Learning and being clear about the definition of consent. And what it means to give consent.
- Promoting a positive attitude to body changes around puberty and developing the skills needed to cope with them.
- An understanding of physical feelings, including physiological responses to touch.
- An understanding of own and others' sexuality, sex health, emotions and relationships.
- Learning about healthy lifestyles.

As part of our sex education programme, issues of contraception, HIV/AIDS, sexuality, unwanted pregnancies and abortion will be addressed. Facts are presented in an objective and balanced way, with pupils being encouraged to consider their own attitudes and values. They will be made aware of the differences between fact, opinion, and cultural & religious beliefs.

Lampton School's methods of teaching include presentations and small group discussion, visiting speakers, the use of worksheets, videos and textbooks.

Teachers are aware that effective Sex and Relationship Education may lead to disclosure of a child protection issue and rely on the school's child protection policy to handle any such matter.

Monitoring and evaluation

It is the responsibility of the Head of PSHE to ensure that staff have had sufficient training to undertake this programme and that each teaching group is completing the programme in an appropriate way. Pupil surveys and parent feedback are used to evaluate the effectiveness of the programme.

Reviewing

The governing body will review this policy regularly and assess its implementation and effectiveness. The policy will be promoted and implemented throughout the school.

Next school review due: January 2017

4. Content of the Programme

Y7 Puberty

A needs assessment starts the programme to assess learning from the various primary schools. The compulsory programme includes:

- Emotional and physical changes that a child's body goes through during puberty - adding the changes onto a generic outline after using Science videos, describing why hormones change.

Other aspects of the programme are:

- The emotional impact of puberty on family relationships (how you should treat and respect family),
- A lesson on consent - what is consent and how is it given (we use the example of consenting to help someone with their homework),
- Body confidence lesson discussing appropriate behaviours, what is inappropriate (anything which makes another person feel uncomfortable),
- Assessment: a leaflet for primary school children about puberty.

Y8 Staying Safe

This unit which deals with issues of consent and staying safe online.

- Online social networks (what is appropriate to write/post and what is not, and why),
- Internet grooming and how to protect yourself from it,
- Privacy online,
- Texting pictures and picture social networking sites,
- Using the internet in a positive way, consent - what does it look like and how do you know it has been given.

Y9 Sex and Relationships

This unit is designed to make students aware of the dangers of sexual activity at an early age.

Students cover:

- Reproduction (how a person gets pregnant)
- how a foetus grows,
- sexually transmitted diseases,
- contraception and teenage pregnancy.

This is delivered through worksheets, videos and discussions in class. It is a compulsory unit.

Y10 Parenting

This unit is designed for students to enable students to understand the pressures of parenting. The unit consists of lessons on:

- The emotional cost of being a parent (students map a 24 hour day with a new baby),
- The financial cost of being a parent (where they work out government help/money and the cost of having a child),
- Parenting techniques,
- Contraception.

Students can be removed from this unit following a discussion with parents.

Y11 Sex and Relationships

This unit is designed to prepare students to manage media and peer pressure. Lessons consist of:

- What religions say,
- Consent and how you know if someone is actively consenting to something,

- Personal safety,
- Body confidence
- Risk and risk taking,
- Contraception,
- Positive relationships and what their attributes are.
- Sexual Health Checks (how to check and report for breast, testicular, skin, cervical cancers),