

Thomas Mills High School

Relationship and Sex Education Policy

Vision Statement

*We, the staff and governors, aspire
to ensure that all our students,
irrespective of ability
and regardless of anyone's doubts,
achieve their potential in full;
and we aspire in this way to make Thomas Mills High School
the best in the country.*

Charter of Values

*This policy is informed by our Charter of Values which states those values which are
central to our purpose, especially...*

*Acceptance of personal responsibility
Courtesy, self-discipline and respect for others
Honesty, moral courage and integrity*

Definition:

'Sex and Relationship Education aims to inform children and young people about relationships, emotions, sex, sexuality and sexual health. It enables them to develop personal and social skills and a positive attitude to sexual health and well-being.'

(National Children's Bureau)

1. Aims of Sex and Relationship Education:

- To develop a sense of mutual respect and care for others
- To provide accurate information about, and to increase understanding of, sex-related issues
- To dispel myths
- To explore a range of attitudes and values towards sex-related issues and to help young people to reach their own, informed opinions
- To increase young people's self-esteem
- To develop skills relevant to sexual behaviour and situations such as communication, staying safe online, risk assessment, managing relationships, decision making, assertiveness, conflict management, seeking help and using services, helping others etc.

2. Provision:

Amongst the topics to be covered during Years 7 – 13 will be:

- The requirements of National Curriculum Science
- Attitude and values
- Personal and social skills
- Developing a safer lifestyle
- Developing good relationships and respecting the differences between people.

Pupils will be:

- Developing understanding of human sexuality, sexual health, emotions, relationships and staying safe online
- Learning about contraception and a 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, such as the avoidance of unplanned pregnancy
- Learning the importance of values and individual conscience and moral considerations
- Learning the value of stable, loving and committed relationships based on marriage or partnerships, regardless of sexuality or sexual orientation
- Learning the value of respect, love and care
- Exploring, considering and understanding moral dilemmas
- Learning to manage emotions and relationships confidently and sensitively
- Develop an understanding of unhealthy relationships, including bullying, coercion and exploitation
- Learning about healthy relationships and safety online, including the use of social media, cyberbullying and sexting
- Developing self respect and empathy for others, for example, learning to make choices based on an understanding difference and with an absence of prejudice

- Learning to manage conflict
- Learning how to recognise and avoid exploitation and abuse
- Undertaking SRE linking it with issues of peer pressure and other risk-taking behaviour such as drugs, smoking and alcohol.
- Learning how the law applies to sexual relationships
- Understanding the reasons for having protected sex (including STIs)
- Having access to confidential sexual health advice, support and, if necessary, treatment

3. Responsibilities:

3.1 The School has a designated teacher responsible for an overall scheme for SRE designed to meet the given aims. A specific programme is taught in years 9 and 10. A cross-curricular approach is also involved: Science, Religious Studies and English departments all contribute, as do the assemblies and the tutorial work.

3.2 Teachers are advised to establish ground rules for discussion and not to express personal views nor allow references to specific individuals in school.

3.3 Other professionals/visitors (e.g. the School Nurse) will work within the School SRE policy. Members of staff will always be present in sessions run by visiting speakers.

3.4 The school will follow national legislation regarding parental rights to withdraw their children from any part of the SRE curriculum. Arrangements will be made to provide alternative work for such pupils.

3.5 Teachers responsible for delivering the SRE programme are mindful of the need to update their knowledge e.g. through INSET.

4. Evaluation and Monitoring:

4.1 On occasion, pupil questionnaires are used to evaluate the effectiveness of aspects of the SRE programme or the School Nurse is asked to review/contribute.

4.2 The Headteacher and/or Governors will welcome and consider with care any comments made by parents about this policy and will review the policy annually, as will the Deputy Head and Assistant Headteacher.

4.3 This policy was drawn up by a working group (representatives of each of the Governing Body and the Senior Management Team, Health Education Co-ordinator and School Nurse). Other members of the Senior Management Team, teachers responsible for delivering aspects of the SRE provision, Heads of Religious Studies and Science Departments, Heads of Year, were consulted.

4.4 Copies of this policy are available on request from the School Office and the website.
Reference to its existence is made in the School Prospectus.

4.5 This policy should be read in conjunction with the School's policies on:

- Equality of Opportunity
- Safeguarding
- Behaviour
- Common Curriculum.