



**Melland
High School**

Bright Futures EDUCATIONAL TRUST

Relationship & Sex Education Policy

This is a Melland High School Policy

Ratified by Governing Body: *February 2017*

Reviewed *May 2018*

Next Review Date: *September 2020*



RELATIONSHIPS & SEX EDUCATION POLICY

The Relationships and Sex Education Policy is committed to and guided by the principles of:

- That the policy should be in line with the aims of the school.
- The school has a responsibility to deliver PSHE to all young people.
- That sex education cannot be left to chance and is a responsibility shared with parents and families.
- That all pupils should have access to accurate knowledge of sexual health issues and the associated risks with this subject such as those of sexually related diseases, sexuality and sexual attitudes, in the context of a progressive programme of health and social education.
- Parents are reminded that they may exercise their right to release pupils from personal and social education and religious studies lessons dealing with sex education, although all pupils are expected to attend National Curriculum lessons in Science. Parents should discuss their wishes with the Principal.

Aims

The aims of relationship and sex education (RSE) at our school are to:

- To encourage the capacity to make decisions in managing relationships so that choices are informed, responsible and appropriate, and minimise any risks to the individual.
- To discuss, openly, moral values and explore those held by different cultures and groups.
- To encourage honesty and respect in all relationships and nurture sensitivity to the needs and feelings of others.
- To prepare pupils adequately for adult life: its decisions, responsibilities, experiences and opportunities; to help equip pupils to develop fully as emotionally mature human beings.
- To present the biological facts about sex, reproduction, contraception and sexually transmitted diseases in an objective and balanced manner.
- To develop an understanding of the legal issues surrounding sex and sexuality.
- To promote understanding of the emotional and physical changes around puberty and develop and raise self-esteem.
- To investigate strategies for pupils to be accountable for their own behaviour and to call upon outside agencies to support the delivery of specific issues.
- To investigate strategies for pupils to be accountable for their own behaviour and to call upon outside agencies to support the delivery of specific issues.
- To consider the advantages and disadvantages of various methods of family planning; the need for preventative healthcare and the availability of support for relationships from organisations such as Relate – for example, family planning services.
- Provide a framework in which sensitive discussions can take place
- Prepare pupils for puberty, and give them an understanding of sexual development and the importance of health and hygiene
- Help pupils develop feelings of self-respect, confidence and empathy
- Create a positive culture around issues of sexuality and relationships
- Teach pupils the correct vocabulary to describe themselves and their bodies



Definition

- RSE is about the emotional, social and cultural development of pupils, and involves learning about relationships, sexual health, sexuality, healthy lifestyles, diversity and personal identity.
- RSE involves a combination of sharing information, and exploring issues and values.
- RSE is not about the promotion of sexual activity.

5. Delivery of RSE

- RSE is taught within the personal, social, health and economic (PSHE) education curriculum. Biological aspects of RSE are taught within the science curriculum, and other aspects are included in religious education (RE).
- PSHE curriculum includes work with 'Manchester Healthy Schools Programme' – (*Our aim is for schools to ensure good quality, age appropriate sex and relationship education is available to all children and young people. We aim to increase teachers' confidence in the delivery of sex and relationship education in the classroom through the provision of quality assured training and resources*)
- Science includes Life Processes and Living Things –
 - *To recognise that animals including humans, move, feed, grow, use their senses and reproduce*
 - *to recognise and compare the main external parts of the bodies of humans and other animals & that humans and animals can produce offspring and that these offspring grow into adults*
 - *to recognise similarities and differences between themselves and others and treat others with sensitivity*
- RE topics include "Understanding Ourselves"
- Class tutors continually provide opportunities to communicate and explore life and relationships through pastoral support within the classroom
- The responsibility for the co-ordination of RSE is the PSHCE and Science coordinators, class tutors, school nurse and the Designated Lead for Safeguarding
- Pupils also receive stand-alone sex education sessions delivered by a trained health professional.

Across all Key Stages, pupils will be supported with developing the following skills:

- MHS will access expertise from outside agencies to give support on specific issues. This may include the School Nurse, who will play a title role in the delivery of Sex and Relationships education within the Academy.
- Communication, including how to manage changing relationships and emotions
- Recognising and assessing potential risks
- Assertiveness
- Seeking help and support when required
- Informed decision-making
- Self-respect and empathy for others
- Recognising and maximising a healthy lifestyle
- Managing conflict
- Discussion and group work



These skills are taught within the context of family life.

Implementation and Organisation

Staff are responsible for:

- Delivering RSE in a sensitive way
- Modelling positive attitudes to RSE
- Monitoring progress
- Responding to the needs of individual pupils
- Responding appropriately to pupils whose parents wish them to be withdrawn from the components of RSE
- Staff do not have the right to opt out of teaching RSE. Staff who have concerns about teaching RSE are encouraged to discuss this with the Principal.
- The School Nurse is available in school to offer guidance to both pupils and parents on health matters. The School Nurse plays a vital role in the delivery of SRE within school. She is available to offer guidance and support to pupils and parents.
- The responsibility for the co-ordination of RSE is the PSHCE and Science coordinators, class tutors, school nurse and the Designated Lead for Safeguarding
- The school has a clear Child Protection Policy available for parents to see.
- If in the course of teaching about personal relationships any member of staff is alerted to problems the matter will be referred to the Child Protection Officers.
- Appropriate services can be approached if necessary.
- The National Curriculum dictates that SRE is compulsory for Key Stages 3 and 4. Parents can see the NC if necessary.
- In science lessons, pupils will study the biological facts about sex and reproduction.
- A variety of approaches and resources are used in sex education including discussions, decision making, problem solving, and assessment of evidence, direct teaching, simulations, role play, video materials and visiting speakers from outside agencies.

Monitoring & Evaluation

- The Sex Education Policy is reviewed on an annual basis in the light of changes in National Curriculum legislation and of comments received from pupils, parents, governors, staff and inspectors – eg; questionnaires, parent/carer drop-ins, feedback at annual school reviews
- The policy will be made available to the Education Authority, Ofsted inspectors and to all members of the governing body.
- Parents will be made aware of the existence of the policy and it will be available to view on the school website.
- Pupils' development in RSE is monitored by class teachers as part of our internal assessment systems.

- A copy of the policy will be kept in the staff area of the school computer system for reference purposes. The delivery of RSE within school will be evaluated with pupils on a regular basis.

Training

- Staff are trained on the delivery of RSE as part of their induction and it is included in our continuing professional development calendar.
- The Principal will also invite visitors from outside the school, such as school nurses or sexual health professionals, to provide support and training to staff teaching RSE.