

# SEX AND RELATIONSHIP EDUCATION (SRE) POLICY

Sex and relationship education (SRE) is lifelong learning about sex, sexuality, emotions, relationships and sexual health. It involves acquiring information, developing skills and forming positive beliefs, values and attitudes. Sex and relationship education should empower young people, build self-esteem, offer a positive and open view of sex and sexuality and support sexual self and mutual acceptance and respect.

SRE is firmly rooted in our school's Personal, Social and Health Education (PSHE) and Citizenship Framework and is also delivered as part of other curriculum areas such as Science and RE.

## AIMS AND OBJECTIVES

Blatchington Mill's Sex Education programme endorses the recommendations of the School Curriculum and Examination Council's Health Education Policy which states that:

*"Sex education provides an understanding that positive, caring environments are essential for the development of a good self image and that individuals are in charge of and responsible for their own bodies. It provides knowledge about the processes of reproduction and the nature of sexuality and relationships. It encourages the acquisition of skills and attitudes which allows pupils to manage their relationships in a responsible and healthy manner."*

Blatchington Mill School has set its objectives for Sex Education to be:

- a. to enable young people to understand the biological facts related to human growth and development including reproduction and contraception.
- b. to enable young people to understand the nature of feelings and emotions experienced by themselves and others and the importance of healthy personal relationships, regardless of sexual orientation.
- c. to assist young people in making informed decisions about their sexual behaviour and consequences of behaviour which carry risks.
- d. to develop an understanding of a range of values and moral issues including the value of family life in its many different contexts.
- e. to foster a range of personal skills which will enable students to lead healthy and fulfilling lives.

- f. to generate an atmosphere where questions and discussion on sexual matters can take place without embarrassment.
- g. to counteract misleading myths and folklore and false assumptions.
- h. to be aware of sources of help and to acquire the skills and confidence to use them.

## **CURRICULUM ORGANISATION AND CONTENT**

Sex Education is delivered in a variety of ways throughout the curriculum but it is covered specifically in Science lessons and as part of the Personal and Social Education (PSHE) programme. The content of the Science programme is largely determined by National Curriculum and exam course requirements. The PSHE programme follows guidelines provided by the DFES and local advisory services to ensure that students have the knowledge, information and skills needed to make healthy, responsible decisions.

Main areas of the curriculum are:

- Puberty and Adolescence
- The Reproductive Cycle
- Emotional Development
- Conception and Contraception
- Relationships
- Sexually Transmitted Infections, such as HIV and AIDS
- Sexual Health including:-
  - Accessing sexual health services
- Personal Decision Making
- Parentcraft and Care
- Sexual Orientation
- Abortion
- Responsibility
- Consequences

The topics are taught in a spiral curriculum so that some topics are revisited when students are able to approach them in different ways. With increasing maturity, students deal with topics in more depth to allow topics to respond to social needs.

Parents have the right by law to withdraw their children from Sex Education lessons and they should contact the Head of Science or PSHE Coordinator to discuss this matter if they wish to exercise this right.

Where teaching is knowledge related didactic methods are used but more student centred participatory methods are followed when discussions of values, attitudes and behaviour occurs.

It is inevitable that the teaching of apparently unrelated topics will occasionally lead to a discussion of aspects of sexual behaviour. In such cases, teachers will balance the need to give proper attention to relevant issues with the need to respect students' and parents' views and sensitivities. We are confident that the teachers at Blatchington Mill will use their professional judgement and common sense to deal effectively with such occurrences.

A more detailed version of the SRE school policy is available on request.

### **CONTACTS IN SCHOOL**

**PSHE COORDINATOR: Ms R Auld**

**Biology: Mr D Holter**

**Child Protection: J Browning & S Fenton**

