

## **Relationships and Sex Education**

Relationships and Sex Education is an important aspect of the school's positive policy of preparing young people to realistically face life outside and beyond school.

In planning and delivering this programme, the varying knowledge, experience and maturity of the students are taken into consideration, as are the sometimes conflicting messages given by the less responsible sections of the media, in the way sex and sexual morals are represented to young people.

While it is assumed that it is mainly the responsibility of parents to impart the facts of life to their children, as a natural part of family life and discussion, it is also accepted that there will be some students who may not have had the benefit of this experience.

The School attempts to provide a framework which will give all students a knowledge of the physical, emotional, social and ethical aspects of their developing sexuality, and of their place in long term and stable relationships. Attention is given in particular to the application of assertive behaviour in coping with peer and media pressure.

### **Pastoral Curriculum**

There is a well-developed pastoral structure which provides opportunities for Tutors and Year Leaders to respond to students' direct questions. If they feel it is inappropriate for them to deal with any enquiry, tutors will refer the student to a more experienced member of staff, with whom the student has established a good relationship.

### **Relationship and Sex Education in the Curriculum**

#### **Science:**

**Year 7:** Human reproduction as part of a life cycle topic, including biological detail and social implications. The menstrual cycle.

**Year 9 (& Year 7 Fast Track):** Genetics, including sex determination and inherited diseases.

**Year 10:** The body's immune system. Year 10 / 11 - Aspects of human reproduction.

Specific questions are answered as they arise during the lessons.

#### **English:**

Many positive and negative aspects of human relationships emerge naturally through reading prose and poetry and the study of English Literature.

### **Personal, Social and Health Education:**

#### **Key Stage 3:**

- Hygiene
- Puberty
- Conception

- Childbirth
- Contraception
- Sexually Shared Infections\HIV/Aids
- Teenage Pregnancy
- Peer & media pressure
- Relationships / Inappropriate relationships
- Abstinence / Delay Training
- Child sexual exploitation

**Key Stage 4:**

- Self – esteem
- Abstinence / Delay Training
- Assertiveness
- Teenage Pregnancy
- Sexually Shared Infections including HIV/AIDS
- Promiscuity
- “Well Woman” issues
- Relationships
- Responsibilities
- Child sexual exploitation, sexualisation/pornography
- Grooming
- Sexting
- Diversity – sessions taken by Diversity Role Models

**Key Stage 5:**

- Brook sexual health
- MIND mental health
- Cybersafety and sexting

**N.B.** Consultation with the School Nurse is available to students in all years.