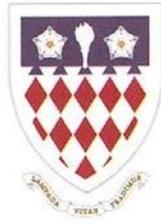


# SPALDING HIGH SCHOOL



## RELATIONSHIP & SEX EDUCATION POLICY

**HEADMISTRESS:**

**Mrs M K Anderson**

**LINK GOVERNOR: (SEND)  
(SAFEGUARDING)  
(HEALTH & SAFETY)**

**Mrs D Mulley  
Mr E Fragale  
Mr J Smith**

**DATE AGREED: 28<sup>th</sup> June 2016**

### **Executive Summary:**

This policy sets out how Relationship and Sex Education will be delivered at Spalding High School to ensure that all students receive their entitlement to a responsible and relevant programme that enables them to make informed positive and healthy choices.

### **Related Policies:**

Anti-bullying Policy  
Confidentiality Policy  
Curriculum Policy  
PSHCE Policy  
Safeguarding Policy  
SEND Policy

### **Review Date:**

June 2018  
June 2018  
September 2018  
March 2016  
June 2018  
June 2015

Review Date: March 2018

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**Chairman of Governors**

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**Date**

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**Headmistress**

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**Date**

## 1.1 What is Relationship and Sex Education?

Relationship and Sex Education is lifelong learning about physical, moral and emotional development. It is about the understanding of the importance of family life, stable and loving relationships, of mutual respect, love and care. It is also about the teaching of sex within healthy relationships, sexuality and sexual health. It has three main elements:

- Attitudes and values
- Personal and social skills
- Knowledge and understanding.

All students are entitled to responsible and relevant Relationship and Sex Education as a key element of PSHCE and Citizenship education. It is a shared responsibility of staff, students, parents/carers and governors. This policy has been developed after consultation with all of these groups. The implementation of this policy is the responsibility of all members of staff.

## 1.2 Aims:

1. To allow students to make informed positive and healthy choices about their lifestyles
2. To help students make these choices by giving them the necessary knowledge and information about their physical, sexual and emotional development
3. To foster self-esteem and respect for themselves and others
4. To recognise the value of stable, loving and caring relationships and to help students appreciate the value of family life and the responsibilities of parenthood
5. To generate an open and supportive atmosphere where questions and discussions on relationships and sexual issues can take place
6. To be aware that there are many different and conflicting pressures on young people today e.g. social media and peer pressure, and risk-taking behaviour, such as drugs, smoking and alcohol
7. To understand the law as it applies to sexual relationships, e-safety and social media use, and the consequences of their actions in relation to sexual activity and parenthood
8. To develop the skills to resist unwanted sexual advances and to communicate their wishes and feelings with confidence, to include the teaching of consent and the dangers of sexual exploitation
9. To provide students with information about different types of contraception, safer sex and how they can access local sources of further advice and treatment
10. To develop an awareness of sexual identity, to challenge sexism, homophobia and gender prejudice in society and to promote equality of opportunity for all.

## 1.3 Delivery:

Relationship and Sex Education is taught mostly by teaching staff at Spalding High School, with specific inputs from specialist health professionals (e.g. School Nurse Team). Teachers and all those contributing to the teaching are expected to work within the aims listed within this policy, which are in line with current legislation and safeguarding (**section 1.5**)

At SHS, we have a close relationship with the School Nurse Team which supports relationship and sex education in the School. They provide links between the School and other relevant professionals and services, give information about the health services available in the area and give students the confidence and skills to make good use of them. They also run a regular 'drop-in' clinic where confidential support and advice can be given to students, including access to the Clinic in a Box programme.

### 1.3 Entitlement:

Relationship and Sex Education is taught from Y7-13 in PSHCE/PD lessons, the content of the course following the latest guidance. Aspects of the content are also taught and discussed in Science, Religious Studies and Computing lessons. Parents/carers have a right to withdraw their children from all, or part, of the Relationship and Sex Education programme provided at the School, except for those parts included in the statutory National Curriculum. Any parent who wishes to do so is asked to contact the Headmistress at the School. Parents can be reassured, however, that the programme at Spalding High School has been designed so that it will complement and support their role as parents and that we offer opportunities for parents to actively involve themselves in the determination of the School's policy.

### 1.4 Confidentiality

Effective Relationship and Sex Education should enable and encourage young people to talk to a trusted adult if they have issues and concerns regarding relationships and behaviour – this may include talking about the fact that they are having sex or contemplating doing so. It is desirable that this trusted adult should be their parent or carer, but this is not always possible. Staff cannot offer or guarantee absolute confidentiality to students. In their dealings with students, staff must always make it clear that they can only keep **some** things they are told confidential. Staff have a responsibility to share information with people who can help them if they feel a student's health or safety may be compromised. Health professionals however, e.g. School nurses, are bound by their own professional codes of conduct to maintain confidentiality.

This part of the policy therefore sets out the procedure at Spalding High School relating to student disclosures, particularly those relating to under-16 year olds having, or contemplating engaging in, sexual intercourse and/or unhealthy relationships

- It should be made clear to the student, before any disclosure is made, that no guarantee of absolute confidentiality can be given. The student can also be reassured that their needs are paramount and that if confidentiality has to be broken, then they will be informed first. • Wherever possible, the young person is encouraged to talk to their parent or carer. If the student feels unwilling or unable to do this, then the teacher can take steps to ensure that the young person will be counselled and informed on a one-to-one basis on health related matters. This will include, where appropriate, precise information about where the young person can access contraception and advice services e.g. the Clinic in a Box. This may be by a health professional (in the case of SHS, a school nurse) or may be by a member of the staff. Up-to-date information is made available to the School by the school nurse team on the availability of such services.
- Any child protection issues or worries are addressed by referring any concerns to the designated teacher (in the case of SHS, this is the Designated Safeguarding Lead who has received appropriate training for the role) who will follow the procedures set out in the School's Safeguarding Policy, developed after specialist training and in line with procedures laid down by the Local Safeguarding Children's Board.

### 1.6 Implementation:

At Spalding High School Relationship and Sex Education is an integral part of a broad and balanced programme which addresses the personal development of each student. The content and timing of Relationships and Sex Education in each year group is listed in Appendix 1.

## APPENDIX 1

Year group	Topic	Subject
7	Male and female reproductive systems, reproduction, pregnancy and birth	Science
	Puberty – body change	Science
	Puberty – coping with puberty and emotions	PSHCE
	E-safety, reporting online abuse, sexting, web-cams and inappropriate requests, legality regarding age and adult materials.	Computing
8	Healthy relationships and introduction to contraception	PSHCE
	Assertiveness	PSHCE
	Self-image	PSHCE
	E-safety, reporting online abuse, sexting, web-cams and inappropriate requests, legality regarding age and adult materials.	Computing
	Chelsea’s choice – drama presentation about child sexual exploitation including a follow up lesson on peer pressure and relationships	PSHCE

9	<p>Contraception</p> <p>Relationships</p> <p>Time to talk/pressures in relationships</p> <p>Drugs/Safety</p> <p>Inheritance</p> <p>STIs</p> <p>E-safety, reporting online abuse, sexting, web-cams and inappropriate requests, legality regarding age and adult materials.</p> <p>'It's that easy' day of activities with safety as a focus. Includes workshops on alcohol and internet safety</p>	<p>PSHCE (School nurse team)</p> <p>PSHCE</p> <p>PSHCE</p> <p>PSHCE</p> <p>Biology</p> <p>Biology</p> <p>Computing</p>
10	<p>STIs</p> <p>Different relationships/stereotyping</p> <p>Keeping safe - exposed (online safety)</p> <p>Male and female reproductive systems, puberty, pregnancy, menstrual cycle and hormones.</p> <p>Abortion, sex before marriage, marriage and remarriage, the importance of family life, adultery, divorce, homosexuality. <i>(Students explore the Christian and Hindu perspectives on these issues.)</i></p>	<p>PSHCE (School nurse team)</p> <p>PSHCE</p> <p>PSHCE</p> <p>Biology</p> <p>Religious Studies</p>

11	<p>Preventing child sexual exploitation</p> <p>Domestic violence</p> <p>Alcohol and risk taking behaviour</p> <p>What is meant by love? What are the different types of love? What commitments/responsibilities do we have towards others?</p> <p>The role and purpose of sex, premarital sex, marriage, same sex relationships/civil partnerships and gay marriage, the use of contraception, adultery, divorce, remarriage and celibacy. <i>(Students explore Christian and Muslim views on these issues.)</i></p> <p>Bullying, reasons for conflict within the family and forgiveness. <i>(Students explore the Christian and Hindu perspectives on these issues.)</i></p>	<p>PSHCE</p> <p>PSHCE</p> <p>PSHCE</p> <p>Religious Education</p> <p>Religious Studies</p>
12	<p>HIV (biennial presentation)</p> <p>Other STIs</p>	<p>PD</p> <p>PD</p>
13	<p>HIV (biennial presentation)</p> <p>Risky Behaviour (includes safe sex, the legalities surrounding issues of consent and the challenges that arise when sexual consent is perceived to be given whilst under the influence of alcohol or drugs).</p>	<p>PD</p> <p>PD</p>