

# Radyr Comprehensive School

Ysgol Gyfun Radur

Respect ♦ Commitment ♦ Success

## Sex and Relationship Education Policy



## **Introduction**

This policy has been prepared in accordance with the Education Act 1996, the Welsh Government Circular 19/2010, and the Welsh Government Sexual Health and Wellbeing Action Plan 2010-2011, and takes into account the requirements of the Personal and Social Education (PSE) framework for 7-19 year olds.

## **Rationale**

Radyr Comprehensive School is committed to providing its pupils with a comprehensive and well-planned programme of sex and relationships education (SRE) to help them cope with their physical, emotional, moral and spiritual development and to prepare them for the opportunities, responsibilities and experiences of adult life.

The programme places great emphasis upon helping pupils to respect themselves and others, and equipping them with the skills they need to make responsible and informed decisions.

SRE is about understanding the importance of stable personal relationships marked by respect, love and care; and the building of successful relationships with friendship groups and the wider community.

Pupils are taught about the nature and significance of marriage and its importance for family life and the bringing up of children, whilst recognising that there are strong and mutually supportive stable relationships outside of marriage and that we live in a diverse society with pupils coming from a variety of family backgrounds.

## **Aims**

The aims of SRE at the school are:

- To help pupils understand their growth and development, the processes of human reproduction and the nature of sexuality;
- To provide pupils with knowledge and understanding of sexual health issues and information about how to obtain appropriate advice on sexual health;
- To raise awareness about oneself and the needs and failings of others and develop respect for oneself and others;
- To enable pupils to consider the attitudes, values and skills which influence the way they behave;
- To build up pupils' self esteem and confidence and equip them with the appropriate skills to manage their relationships in a morally responsible and healthy manner.

## **The organization of SRE in the school**

SRE is taught mainly through Health and Wellbeing in KS3, Ethics and Philosophy in KS4 and KS5 and science lessons but there are aspects, which are addressed across the curriculum and especially in English, Religious Education and Physical Education. (See list of content and progression in the curriculum chart below.)

The relevant learning outcomes from the PSE Framework in KS3 are:

- Be aware of changing relationships in school situations and in the family;

- Understand cultural differences and recognise expressions of prejudice and stereotyping;
- Know about the different methods of contraception and their effectiveness and know how to use safer sex procedures;
- Know the law relating to various aspects of sexual behaviour;
- Know how to resolve conflict and negotiate agreement;
- Be aware of personal strengths and weaknesses;
- Recognise moral issues and dilemmas in life situations;
- Know what they believe to be right and wrong actions and understand the issues involved.

The relevant learning outcomes from the PSE Framework in KS4 are:

- Know how to form supportive and respectful same sex and opposite sex relationships;
- Know the importance of the parenting role and the features of effective parenthood;
- Recognise and know how to challenge expressions of prejudice and stereotyping;
- Understand the risks involved in sexual behavior, which might allow the transmission of Sexually Transmitted Infections (STIs) including the HIV virus;
- Understand the need to exercise responsibility for personal and group safety in social settings.

The relevant learning outcomes from the PSE Framework in KS5 are:

- Know how to critically evaluate personal lifestyle choices in the context of physical health and emotional well-being, considering the short and long term consequences of such decisions;
- Understand the potential consequences of sexual activity for themselves and personal relationships;
- Understand the life experiences which enhance or damage self-esteem and explore how best to cope with demands of such situations;
- Understand the role of the state in promoting public health and emotional well-being.

The school has a PSE coordinator who works with the KS4 and KS5 Welsh Baccalaureate coordinators to plan and monitor PSE provision and ensure continuity and progression, good use of resources and adequate time allocation.

The PSE Coordinator is responsible for drawing up a PSE scheme of work, which includes SRE. A team of teachers delivers the PSE lessons in one PSE lesson each fortnight at KS3 and in the Welsh Baccalaureate at KS4 and KS5.

The PSE Coordinator, with support of the link member of the Senior Leadership Team, monitors learning and teaching standards and evaluates the programme.

SRE takes place in mixed gender groups but the specific needs of boys and girls are carefully addressed.

Care is taken to understand the perspectives of pupils from the variety of cultural and religious backgrounds represented in the school and to cater for pupils of all abilities.

There is a statutory right for parents to withdraw their children from sex education provision delivered through PSE at KS3 or delivered through the Welsh Baccalaureate. Parents/carers wishing for their child to be withdrawn must contact the Head Teacher giving their reasons in writing.

## **Specific Issues**

### **Contraception**

Teaching about contraception is taught in the usual way in a class setting and in an interactive manner. The main concern is to reduce the incidence of unwanted pregnancy, and the focus is on providing appropriate information and effective advice on contraception and the benefits of delaying sexual activity. Health professionals are consulted where appropriate. Teachers give information about where pupils can obtain confidential advice and counselling. Signposting to health professionals is also in pupils' PSE booklets.

### **Abortion**

When abortion issues are discussed in the school, pupils are given the opportunity to explore the dilemmas, appreciate the validity of opposing views, and develop the communication skills to discuss the issue with parents and health professionals. The religious convictions of pupils and their parents are respected.

### **Sexual orientation**

Teachers seek to deal with this issue honestly, sensitively and in a non-discriminatory way. They answer appropriate questions and provide factual information. Pupils are encouraged to respect and recognise diversity and differences in human life.

Guidance in Welsh Government Circulars 47/2006 'Inclusion and Pupil Support' and 23/2003 'Respecting Others' deal with the unacceptability of any emotional distress and harm caused by bullying in whatever form, including bullying about sexual orientation. Any instance occurring in school is dealt with in accordance with the school's bullying policy.

### **STIs including HIV and AIDS**

The strategies for teaching about STIs including HIV/AIDS includes:

- Helping pupils clarify their knowledge of STIs including HIV/AIDS;
- Teaching them assertiveness skills for negotiating relationships;
- Enabling them to become effective users of services that help prevent/treat STIs and HIV/AIDS.

The key components are factual information and knowledge about safer sex and STIs, including HIV/AIDS; an understanding of what is risky behaviour and what is not; condom use and safer sex in general; skills to enable pupils to avoid being pressured into unwanted or unprotected sex; the diagnosis and treatment of STIs; and access to local sexual health advice services.

### **Confidentiality**

Important aspects for the school to consider:

- Pupils and parents or carers should be made aware of the school's confidentiality procedures within the Child Protection Policy;
- Pupils should be informed that teachers cannot offer unconditional confidentiality, particularly in relation to personal disclosures. However, pupils should be assured that

where information has to be shared this is done in their best interests so as to support and protect them;

- Pupils should be encouraged, where possible, to talk to their parents or carers about sexual issues;
- Pupils must be informed of sources of confidential help, for example GP or young persons' advice services. Ground rules need to be established in lessons;
- If there is any possibility of abuse, the school's child protection procedures must be followed;
- All staff and other adults involved in the life of the school must be aware of the school's child protection policy and procedures.

### **Personal disclosures to a member of staff**

If a member of staff is approached by a pupil who is sexually active or contemplating sexual activity, the member of staff should:

- Raise any child protection issues with the designated child protection teacher;
- Encourage the pupil, wherever possible, to talk to their parent or carer;
- Take steps to ensure that the pupil has been adequately counselled and informed about contraception, including precise information about where young people can access contraception and advice services.

The member of staff should also make it clear to the pupil that, in line with school policy on child protection, they cannot guarantee confidentiality.

### **External Support**

The school uses the advice, support and resources provided by the Local Authority advisory service, the local Health Promotion Centre and health professionals in the community. Visitors are engaged in accordance with the Local Authority guidelines on the use of outside agents in health education. Such visitors complement the work of the teacher and give specialist input. External input comes from organisations such as the All-Wales School Liaison Core Programme (Police), school community nurse and Barnardo's. Pupils are given the addresses and contact numbers of clinics and advice centres in their PSE booklet.

### **In-Service Training**

Staff delivering SRE attend training provided by the Local Authority and the PSE Coordinator.

### **Working with Parents**

Parents/carers are encouraged to support the school's sex education programme. Information related to this policy is supplied to parents in the following ways:

- In the School Prospectus, on the school website and in other curriculum guidance materials;
- Provision, on request to the PSE Coordinator, of teaching materials used in sex education lessons.

### **List of topics covered in SRE Education**

- The Human Body
- Knowing that living things reproduce

- Reproduction in humans
- Sex and the law
- Helping children understand they have control over their bodies
- Puberty
- Conception
- Pregnancy/Birth
- Abortion/Moral dilemmas
- Sexually Transmitted Infections (STIs)
- Domestic Abuse
- Grooming and staying safe
- Sex texting
- Friendship and self-esteem
- Marriage
- Relationships
- Starting and ending relationships
- Responsibilities of parents
- Assertiveness
- Contraception
- Parenting
- Homophobia
- Pornography