

The AIn Community Schools Federation

Applicable to The Duchess's Community High School

Policy – Relationship and Sex Education

Statement of intent

This policy is based on the Department for Education's guidance and adopts the DfE definition of relationship and sex education which describes it as:

“Learning about physical, moral and emotional development; understanding the importance of marriage for family life, stable and loving relationships, respect, love and care. It is also about the teaching of sex, sexuality and health”.

The programme will be taught objectively and does not intend to promote any form of sexual orientation, but the school will fully respect the legal right of parents to withdraw their child from Relationship and Sex Education. They can do this at any time by contacting the school.

Aims and objectives

The objective of Relationship and Sex Education is to help and support young people through their physical, emotional and moral development. Our successful programme, which is firmly embedded in Life Studies (PSHE) lessons, will help young people learn to respect themselves and others and move with confidence from childhood through adolescence into adulthood.

The relationship and sex education programme is an opportunity for students to:

- Develop an understanding of sex, sexuality, and relationships.
- Develop a range of appropriate personal skills.

The aims will be achieved through the following objectives:

- Learning the importance of values and individual conscience and moral considerations.
- Learning the value of respect, love and care.
- Exploring, considering and understanding moral dilemmas; and developing critical thinking as part of decision-making.
- Learning to manage emotions and relationships confidently and sensitively; developing self-respect and empathy for others.
- Learning to make choices based on an understanding of difference and with an absence of prejudice.
- Developing an appreciation of the consequences of choices made.
- Learning how to recognise and avoid exploitation and abuse.
- Learning about contraception and the range of local and national sexual health advice, contraception and support services.
- Learning the reasons for delaying sexual activity, and the benefits to be gained from such delay; and the avoidance of unplanned pregnancy.
- Develop an understanding of a range of values and moral issues including the importance of family life.
- Develop an understanding of the importance of healthy relationships and consent.

1. Organisation

The relationship and sex education programme was developed in conjunction with the views of teachers, students and advice from Northumberland County Council and the DfE's guidance by the PSHE Coordinator, in accordance with DfE recommendations.

The majority of the programme will be delivered through the Life Studies (PSHE) Lessons with the menstrual cycle been taught in year 9 Science lessons.

The topics taught at each key stage are broken down as follows:

Relationship and Sex Education at the Duchess's Community High School

Overview of three year progression

Year 9	Year 10	Year 11
Lesson 1 What is a healthy Relationship	Lesson 1 Stalking and Harassment	Lesson 1 Creating a safe learning environment and identifying risk.
Session 2- Alnwick Area Youth Work and ACC Healthy Relationships and Sex	Lesson 2 Link between self-esteem and relationships	Lesson 2 Raising awareness on child sexual exploitation.
Session 23 Alnwick Area Youth Work and ACC STI's and contraception	Lesson 3 Negotiation Skills	Lesson 3 Raising awareness of relationship abuse
Lesson 4 Healthwatch Northumberland	Lesson 4 HIV/Aids	Lesson 4 Rape, Consent and Capacity
Lesson 5 Recognising and Managing Risk	Lesson 5 Sexuality	Session 5 Alnwick Area Youth Work and ACC Contraception options/ HIV
Lesson 6 Body Image	Lesson 6 Parenting	Session 6 Alnwick Area Youth Work and ACC Pregnancy options and accessing sexual health services

Black- Delivered by tutors

Green- delivered by Alnwick Area Youth Work and Alnwick Community Centre

Purple- Delivered by tutors alongside Alnwick Police Officer

Orange- Delivered by nurses from R.E.A.C.H Rape Examination, Advice, Counselling Help

External experts will be invited to assist, as highlighted in the table above, with the delivery of the relationship and sex education programme. They will be expected to comply with the provisions of this policy and their lessons plans and resources will be reviewed by the PSHE Co-ordinator before they are delivered.

Policy: Relationship and Sex Education Policy

Issue: JEP/DCHS

Review: Spring 2017

2. Equal opportunities

The Duchess's Community High School abides by all equality legislation and fully respects the rights of all students and staff members, regardless of any protected characteristic that he/she may have.

We will therefore endeavour to approach the relationship and sex education programme with sensitivity and respect, avoiding any derogatory or prejudicial terms which could cause offense.

3. Confidentiality

Confidentiality within the classroom is an important component of relationship and sex education and teachers will be expected to respect the confidentiality of their students as far as is possible.

Prior to students embarking on their series of relationship and sex education sessions they will create a group agreement as a class. This will encourage them to keep discussions confidential and reduce their vulnerability during the lessons by not disclosing sensitive personal information in front of the whole class. Students will however be signposted to professionals within school and external agencies should they require further help and support. Students will be allowed time out of any relationship and sex education lesson if they feel it is necessary.

Teachers should, however, alert the school's Designated Person for Child Protection about any suspicions of inappropriate behaviour or potential abuse as per the school's child protection policy. Students will be made aware in the first lessons that if the teacher thinks a student is at risk they will not be able to keep the information confidential and will have to pass it on.

4. Bullying

Teachers should refer to the school's anti-bullying policy where a child is bullied as a result of the relationship and sex education programme.

5. Monitoring and review

The relationship and sex education programme will be monitored and reviewed on an annual basis by the PSHE Coordinator.

Revision Record of Issued Versions			
Author	Creation Date	Version	Status
JEP/DCHS	June 2015	1	Draft Accepted DCHS Steering 7/7/15; Review annually – Spring 2017
Changed by	Revision Date		