

# CITY ACADEMY NORWICH

## Sex and Relationships Education Policy

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## SEX AND RELATIONSHIPS EDUCATION POLICY

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# **SEX AND RELATIONSHIPS EDUCATION POLICY**

## **1. Policy Statement**

### **Introduction**

The Sex and Relationships Education Policy has been developed in accordance with the current requirements of the law, taking into account the Children's Act 1989 and 2004 and the Education Act 1993 and 2002.

### **Definition of Sex and Relationship Education**

Sex and Relationship Education (SRE) is an educational entitlement for all children and young people. It is lifelong learning about physical, moral and emotional development and sex, sexuality and sexual health. It enhances the self-worth and confidence of each individual and encourages mutually respectful relationships and empathy for others.

It has three main elements:

#### **Attitudes and values**

- Recognition of the value of family life, marriage, stable and loving relationships
- For the nurture of children
- Respect for self and others
- Exploration of moral dilemmas
- Development of critical thinking

#### **Personal and social skills**

- Self-confidence, self-esteem and empathy for others
- Managing emotions and relationships confidently and sensitively
- Skills of choice to manage responsibility

#### **Knowledge and understanding**

- Emotions and relationships
- Physical development
- Sexuality, reproduction, sexual health
- Information on local and national contraception and sexual health services
- Reasons for delaying sexual activity

- The avoidance of unplanned pregnancy

City Academy Norwich provides settings in which students can be offered appropriate teaching about Sex and Relationships Education. The purpose of SRE is to assist children and young people to prepare for adult life by supporting them through their physical, emotional and moral development and helping them to understand themselves, respect others and form and sustain healthy relationships. SRE is supported by CAN's curriculum and is inclusive of all students to ensure that they:

- Receive their sex education in the wider context of relationships
- Are prepared for the opportunities, responsibilities and experiences of life
- Develop positive attitudes to sexuality

Sex Education at City Academy Norwich is taught across all year groups within the Science curriculum and PSHE delivery.

The programme is designed to support and complement the role of parents who have the prime responsibility in this sensitive area. The content is taught within the moral framework and ethos of the CAN principles.

## **2. Summary of Programme Content**

The main aims of the Sex and Relationships education programme are primarily to appreciate the values of family life and to promote the benefits of family life. Students are encouraged to recognise the responsibilities of parenthood and to respect themselves and others. Students are educated in the importance of behaving responsibly and respectfully in sexual matters.

Moral and ethical issues are presented and discussed.

The programme looks at the biology of sexual maturation, focusing on the physical and emotional changes associated with puberty as well as the related issues of personal hygiene.

Students receive information about sexually transmitted infections including HIV and AIDS and the importance of practising safe sex. Students receive information about contraception and its importance in guarding against unwanted pregnancy and sexually

transmitted infections. The programme covers the legal implications of sexual behaviour.

Students are made aware of people and places they can go to for appropriate help or advice.

### **3. Partnership with parents/carers**

Most of a student's informal sex and relationship education occurs within the family and CAN's programme will compliment and build on this in cooperation with homes. Parents have the right to withdraw their child(ren) from all or part of the Sex and Relationships Education programme that is not included in the Programme of Study for the Science National Curriculum. Any parent wishing to withdraw a child from the programme should inform the Headteacher in writing of their decision. Students who are withdrawn will be accommodated separately and will be set appropriate, alternative work to complete.

### **4. Information on Contraceptives**

The teaching about contraception should be carried out in a frank and open manner with students being given non-biased information about various forms of contraception. Staff do not give advice to individuals – advice can only be given through the appropriate external agency.

### **5. Confidentiality and Child Protection**

All staff members and external visitors who work with our students will be given a copy of this policy and our Child Protection Policy. Relevant staff working within CAN will be guided by the Fraser Guidelines, that provide guidance for health professional and details of these are provided in the DfE document Sex and Relation Education (2000). The Head Teacher or the Designated Safeguarding Lead (DSL) will have a discussion with any health professional or other adult before they start work with our students. This is to ensure they are familiar with our policy and expectations regarding correct practice and responding to issues, including those that may relate to Child Protection Matters.

Staff should ensure that students understand that they are not in a position to guarantee confidentiality.

Staff should ensure they are fully aware of City Academy Norwich's procedures in dealing with Child Protection issues.

## **6. Equal Opportunities**

Sex and relationships Education will be delivered equally to both genders, normally in mixed classes. There are, however, certain topics that may be delivered in single sex groupings e.g. Menstruation and Personal Hygiene.

## **7. Topics delivered through the Sex and Relationships Education Programme**

The Key Stage 3 National Curriculum for Science in Year 7 looks at the physical and emotional changes that take place during adolescence as well as the biology of human reproduction which includes the study of the menstrual cycle and the process of fertilisation. In year 9 the science curriculum covers the growth and reproduction of bacteria and how the spread of viruses can affect human health.

In year 10 the Science Programme of Study may include the knowledge and understanding of the effect of sex hormones and how sex is determined in humans. The medical use of hormones to control and promote fertility is discussed. The Values Education programme will include the following topics within each year group:

Year 7 - Puberty and Menstruation; Personal Hygiene

Year 8 - Relationships, the family, sexual relationships, the legal implications and the practise of safe sex

Year 9 - Contraception and sexual relationships. Sexually transmitted infections

Year 10 - Testicular cancer, ovarian cancer, cervical cancer and breast cancer and the importance of health screening

Year 11 - Abortion and the termination of pregnancy; the ethics surrounding these issues

## **8. Methodology and Approach, including explicitness and delivery of controversial topics:**

Staff should make it explicit that lessons will cover essential knowledge as well as the opportunity for reflection and discussion. It is important that teachers can present the course information with a sense of openness but that the opportunity for students to ask questions is there.

Questions about individual contraceptive advice cannot be dealt with by City Academy Norwich teaching staff. Information can only be given by the relevant external agency. Staff should try to respond to students' questions providing that answers are framed in terms of the promotion of family values.

Homosexuality does not feature as a topic in itself within the PSRE curriculum but there is acknowledgement that homosexual and lesbian relationships exist. References to the physical aspects of relationships should be avoided in discussion.

## **9. Inclusion statement**

At City Academy Norwich we have a commitment to ensure that our programme is relevant to all students and is taught in a way that is age and stage appropriate.

## **10. Evaluation, assessment and reporting to parents**

Evaluation and assessment including self-assessment are an integral part of PSRE.