



## SEX AND RELATIONSHIPS EDUCATION

We believe that SRE is lifelong learning about physical, sexual, moral and emotional development. It is about preparing our young people for the opportunities, joys and responsibilities of stable and loving relationships and having respect, love and care for family life. It involves acquiring information, developing skills and forming positive beliefs, values and attitudes.

Sex and relationships education should:

- Be based on the understanding that sex is not only a given fact of human existence but, in Christian belief, a gift from God as part of Creation.
- Recognise that as a Church academy we can make a distinctive and unique contribution to sex and relationship education by placing it within a Christian context of love, faithfulness and forgiveness.
- Recognise that parents are the key people in teaching their children about sex, relationships and growing up. We aim to work in partnership with parents and the young people, consulting them about the content of programmes.
- Be an integral part of the lifelong learning process, beginning in early childhood and continue into adult life.
- Be an entitlement for all young people.
- Be set within the wider academy context and supports family commitment and love, respect, knowledge and openness. Family is a broad concept, not just one model. It includes a variety of family structure and an acceptance of different approaches.
- Encourage the young people and staff to share and respect each other's views. We are aware of different approaches to sexual orientation, without promotion of any particular family structure. The important values are love, respect and care for each other.
- Generate an atmosphere where questions and discussion on sexual matters can take place without any stigma or embarrassment.
- Recognise that the wider community has much to offer and we aim to work in partnership with health professionals, social workers, peer educators and other mentors or advisers.

The aim of SRE is to provide balanced factual information about human reproduction, together with consideration of the broader emotional, ethical, religious and moral dimensions of sexual health. Our SRE programme aims to prepare the young people for an adult life in which they can:

- Explore an increasing awareness of their individual and social responsibility before God.
- Develop positive values and a moral framework that will guide their decisions, judgements and behaviour; have the confidence and self esteem to value themselves

and others and respect for individual conscience and the skills to judge what kind of relationship they want.

- Understand the consequences of their actions and behave responsibly within sexual and pastoral relationships.
- Avoid being exploited or exploiting others or being pressured into unwanted or unprotected sex.
- Communicate effectively by developing appropriate terminology for sex and relationships issues.
- Develop awareness of their sexuality and understand human sexuality; challenge sexism and prejudice, and promote equality and diversity.
- Understand the arguments for delaying sexual activity.
- Understand the reasons for having protected sex.
- Have sufficient information and skills to protect themselves and, where they have one, their partner from uninvited/unwanted conceptions and sexually transmitted infections including HIV.
- Be aware of sources of help and acquire the skills and confidence to access confidential health advice, support and treatment if necessary.
- Know how the law applies to sexual relationships.

There are 3 main elements of SRE:

#### Attitudes and Values

- Learning the importance of values, individual conscience and moral choices.
- Learning the value of family life, stable and loving relationships and marriage.
- Learning about the nurture of children.
- Learning the value of respect, love and care.
- Exploring, considering and understanding moral dilemmas.
- Develop critical thinking as part of decision making.
- Challenging myths, misconceptions and false assumptions about normal behaviour.

#### Personal and Social Skills

- Learning to manage emotions and relationships confidently and sensitively.
- Developing self respect and empathy for others.
- Learning to make choices with an absence of prejudice.
- Developing an appreciation of the consequences of choices made.
- Managing conflict.
- Empower the young people with the skills to be able to avoid inappropriate pressures or advances (both as exploited or exploiter).

#### Knowledge and Understanding

- Learning and understanding physical development at appropriate stages.
- Understanding human sexuality, reproduction, sexual health, emotions and relationships.
- 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.
- Learning how to prevent an unplanned pregnancy.

## Organisation and content of SRE:

St. Aldhelm's delivers SRE through its PSHE programme, RE and Science lessons at Key Stage 3 and 4. Any SRE lesson may consider questions or issues that some young people will find sensitive. Before embarking on these lessons ground rules are established which prohibit inappropriate personal information being requested or disclosed by those taking part in the lesson. When young people ask questions, we aim to answer them honestly, within the ground rules established at the start of the sessions. When it is felt that answering a specific question would involve information at a level inappropriate to the development of the rest of the young people, the question may be dealt with individually at another time.

### Inclusion:

#### Ethnic and Cultural groups

We intend our policy to be sensitive to the needs of different ethnic groups. For some young people it is not culturally appropriate for them to be taught particular items in mixed groups. We will respond to parental requests and concerns.

#### Young People with Special Needs

We will ensure that all young people receive SRE and we will offer provision appropriate to the particular needs of all of our young people, taking specialist advice where necessary.

#### Sexual Identity and Sexual Orientation

We aim to deal sensitively and honestly with issues of sexual orientation, answer appropriate questions and offer support. Young people, whatever their developing sexuality need to feel that SRE is relevant to them.

#### Right of Withdrawal of Young people from SRE

Some parents prefer to take the responsibility for aspects of this element of education. They have the right to withdraw their child from all or part of the SRE. We will make alternative arrangements in these cases. Parents are encouraged to discuss their decisions with staff at the earliest opportunity. Parents are welcome to review any SRE resources the academy uses.

This statutory policy will be reviewed in March 2012.