

Cynffig  
Comprehensive  
School

Ysgol  
Gyfun  
Cynffig



# Sex and Relationships Policy

Reviewed September 2017

## PRINCIPLES AND STRATEGIES

### **Principles**

Sex and Relationships Education (SRE) refers to our school's provision that enables our learners to develop the skills necessary to nurture positive, healthy, respectful relationships. It provides knowledge about the processes of reproduction, sexual behaviour within the context of a loving relationship and responsibility for contraception and the prevention of Sexual Transmitted Infections (STI's).

### **Aims & Objectives**

SRE delivery forms a vital link in Cynffig's PSE programme. Specifically the aims of the SRE programme are to ensure:

- learners can be helped to maintain their emotional and physical health and well-being, sustain their growth and development, and know how to keep themselves safe.
- as they develop sexually they can understand bodily changes, manage sexual feelings and enjoy safe, responsible and happy relationships, recognising the importance of personal choice in managing relationships so they do not present risks to health and personal safety.
- learners can also be enabled to explore their feelings, develop self-awareness and self-respect and develop their self-esteem.
- the physical development of learners depends upon proper nutrition, sufficient exercise, appropriate hygiene, safety and positive healthy choices.
- learners are equipped with the knowledge and practical skills to make informed choices in all areas
- learners can understand positive health choices and be aware of potential risks of the use and misuse of legal and illegal substances.
- learners can recognize and discuss sensitive issues such as conception, virginity, birth, child-rearing, abortion, sexually transmitted diseases and technological advances which involve consideration of attitudes, values, beliefs and morality.
- learners are aware that feeling positive about sexuality and sexual activity is important in relationships and that people have the right not to be sexually active.
- learners recognize that parenthood is a matter of choice.
- learners understand the concept of stereotyping and discuss issues such as sexual harassment in terms of their effects on individuals.
- learners understand aspects of legislation relating to sexual behaviour, gender and equal opportunities and know where to access personal support and information.

## **Equal Opportunities**

The SRE programme plays an important role within personal effectiveness and personal development at Cynffig. The school encourages respect for all. The school will therefore not accept any form of prejudice or discrimination, including that on the basis of sexual identity or sexual orientation. The school and Governing Body have fully accepted the County Policy and guidelines for teaching sex education. This publication takes into account the legal requirements of the 1993 Education Act concerning sex education.

All students have equal access and entitlement to the PSE programme regardless of their academic ability, age, sex disability or ethnic background. Students with Additional Learning Needs are supported during lessons and presentations by members of the ALN team.

Cynffig's SRE provision is mindful of and works hard to support young people of all gender and sexual identities and supports all young people in developing a clear understanding of equality and respect as the foundation of healthy relationships.

## **Delivery and Content**

Cynffig has a co-ordinated holistic approach towards Personal and Social Education and therefore Sex and Relationship Education. SRE is provided through the curriculum. The school's PSE programme and department's schemes of work show how opportunities for learners to reach the relevant learning outcomes are provided. Assistant Head for Personal Effectiveness is responsible for developing, monitoring and evaluating the implementation of the programme and supporting staff involved in teaching SRE. The way the curriculum is managed, its organisation and the varying teaching styles are central to the school's philosophy and ethos.

Work to develop this cross-curricular dimension may be included in class or school based topics. Opportunities for Sex and Relationship Education are identified in teachers planning if appropriate. The Certificate of Personal Effectiveness is delivered at Key Stage 3 and features a range of experiences to address relationships whenever appropriate.

These and other curriculum areas such as Science, Health and Social Care and Religious Education are supported by our school 'PSE Activity shut down days', in which a variety of exciting learning experiences are provided. These days are an opportunity for our learners to gain expert advice and support from outside agencies such as Bridgend Youth Service, Spectacle theatre, Spectrum, Sexual Exploitation team and School Sexual Health Nurse.

Evidence of these learning opportunities and experiences, are kept centrally by the Assistant Head responsible for PSE. This will take the form of a portfolio of evidence of photographs, evaluations, learners work and appropriate schemes of work from all curriculum areas.

The Health and Emotional well-being aspect of PSE, considers the learners' physical, mental, emotional and sexual development. A separate Sex Education policy is available and feeds into a lot of the provision highlighted throughout this PSE policy.

The Science department and the School Health Nurse will use the correct medical vocabulary during lessons, lectures and presentations. Students are encouraged to use appropriate language at their own comfort level to support participation and engagement for all, moving towards full use of medical vocabulary.

### **Roles and Responsibilities**

The Assistant Headteacher for Personal Effectiveness is responsible for promoting the Sexual Relationships Education programme within the school as well as co-ordinate the PSE programme and Certificate of Personal Effectiveness. This ensures that there is strategic overview of SRE across the school.

Mr. Terry House - a member of the Governing Body acts as a link Governor for Personal and Social Education (including SRE) often attending activity days and events.

### **Parents**

As with all aspects of their child's learning, parents are encouraged to discuss sex and relationships with their child, particularly following specific provision in school. Parents who are in any way concerned about the school's SRE provision are encouraged to discuss this with the relevant Learning Leader or Assistant Headteacher responsible for SRE. The school may be able to signpost parents/carers and pupils to access the School Health Nurse whenever appropriate.

Parents retain the right to withdraw their child from aspects of SRE. A child may be withdrawn from aspects of SRE Workshops during activity days, but not from the science aspects. Any parent wishing to exercise this right should contact the Headteacher in writing. Appropriate alternative arrangements will be made for pupils withdrawn from SRE sessions. Parents will be informed of the arrangements for SRE in the school via the school prospectus.

Parents will be consulted on any proposed significant changes to the school's SRE policy or provision.

## **Practical Arrangements for Girls**

Cynffig makes adequate and sensitive arrangements to help girls cope with menstruation and with requests for sanitary protection. Suitable disposal facilities are provided.

## **Child Protection & Confidentiality**

Cynffig operates a Child Protection Policy that should be read in conjunction with this policy. The issue of pupils' confidentiality is always stressed as part of the school's SRE provision. During 'Activity shut down days', Health professionals or other appropriate external visitors will be involved in delivering SRE workshops. However, they will follow their own professional code of conduct when in their professional role. A teacher will always be present throughout lessons involving an external visitor to enable our learners with a safe learning environment.

## **Inset**

The training needs of the Assistant Headteacher and other staff involved in the delivery of Sex and Relationship Education programme are identified via departmental improvement plans.

Teachers will access training opportunities as appropriate to the needs of the individual and/or departments.

## **Monitoring and Evaluation**

The Assistant Headteacher and Line Manager (Mrs. H. Castle – Headteacher) regularly evaluate the current programme and plan for future developments. Both work together to identify areas for development and set goals agreeing on strategies to achieve effective solutions and outcomes.

The Sex and Relationship Education programme form part of the PSE provision. The department uses a variety of other methods such as questionnaires and listening to learners to monitor its performance through Cynffig's Self Evaluation Framework.

This policy links to the:

- Personal Social Education Policy
- Behaviour/Discipline for Learning Policy
- Anti Bullying Policy
- Child Protection Policy