

At Knightsfield School our aim is to empower pupils with the knowledge and confidence to cope with the emotional and physical aspects of adolescence. By providing up to date, informed and impartial information, as well as creating an atmosphere of trust and respect, we propose to help both pupils and their parents cope with the challenges and responsibilities which sexual maturity brings.

### AIMS

- To give pupils access to impartial advice, information and reassurance about their own maturity.
- To encourage pupils to recognise and develop appropriate sexual behaviour and to take personal responsibility for their behaviour.
- To enable pupils to recognise and use the properties of caring, healthy relationships for themselves and respect for others.

### OBJECTIVES

- To emphasise the caring and loving aspects of human relationships in a sensitive way with regard to ability, maturity, ethnic constraints and religion.
- To present pupils with the facts needed to cope with their own growth and development.
- To prepare pupils for adulthood and life in a rapidly changing environment.
- To encourage pupils to develop and practice skills in decision making, self confidence and self image.
- To encourage pupil awareness of the moral values of family life.
- To treat with sensitivity all issues surrounding relationships and sexuality.
- To provide age appropriate advice and guidance to meet the needs of lesbian, gay, bisexual and transgender (LGBT) pupils.
- To ensure that pupils have an understanding of all sexually transmitted diseases including HIV and AIDS and an awareness of their own protection and safety.
- To develop self help skills e.g. where to obtain help, surgeries, clinics etc.
- To help pupils understand the concept of acceptable/unacceptable behaviour and their right to say NO.
- To offer a complementary and supportive role to parents, as appropriate.
- To honour "parental right of withdrawal" from sex education and to comply with the request until it is revoked by the parents.
- To make alternative arrangements, within the school, for any pupils who are withdrawn.
- To reassure parents that if issues of sexual behaviour arise in other areas of the curriculum, their wishes to withdraw their child will be respected.
- To offer parents the opportunity of discussing any concerns they may have about the sex education programme with the sex education co-ordinator.
- To use up to date visual aids, television programmes, illustrative materials and interactive resources to reinforce concepts and information.

### MORALS AND VALUES FRAMEWORK

All Sex Education will prepare pupils for the spiritual, moral, mental and physical opportunities and responsibilities of adult life.

Controversial and moral subjects will be dealt with sensitively and without prejudice.

Pupils will be encouraged to understand, appreciate and respect the moral, religious and sexual rights of all.

## **ORGANISATION OF SEX EDUCATION**

- The designated member of staff will act as co-ordinator and teacher of sex education throughout the school.
- The co-ordinator will attend courses and consult the County Adviser responsible for sex education, policies and methodology, as required.
- Contraceptive advice will be sensitively addressed within a whole group situation. Strategies will be developed and ground rules laid for teacher and pupils to be objective at all times.
- Pupils will be made aware, from the outset, that confidentiality cannot be automatically assured, but every assistance will be given, if the need arises, to access outside agencies. Where there is a disclosure or suspicion of abuse the school's Child Protection procedures will be invoked (see relevant policy).
- All pupils will have access to sex education (unless withdrawn by parents).
- Pupils will be taught in mixed groups but with opportunities for single gender teaching and discussion and a member of staff of the same gender, as appropriate.
- All outside professional people invited into school to talk to pupils will work within the framework of the Knightsfield School Sex Education Policy. There will be a member of staff present at all times.
- Parents will be informed of when sex education is taking place through the termly curriculum information sheets and a letter immediately prior to the topic to enable parents to discuss issues with their child.

## **ORGANISATION AND TIME ALLOWED**

Sex education and health education will be included in the PSHE (Personal, Social and Health Education) programme.

The teacher responsible for the planning and delivery of sex education is the PSHE Co-ordinator.

All pupils will receive sex education sessions for the equivalent of one lesson per half term, each academic year.

Pupils will be taught in small mixed groups of similar age and ability, unless grouped by gender for a specific topic.

## **CURRICULUM CONTENT**

### **Year 7**

Puberty - body changes, feelings, emotions, personal hygiene, periods and healthy eating.

### **Year 8**

Boyfriends/girlfriends, relationships

Love

Responsibility for one's actions

Emotions during adolescence to include masturbation and wet dreams.

Conception, development and birth.

### **Year 9**

Developing relationships

Safe sex

Homophobia

Peer pressure

Contraception, abortion, rape, fostering, adoption, parenting skills, HIV and AIDS.

## **Year 10**

Homosexuality.

HIV and AIDS - sexual health and self protection.

Sexual legal implications.

Relationships, families, separation, divorce, commitment.

## **Year 11**

Hereditary factors and disability.

Help agencies available.

Healthy life style.

Opportunities for discussions and question and answer sessions.

## **TEACHING STRATEGIES**

The delivery of the above content will make use of some/all of the following strategy advice from the 'Sex and Relationship Education Guidance, July 2000' from the DfEE :

- Ground rules
- Distancing techniques
- Clear parameters for answering questions
- Discussion time
- Reflection time
- Mixed ability groups but when appropriate, single sex classes

## **WORKING WITH PARENTS**

According to the 'Sex and Relationship Education Guidance, July 2000' from the DfEE, research shows that children and young people want to receive their initial sex education from their parents, with school building on this later.

Parents are key in :

- Teaching their children about sex and relationships
- Maintaining the culture and ethos of the family
- Helping their children cope with the emotions of growing up
- Preparing their children for the challenges that sexual maturity brings

This policy should be read in conjunction with the Race Equality Policy and all other relevant policies.