

# AYLESBURY GRAMMAR SCHOOL

## SEX & RELATIONSHIPS EDUCATION POLICY



### 1. Introduction

At Aylesbury Grammar School the objective of sex and relationships education (SRE) is to help support young people through their physical, emotional and moral development. Students need to be given accurate information and helped to develop skills to enable them to understand difference, to respect themselves and others and to appreciate the importance of consent between partners in a developing sexual relationship. SRE seeks to enable young people to mature, to build their confidence and self-esteem and to provide them with relevant information and enabling informed choices about their sexual activity and sexual health.

### 2. Definition of Sex and Relationships Education

The main aims of SRE are:

- To provide accurate information about, and increase understanding of sex-related issues
- To dispel myths
- To explore a range of attitudes and values towards sex-related issues and help young people to reach their own informed opinions
- To develop a sense of mutual care and respect for others
- To increase students' self-esteem
- To develop skills relevant to sexual behaviour and decisions such as communication, risk assessment, managing relationships and seeking help

The above will be achieved through three main elements:

- Attitudes and values - Students will be supported in examining their own and other people's attitudes and values in relation to sexual matters, and in respecting the rights of others to their own opinions. SRE should help students to develop a positive self-image and high self-esteem, a sense of responsibility and the ability to make informed decisions.
- Personal and social skills - SRE will encourage the acquisition of skills so that students' relationships with others may be positive, fulfilling and respectful. It will help them explore how to be themselves in terms of beliefs, culture and traditions and to respect others. It will provide opportunities to develop communication skills and assertiveness within a range of different situations thus emboldening students to recognise opportunities and to develop a healthy lifestyle.
- Knowledge and understanding - SRE will provide information on puberty, personal safety, friendship and love, family life and relationships, gender issues, conception and birth processes, contraception, sexually transmitted infections, prejudice and stereotyping and sex and the law. Overall this will provide an understanding of the nature and diversity of relationships and sexuality. SRE will provide an objective and balanced view of sexual matters, correcting misinformation students may have gained and it should give them the information and understanding they need, in accordance with the student's background and beliefs.

### 3. How will SRE be provided and by whom?

SRE is not an isolated subject, it permeates the whole school curriculum, the ethos of the school, the pastoral system and is informed by the role models presented by teachers. Opportunities should be used as they occur for answering students' questions and exploring issues as they arise.

All subjects, but particularly Science, PSHCEE (Personal, Social, Health, Citizenship and Economic Education), Religious Studies, English and Drama provide a regular focus for exploring different elements of SRE. The Designated Lead for Safeguarding maintains overall responsibility for SRE across the school, jointly liaising with the PSHCEE Leader, Pastoral Team, Form Tutors and relevant Heads of Department with regards to planning, implementation and review of the programme/provision.

#### **4. Liaison with external agencies**

Aylesbury Grammar School students and staff will have the opportunity to work with and gain key advice from various outside agency sources to support the delivery of SRE.

- *Buckinghamshire NHS Healthcare Trust* – School Nurse weekly drop in clinic
- *Brook Health Clinic, Milton Keynes* – Year 10 Health Day (annual whole year group event)
- *TaMHS (Targeted Mental Health in Schools)* – Staff & student training/advice
- *PREVENT in conjunction with the Police* – Staff/student sessions on Radicalisation
- School Counsellors – student advice on a range of matters including sexual health
- Police Liaison Officer – on matters relating to sex and the law
- CAHBS – Clinical Coordinator Child & Adolescent Harmful Behaviour Service
- First Response and Social Care

In addition all students are made aware of a range of contacts for relevant charities and agencies through their PSHCEE lessons.

#### **5. Equal opportunities**

The ethos of equal opportunities also underpins the teaching of SRE. SRE should act as a basis for promoting equality between individuals and groups. It involves an exploration of human and social diversity, and a fostering of self-esteem and self-worth in a learning environment that recognises and respects difference. We work to ensure that our SRE is relevant and accessible to all our students and that it is appropriate for all levels of understanding and maturity. We also work to ensure it is respectful of how young people choose to identify themselves, their sexual orientation and gender identity. SRE should be sensitive to the different needs of individual students and may evolve and adapt over time.

#### **6. Key Stage 3**

The following aspects of SRE are included in the Science curriculum and taught by the Biology Department:

- That living things have structures that enable life processes to take place
- The ways in which some cell types including sperm and ovum are adapted to their functions
- The human reproductive system, menstrual cycle, fertilisation and the role of the placenta
- How the foetus develops in the uterus
- The physical and emotional changes that take place during adolescence
- That bacteria and viruses can affect health

PSHCEE sessions delivered by Form Tutors, once a week in Year 7 and fortnightly in Years 8 and 9 are often discussion based and deal with many issues relating to SRE:

- Feelings towards self and others
- Relationships
- Changes in the body
- Managing emotions
- Testicular Cancer
- Attitudes towards others (e.g. Homophobia)

Lessons in Religious Studies, English and Drama will teach aspects of relationships, gender equality and related historical changes in views within society, allowing students to learn and reflect upon these in a variety of contexts.

## **7. Key Stage 4**

The following aspects of SRE are included in the Science curriculum and taught by the Biology Department:

- The way in which hormonal control occurs, including the effect of insulin and sexual hormones
- The medical uses of hormones including the control and promotion of fertility
- That sexual reproduction is a source of genetic variation
- How gender is determined in humans

All Year 10 and 11 students receive SRE which is delivered in PSHCEE lessons. In addition, Year 10 students all take part in a Health Day; a series of discussion seminars and workshops provided by staff from the Brook Health Clinic, Milton Keynes. Areas covered across these lessons/ sessions are:

- 'Let's talk about Sex'
- Sex and the law (including 'sexting')
- Contraception (including condom demonstration)
- Sexually transmitted diseases (including HIV and AIDS)
- Pornography
- Attitudes towards others including homosexuality
- Taking responsibility for own sexual health
- TaMHS (Targeted Mental Health in Schools)
- Domestic violence
- Where to get help – information about local and national agencies

## **8. Monitoring and Evaluation**

The overall programme of PSHCEE delivery and resources is monitored and evaluated by the PSHCEE Leader. A whole school 'at a glance' plan is updated and issued on an annual basis and individual lesson plans and resources are adjusted in conjunction with changes to education legislation and in school in liaison with form tutors and other key departments/stakeholders. The delivery within Science is monitored by the Head of Department. Student feedback will be sought on the effectiveness of the delivery of SRE

Training is offered annually to form tutors as part of the PSHCEE provision in addition to whole staff guidance on a number of key aspects of SRE. Training on issues relating to supporting students on matters of SRE is regularly offered to Heads of Year.

## **9. Withdrawal of Students from SRE**

Parents/carers have the right to withdraw their sons from all or part of the SRE provided at the school except for those elements included in the statutory curriculum. Parents/carers should be aware, however, that SRE can occur at any time if it arises naturally from class discussion. They should also consider whether they want their son withdrawn from all SRE or just that part which deals explicitly with sexual intercourse and related issues. Discussions on feelings, values and relationships should not be of concern. Parents wishing to exercise that right are asked to discuss their initial concerns with the Head of Year or the PSHCEE Leader, but authorisation for any student to be withdrawn from SRE can only be granted by the Headmaster.