



Policy Name: Relationships and Sex Education

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Review Period: 2

Responsible Person: Jane Sidwell

Governor Approval:

X

Chair Of Governors

Relationships and Sex education is an important part of the PSHCE curriculum, a significant aspect of the whole school safeguarding agenda and a vital learning opportunity in terms of students' personal development.

Relationships and Sex education refers to acquiring knowledge and developing skills and techniques, which aim to address relationships with friends, family and partners. It includes understanding a range of different family structures and sexualities as well as students' own sexual development. This is reflective of the legislation in the 1996 Education Act and subsequent guidance including respect for different lifestyles encouraging the pupils to respect diversity.

The Relationship and Sex education programme at Springwater School is taught as part of PSHCE and aims to promote confidence, self-awareness and provide students with an

Careful and thorough education around developing relationships and sexuality offer our students strategies and learning experiences, which may enable them to cope with the changes they will experience in their lives.

The sex education programme is carefully structured in order to ensure the breadth of study and is also tailored and adapted to meet individual pupil's needs.

Each year students will explore a range of topics appropriate to their age and stage of development. This may include:

- Knowing Me: body awareness including gender, body parts and appropriate terminology. Consent will be emphasised and explored in a range of contexts from infancy
- My Family: relationships, different family structures, different sexualities



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- Changes: puberty, physical development (including menstruation) and how to seek help to cope with changes
- Public and private: toilets out of the home environment, personal care, masturbation
- Reproduction: how and why humans reproduce
- Safe relationships: including safe sex, sexually transmitted diseases, recognising unsafe relationships, consent and how to seek help.

All students benefit from the teaching of relationship and sex education, delivered in groups according to developmental stage. Some pupils need individual counselling by a member of staff with whom they feel comfortable and time is allocated to meet this need, as and when necessary. Other professionals may contribute to these teaching programmes school nurse etc.

As pupils approach puberty, they should know that there is always someone with whom they feel comfortable, available to listen, help and advise them, including independent advocacy services.

Parents are consulted about this area of the curriculum. They are offered the opportunity to discuss this programme as part of their welcome to school and are invited to attend additional information sessions. Parents are also offered ongoing support from school and are directed to specialist organisations where appropriate.

Please read this policy in conjunction with the safeguarding and PSHCE policy.