





## BARKING ABBEY SCHOOL

# Healthy Relationships and Sex Education Policy

### Policy Adoption

Date	Reviewed/Adopted by	Next review date	Review Frequency
5/2/19	Curriculum Achievement and Committee	February 2020	Annually

### Governing Body Approval

Signed	Title
	Chair of Governors
	Headteacher

# SEX & RELATIONSHIPS EDUCATION (SRE) POLICY

## Rationale

- Sex and Relationship Education (SRE) is lifelong learning about physical, moral and emotional development.
- It is about the understanding of the importance of marriage for family life, stable and loving relationship, respect, love and care.
- PSHE and in particular SRE are vital in safeguarding students. It is about the teaching of sex, sexuality and sexual health.
- It is not about the promotion of sexual orientation or sexual activity – this would be inappropriate teaching.
- Effective SRE as part of PSHE, along with Science, other National Curriculum Subjects and within a whole school approach, is essential if young people are to make responsible and well informed decisions about their lives.
- In Barking and Dagenham we continue to have high rates of teenage pregnancy. This is unacceptable. Not only are there obvious risks to health, but this also leads to greater dependence, undermining potential achievement in education and further employment, placing greater stress on the young person and their family, and denying choices available to them.
- Our school is committed to the National Healthy School programme, whereby SRE is a key element.

## Aims of SRE programme

It is our aim for sex and relationship education at this school

- 1) To support and help our students through their physical, emotional and moral development. We will help our students to move with confidence from childhood through adolescence into adulthood.
- 2) To teach young people to understand human sexuality and to respect themselves and others. Our pupils will be enabled to mature, to build their confidence and self-esteem, and understand the reasons for delaying sexual activity.
- 3) To give students accurate information and help students to develop skills to enable them to understand and respect themselves and others and for the purpose of preventing and removing prejudice.
- 4) To help students recognise when they and others are at risk and equip them with the skills, strategies and language they need to take appropriate action.

## Moral and Values Framework

The SRE programme at Barking Abbey School reflects the school ethos, demonstrates, and encourages the following values:

- Respect for self;
- Respect for others;

- Responsibility for their own actions;
- Responsibility towards their family, friends, schools and wider community.

## **Guidelines**

### **Equal Opportunities Statement**

The school is committed to the provision of SRE to all of its students. Our programme aims to respond to the diversity of children's cultures, faiths and family backgrounds. Equal time and provision is allocated for all groups but there may be occasions where students with Special Educational Needs are given extra support from staff.

### **Working with Parents**

Parents and carers welcome information about the teaching materials used and the topics covered in SRE. All lessons and teaching materials can be requested via the Head of PDC (Miss N Bawla). Homework tasks and feedback on student progress provide opportunities for dialogue about SRE between children, parents and carers and school.

### **Withdrawals**

Every September Barking Abbey School informs students about SRE via their PDC lesson and in the school newsletter. Parents who wish to withdraw their child from SRE in PSHE should express this in writing to the Head of PDC by the date shown in the newsletter. Withdrawal letters are only valid for the current year and does not include withdrawals from the statutory curriculum in Science and the school must be informed annually of any withdrawals. When a student is withdrawn alternative work will provided in a separate study area.

### **Confidentiality**

PDC teachers remind students of the boundaries of their legal and professional roles and responsibilities during the first lesson of SRE while setting ground rules. Teachers cannot offer or guarantee confidentiality.

### **Delivering SRE**

A specialist team of PDC teachers teach SRE. The aim is to deliver SRE in a mixed and single gendered environment. However this is not always possible due to staffing issues.

### **Content**

The PDC department uses the PSHE Programme of Study 2017 provided by the PSHE Association and endorsed by the Department of Education. Please see topic overview below.

The biological aspects of human sexual behaviour are covered as part of the Science curriculum.

### **Ground Rules**

To ensure a safe environment in which student do not feel embarrassed or anxious ground rules are developed with each individual class. Although the rules may vary PDC teachers ensure the following points are included:

- Formal language;

- No one will be asked personal questions (student or teacher)
- No one will be forced to take part in discussions
- Distancing techniques must be used in discussions e.g. 'someone I know.'

#### Advice to Individual Students

Teachers in this school do not give individual advice on contraceptives or other aspects of sexual behaviour. In circumstances where a pupil is considered at risk the teacher would seek advice from either the Headteacher or the Child Protection/Safeguarding Officer. The school counsellor and school nurse is also able to offer information to students on how they can access appropriate health/counselling services.

#### Controversial and Sensitive Issues

Staff are aware that views around SRE related issues are varied. However, while personal views are respected, all SRE issues are taught without bias. Topics are presented using a variety of views and beliefs so that students are able to form their own, informed opinions but also respect others that may have different opinions.

#### Dealing with Questions

Students' questions are answered according to the age and maturity of the student concerned. Questions do not have to be answered directly, and can be addressed individually later. The school believes that individual teachers must use their professional skills and discretion in this area and refer to the designated person for Child Protection/Safeguarding if they are concerned.

#### Sexual Identity and Sexual Orientation

Barking Abbey School believes that SRE should meet the needs of all students regardless of their developing sexuality. Homophobic bullying is dealt with strongly yet sensitively.

#### Female Genital Mutilation (FGM)

FGM has been a focus of national and media attention for a number of years. The government have made clear obligations of schools and teachers to safeguard young people with particular reference to FGM.

PDC has recognised that increasingly the term was used in lessons by students and there was a need to address it explicitly through the curriculum. Lessons are delivered to Year 8 students and are available for parents and carers to view by getting in touch with the Head of PDC.

#### Monitoring SRE

The emphasis within this area is for students to have the opportunity to reflect on their own learning and personal experiences and to set personal goals and agree strategies to reach them. The process of assessment has a positive impact on pupil's self-esteem and self-awareness.

Evaluation tasks used include:

- Personal review continuums
- Reflection and evaluation letters

- Review sheets/quizzes
- Survey Monkey questionnaires

### Evaluating SRE

Students' feedback is used to improve the content and teaching and learning of SRE. The programme is evaluated regularly within departmental meetings, through lesson observations and issues discussed with a broader range of colleagues at Local Authority network meetings.

### Working with the Wider Community

Delivery of SRE at Barking Abbey School is enhanced by our links with the following groups and organisation:

- Christopher Winter Project - *A training and consultancy company. Established in 1995, CWP has extensive experience of providing excellent quality sex and relationships education. Its core work is the provision of in-class continuing professional development for teachers in the delivery of SRE.*
- ARC Theatre Company - *The company tackles sensitive subjects using theatre as a catalyst for debate. Exploring the causes and consequences of high-risk behaviour, peer pressure, choices and responsibilities.*
- Subwise - *Subwise is a vibrant, community-facing young people's drug and alcohol service delivered by WDP in partnership with Mentor UK.*

All people entering Barking Abbey School to help deliver SRE are made aware of, and abide by, this policy.

### Health Advisor

When available, the Health Advisor;

- Supports teaching and learning in SRE lessons
- Organises drop-in sessions at break and after school
- Complements teaching by offering lunchtime sessions on particular topics e.g. periods
- Provide specific and up-to-date knowledge about sexual health, well-being and contraception.

Health professionals are bound by their professional codes of conduct to maintain confidentiality. When working in the classroom they are also bound by relevant school policies.

Outside the teaching situation our Health Advisor can:

- Give one to one advice or information on health related matter including contraception

### Contraceptive distribution

Contraceptives are available to Key Stage 5 students only. Borough organisations such as Come Correct support staff to issue the C Card, distribute condoms and screen for Chlamydia. Key Stage 4 students are aware of the local services which provide the C Card.

## Dissemination and Review of SRE Policy

Teachers, staff, parents and students can access all school policies online. Any questions or concerns regarding this policy should be directed to Miss N Bawla, Head of PDC.

The next review of the SRE policy will be in February 2020 or earlier.

## REMOVAL LETTER TO PARENTS AND CARERS

Dear Parent/Carer

Personal, Social and Health Education, delivered as part of Personal Development Curriculum (PDC) lessons, is an important curriculum area and topics such as safety, mental and emotional health, resilience and drug education and healthy relationships are covered from Year 7 to Year 11. It is important that children and young people are given accurate, reliable and appropriate health information and skills in a supportive environment, and the home is one of the best places for this education to occur. However, support from the school environment is also important.

Barking Abbey School is taking positive measures to help students understand all aspects of their health including sex and relationship education (SRE) and how this relates to their lives now and in the future.

We acknowledge that SRE is a shared responsibility between schools, parents/carers and the community. It is important that school programs support young people in making informed choices about their sexual health. There is much evidence supporting the importance and effectiveness of SRE in schools that complements the work of parents/carers. Evidence shows that:

- SRE increase students confidence and ability to make informed decisions, delay the onset of sexual activity and promote safer sex practices;
- There is a need to address the incidence of teenage pregnancy and increasing rates of sexually transmitted infections amongst young people.

SRE does not suddenly begin in secondary school. Barking Abbey School aims to build on what has been addressed in primary school. Content obviously differs from primary but the principles and skill development needed to assist young people to make health-enhancing decisions about SRE remain constant. Topics such as body parts, safe and unsafe situations, relationships and appropriate behaviours with family and friends, puberty are covered in primary school. At the secondary level, SRE topics addressed include gender and power, pregnancy, contraception, sexual health, consent and coercion, rights and responsibilities in relationships, finding reliable sources of information, managing risks and keeping safe. All lessons follow the PSHE Associations programme of study which is endorsed by the Department of Education. I encourage all parents and careers to view the planned SRE lessons and materials by getting in touch with Miss Bawla, Head of PDC.

The UK government requires SRE to be taught in all maintained secondary schools however parents/carers have the right to withdraw their child from some, or all, SRE lessons, but not statutory science lessons. If you do wish to remove your child from all or part of SRE **this year** you must inform me in writing by the end of September.

The removal letter must include the following information:

- Name of the student
- Year and Form of Student
- Reason for removal (optional)

To discuss any aspect of PDC please attend the link evenings or contact me via email:

[BawlaN@barkingabbey.school.co.uk](mailto:BawlaN@barkingabbey.school.co.uk)

Best wishes

Miss Bawla  
Head of PDC  
Barking Abbey School