



Queen's Croft High School

RELATIONSHIPS AND SEX EDUCATION POLICY

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Introduction

Queen's Croft High School is a generic special school serving children aged 11-19 (school years 7-14) with a range of Special Educational Needs and Disabilities.

Relationships and Sex education at Queen's Croft High School

At Queen's Croft High School we believe that Relationships and Sex Education contributes to each student's health, wellbeing and preparation for adult life. It is firmly rooted within the PSHE/Citizenship programme. National Curriculum programmes of study will be used, and adapted where appropriate, to meet the needs of our learners, to ensure that content and delivery is age and stage appropriate.

Effective Relationships and Sex Education

RSE is part of lifelong learning about physical, emotional and moral development. It is about the understanding of the importance of marriage or other committed relationships for family life, stable and loving relationships, respect, love and care. It is also about the teaching of sex, sexuality, emotions and sexual health. It enhances the self-worth and confidence of each individual, encouraging mutually respectful relationships and empathy for others.

Attitudes and values

Sex education is taught in the context of marriage and long-standing monogamous relationships.

Students are encouraged to examine their own and other people's attitudes and values, particularly related to sexual matters, and to respect the rights of others to their opinions. RSE can help to develop good self-esteem and good self-image, responsibility and informed decision making.

At Queen's Croft High School our relationships and sex education will:

- Help learners to understand their feelings and the changes in their bodies as part of the process of growing up.
- Promote respect for one's self and others.
- Teach about love, care, loyalty, trust, and fidelity.
- Promote the importance and responsibilities of the family unit for all members.
- Give students a clear understanding of the arguments for delaying sexual activity, and resisting pressure.
- Empower students to make informed choices.
- Teach the importance of taking responsibility, and the consequences of one's actions in relation to sexual activity and parenthood.
- Provide information about different types of contraception, safer sex and how to access sources of further advice and treatment.
- Link relationships and sex education with issues of peer pressure and risk-taking behaviour including drugs, smoking and alcohol.

- Encourage students to explore and reflect on their own values and attitudes.
- Explain how the law applies to sexual relationships.
- Help students make connections between emotional maturity and the formation of romantic and sexual relationships.

Personal and social skills

RSE promotes skills to support students to develop positive, fulfilling, and respectful relationships with others. It provides opportunities to develop communication skills and assertiveness within a range of different situations, and encourages students to recognise opportunities to develop a healthy lifestyle:

- Learning to manage emotions and relationships confidently and sensitively.
- Developing self-confidence, self-esteem and empathy for others.
- Managing conflict.
- Learning how to recognise and avoid exploitation and abuse.
- To recognise the stages of emotions associated with loss and change caused by death, divorce, separation and new family members, and how to deal with the strength of their feelings in different situations.
- To be able to talk about relationships and feelings.

Knowledge and understanding

Students learn information about puberty, personal safety, friendship and love, family relationships, conception and birth, contraception, sexually transmitted infections, laws relating to sex. RSE can provide an objective and balanced view, correcting any misinformation which students may have gained.

- Learning and understanding physical development at appropriate stages.
- Understanding human sexuality, reproduction, sexual health, emotions and relationships.
- Learning about contraception, local and national sexual health advice, contraception and support services.
- Learning the benefits of delaying sexual activity.
- The avoidance of unplanned pregnancy.

Teaching of Relationships and Sex Education

The school creates a supportive and secure atmosphere where students can develop confidence to talk, question, listen and reflect on their learning about sex and relationships. Prior knowledge and understanding will be assessed at the beginning of each unit of study, to inform planning and delivery of subject content.

Teachers will:

- Establish clear ground rules with pupils
- Emphasise the importance of mutual respect
- Use distancing techniques
- Require no open personal disclosures in class

- Encourage reflection.
- The purpose of each lesson will be made clear.
- Learning experiences will draw on pupils' own experiences or existing knowledge. Relationships and sex education will be co-ordinated by the PSHE co-ordinator. Elements of RSE within National Curriculum Science will be co-ordinated by the Science co-ordinator. Elements of RSE within Religious Education will be co-ordinated by the RE co-ordinator.

Outside expertise from relevant agencies will be sought as appropriate.

Pupils with Complex Needs

Schemes of work are developed, reviewed and adapted to meet the needs of all students. In the PMLD unit, the focus will be self-awareness, gender awareness and body parts recognition.

Post 16

For students in Post 16, Sex and Relationships will be covered according to the needs and competencies of our learners.

Confidentiality and Child Protection

Any issues of child protection either disclosed by a pupil or realised as part of the RSE process will be referred to the staff responsible for Child Protection in line with the school policy.

All teachers and external support agencies are aware that student disclosures must never be kept confidential. Students will be made aware that any information they disclose will be referred to the relevant member of staff for their safety and protection.

Parents' right to withdrawal

Parents have the right to withdraw their child from all or part of the RSE programme that is not included in the Programme of study for the Science National Curriculum. We work with parents to build and maintain good relationships, and aim to discuss attitudes and opinions on RSE to avoid a situation whereby parents feel the need to withdraw students from the programme.

The RSE policy will be reviewed annually.