

City Academy Norwich Sex and Relationship Education Policy

Introduction and Purpose of Policy

City Academy Norwich believes that sex and relationship education (SRE) makes an essential contribution to every student's health, wellbeing and preparation for adult life in society. Effective sex and relationship education is essential if young people are to make responsible and well informed decisions about their lives. A comprehensive programme of SRE provides accurate information about the body, reproduction, sex, and sexual health. It also gives children and young people essential skills for building positive, enjoyable, respectful and non-exploitative relationships and staying safe both on and offline. It is an integral part of the PSHE programme within the school.

Sex and relationships education is compulsory from age 11 onwards.

The aim of the sex and relationship education policy is:

- to endorse the entitlement of all students in this academy to sex and relationship education.
- to confirm the coverage and scope of sex and relationship education in this academy.
- to ensure that appropriate guidance is available for the staff that will deliver the programme of sex and relationship education in the school.
- to specify the right of parents to withdraw their children from all or part of sex and relationship education.

What is Sex and Relationship Education?

It is part of lifelong learning about sex, sexuality, emotions, relationships and sexual health. It contributes to the spiritual, moral, cultural, mental and physical development of students and prepares them for the experiences, rights and responsibilities of adult life.

At CAN the sex and relationship education programme will cover three main elements:

Attitudes and Values

- learning the importance of values and individual conscience and moral considerations.
- learning the value of family life and stable loving relationships for the nurture of children.
- learning the value of respect, love and care.
- exploring, considering and understanding moral dilemmas.
- developing critical thinking as part of decision making.

Personal and Social Skills

- learning to manage emotions and relationships confidently and sensitively.
- developing self-respect and empathy for others.
- learning to make choices based on understanding of differences and with an absence of prejudice.

- developing an appreciation of the consequences of choices made.
- managing conflict.
- learning how to recognise and avoid exploitation and abuse.

Knowledge and Understanding

- learning and understanding physical development at appropriate stages.
- understanding human sexuality, reproduction, sexual health, emotions and relationships.
- learning about contraception and the range of local and national health advice, contraception and support services (including education about HIV and AIDS - and other sexually transmitted diseases).
- supporting students to make wise and informed choices regarding sexual activity.
- developing an awareness of sex and the law.
- developing an understanding of the diversity of relationships and sexuality.
- an understanding of the difference between consenting and exploitative relationships.
- understanding internet safety issues such as sexting and sharing of images.

All pupils at CAN are entitled to sex and relationship education. CAN will provide a coherent, well-balanced programme of sex and relationships education that:

- reflects the age and maturity of the students.
- meets the particular needs of both boys and girls.

Content and organisation

Sex and relationships education is not an isolated subject. It permeates the whole school curriculum, the ethos of the school, and the pastoral system.

Many subjects, but particularly Science, Religious Education and PSHE explore some elements of sex and relationship education. In addition, there is a full 'Staying Safe' course for all years delivered in collaboration with our safer schools partnership through a series of drop down days, assemblies and workshops. In both cases the content delivered will be appropriate for the stage of development of the students.

PSHE Programme of study for Sex and Relationships

- How to develop and maintain a variety of healthy relationships within a range of social/cultural contexts
- How to recognise and manage emotions and change during puberty and growth
- How to recognise and manage emotions within a range of relationships.
- How to deal with risky or negative relationships including all forms of bullying.
- How to deal with the issues posed by online friendships, looking at online bullying.
- About consent in a variety of contexts, including sexual.
- About managing loss including bereavement, separation and divorce.
- To respect equality and be a productive member of a diverse community.

- How to identify and access appropriate advice and support.
- Sexual health.
- About parenthood and the consequences of teenage pregnancy.
- Sexuality
- Feeling, emotions and decisions that surround sex.
- Contraception, the different method and types available and from where.

Staying Safe Programme of study

This course includes the following content but is also sufficiently flexible to react to need of our students in dealing with relevant issues.

- Internet safety
- Child Sexual Exploitation
- Anti-Social Behaviour
- Healthy Relationships and teen abuse
- Sexting
- 'One Punch can Kill'
- Healthy Relationships (Murdered by my boyfriend)

Confidentiality

- Teachers cannot offer or guarantee absolute confidentiality in some matters and students will be made aware of this.
- CAN is aware that effective sex and relationships education can lead to the disclosure of a Child Protection issue and this will be acted on in accordance with the academy's Child Protection Policy.
- Students will be informed of the sources of confidential help available which currently include Pastoral Staff, MAP and the school nurse (on request).
- As part of an effective PSHE programme, ground rules will be explained by the deliverer before the start of any sensitive discussions.

Parents' Right of Withdrawal

- Parents do have the right to withdraw their children from all or part of any sex and relationship education provided.
- Parents do not have the right to withdraw their children from the teaching of the biological aspects of human growth and reproduction that are included in the National Curriculum for science.

Monitoring and evaluation

- The PSHE Co-ordinator will liaise annually with the other curriculum areas to ensure that the syllabus is being covered and that the biological and emotional elements are properly co-ordinated.
- The PSHE Co-ordinator will support and monitor the delivery of content through tutor time activities.
- The 'Staying safe' course will be reviewed annually and evaluated by the students and staff.