



Sex and Relationship Education Policy

Review Period: 3 yearly

Status: Statutory

Next Review: Summer 2024

The aim of the School's Relationship and Sex Education (RSE) Policy is to promote pupils' well-being and to enable pupils to make responsible, informed and healthy decisions about their lives, both now and in the future.

The programme will help young people to respect themselves and others, and move confidently from childhood through adolescence and into adulthood.

The intended outcomes of the School's Relationship and Sex Education Policy are that the students will:

- Know and understand what healthy relationships look like.
- Understand they have a right to choose the kinds of relationships they have.
- Understand they have a responsibility to keep themselves safe online and offline in relationships.
- Develop the skill of living a healthy life; both physically and mentally.
- Develop the attributes of well-informed young men ready for adult life.

At Sunnydown the RSE program will be led by Mr Lord and Mrs Cybuch and taught by form tutors.

The context of RSE provision is as part of a wider programme of Personal, Social and Health Education (PSHE) and will cover:

- Families
- Respectful relationships and friendships
- Online media
- Being safe
- Intimate and sexual relationships including sexual health

The School's SRE provision also includes those aspects that form part of the curriculum programmes of study for Science.

Revised Department for Education statutory guidance states that from September 2020, all schools must deliver relationships and sex education. As such, it is no longer optional and parents will not have the opportunity to withdraw their son(s) from lessons.

We will ensure a safe learning environment by teaching lessons in form groups and students will be able to raise questions anonymously by using a question box. An overview of the learning in each year group can be found on the following page.

Students will have the opportunities to review and reflect on their learning during lessons and feedback on content will be acted on.

The policy will be available to parents via the School website and we will notify them when RSE lessons will be taught.

Sunnydown School endorses the following recommendations of the External Steering Group's report to Government ("Review of Sex and Relationship Education (SRE) in Schools" 2008):



“There needs to be a stronger focus in SRE on ‘relationships and the skills and values that young people need as they progress through childhood and adolescence into adulthood.’”

“Work on SRE should be within a clear and explicit values framework of mutual respect, rights and responsibilities, gender equality and acceptance of diversity.”

“SRE should be inclusive and meet the needs of all young people, recognising that SRE provision does not always take sufficient account of issues such as sexuality, disability, ethnicity and faith.”

“SRE needs to complement the wider provision of information, advice and support to young people on sex and relationships, led by parents and supported by high quality and accurate advice and support by schools, help-lines, websites, peer educators and other professionals whose work involves supporting children and young people’s personal development.”

“Schools need to do more to inform parents about what SRE they are delivering at each Key Stage, building a stronger dialogue between school and home so that parents are clear about what is being taught and are reassured that good SRE will give their children the knowledge, skills and confidence to make informed, safe choices.”

“Schools should work in partnership with external professional working in health and wider children’s services, both to bring expertise into SRE delivery and to ensure that young people have access to advice and support on sex and relationships outside the classroom.”

Sunnydown School provides a full programme of Sex and Relationship Education to all pupils to ensure that the needs and concerns of the pupils are met appropriately.

Parents have the right to withdraw their children from all or part of Sex Education except the statutory parts that are included in the national curriculum programmes of study for science.

Parents will be informed and consulted about the SRE provision to reassure them that the content is age-appropriate and, in some cases age-and-developmental-stage-appropriate.

Sex and Relationship Education within PSHE

At secondary school level, SRE should prepare young people for an adult life in which they can:

- develop positive values and a moral framework that will guide their decisions, judgements and behaviour;
- be aware of their sexuality and understand human sexuality;
- understand the arguments for delaying sexual activity;
- understand the reasons for having protected sex;
- understand the consequences of their actions and behave responsibly within sexual and pastoral relationships;
- have the confidence and self-esteem to value themselves and others
- communicate effectively;
- have sufficient information and skills to protect themselves and, where they have one, their partner from unintended/unwanted conceptions, and sexually transmitted infections including HIV;
- avoid being exploited or exploiting others;
- avoid being pressured into unwanted or unprotected sex;
- access confidential sexual health advice, support and if necessary treatment;
- know how the law applies to sexual relationships.



The following programme of study is taken from the PSHE Education Toolkit, published by Surrey County Council and VT Group (2009) and has been adopted by Sunnydown School. Although this is the agreed programme of study it is only used as a guide to ensure that the delivery of the programme is suitable for the needs of the class and fit for purpose.

PSHE Programme of study

Year 7

Taking stock – pupil consultation and needs assessment.
Families and relationships.
Physical and emotional changes in puberty.
Strategies to manage feelings.
Setting boundaries and peer pressure.
Staying safe online.

Year 8

Taking stock – pupil consultation and needs assessment.
The influences upon boys and girls and the possible affects on feelings.
How the body becomes sexually mature.
Issues people should think about before entering into a sexual relationship – sex and the law (consent).
Communicating with others.
HIV and AIDS, including facts and prejudice.
Stable relationships, marriage and civil partnerships.
Available support.
Staying safe online.

Year 9

Taking stock – pupil consultation and needs assessment.
Responsible attitudes and positive messages in all types of relationships including LGBT.
Respectful relationships and negotiation skills.
Reasons to delay having sex and the different levels of intimacy.
Different forms of contraception.
How to use condoms correctly.
How condoms protect against pregnancy and some STIs.
Sexuality and sexual identity.
Support available for young people.
Staying safe online and sexting.

Year 10

Taking stock and needs assessment.
Sexual risk taking.
Range of contraception choices.
Links between sexual activity and the use of alcohol and other ‘recreational’ drugs.
Consequences of unprotected sex; STIs, making safer choices, including delaying sex until ready.
Effects and consequences of teenage pregnancy, parenting, abortion and miscarriage.
Options available for unplanned pregnancy, including abortion and the realities of parenthood.
Foetal alcohol syndrome.
Decision making, negotiation and support agencies.
Staying safe online.

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Year 11

Taking stock and needs assessment based on the SRE toolkit.

What makes a healthy relationship? Exploitation, bullying, harassment and control.

Readiness for a sexual relationship.

Sexuality and sexual pleasure.

Pornography.

The choices around parenting; fostering, adoption, being child-free.

Sexual rights and responsibilities including male and female roles and different faith and cultural perspectives.

Where to find advice and services.

Staying safe online.