



## Sex and Relationship Education Policy

**Review Period:** Annually      **Status:** Statutory      **Next Review:** Spring 2023

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. At Sunnydown, the RSE programme will be led by Mr Lord and Mrs Cybuch and taught by form tutors as part of the PSHE programme in the school. The programme will help young people to respect themselves and others and move confidently from childhood through adolescence 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, sexually and mentally.
- Develop the attributes of well-informed young men ready for adult life.

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 RSE 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 or a google form. 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 at the end of each half term 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.



## *RSE programme of study*

RSE 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, including seeking and giving consent;
- 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 or pressuring others into unwanted or unprotected sex;
- access confidential sexual health advice, support and if necessary treatment;
- know how the law applies to sexual relationships.

An outline of topics studied in each year group can be found below.

Year 7	Year 8	Year 9	Year 10	Year 11
Gender stereotypes	Emotional changes during puberty	Sexting	Unhealthy relationships	Sexual and gender identity
Public and private	Consent	Consent	Consent	Consent
Self worth	Sexting	Body image and pornography	Contraception	Pornography and sexting
Underpants rule	Marriage and cohabitation	Relationships inc LGBTQ+	Online relationships and sexting	Abuse in relationships
Relationships	FGM	Healthy relationships	STIs	Expectations in relationships
Boundaries and peer pressure	HIV and Aids	Contraception and STIs	Pregnancy	Contraception and STIs