

## Sex Education Policy

**“Sex and relationship education (SRE) is lifelong learning about physical, moral and emotional development. It is about the understanding of the importance of stable and loving relationships, marriage, respect, love and care. It is also about the teaching of sex, sexuality, and sexual health.”**

**“Effective SRE is essential if young people are to make responsible and well informed decisions about their lives.”**

### Department for Education

#### Aims of our SRE policy

To provide a stimulating and supportive learning environment in which pupils can develop their feelings of self-worth and confidence especially in relationship to others. This will include development of the following skills: valuing themselves as unique individuals, keeping themselves and others healthy and safe, communication, decision making and assertiveness, knowing how and where to gain information and support and participating in society. There are three main elements to our SRE programme:

- Gaining knowledge and understanding
- Developing positive attitudes and values
- Extending personal and social skills

#### SRE Delivery Focus

SRE education at St Albans Independent College helps students to:

- Develop a suitable vocabulary for increasing their communication skills in personal and emotional relationships
- Discuss the values of love, respect and care
- Understand concepts of friendship, commitment and responsibility
- Promote self image, self esteem, self confidence and empathy for others
- Clarify their views and attitudes, learn the importance of values and individual conscience
- Reflect on their emotions and relationships in an environment where they don't feel judged or ridiculed and are safe from bullying and harassment
- Appreciate and discuss the value of family life, stable and loving relationships, all types of marriage and the responsibilities of parenthood
- Be aware that changes of a physical, emotional and social nature at puberty are normal and ensure students feel supported during these changes and have some skills to manage changing emotions confidently and sensitively
- Ask questions about sexuality in a sensitive atmosphere
- Develop decision making skills, through considering moral dilemmas and having opportunities for critical thinking
- Recognise and challenge stereotypes for example in relation to gender and sexuality
- Learn to make choices and understand that they have rights, including the right to say 'no'

## **Partnership with parents/carers**

Students' informal sex and relationship education occurs within the family and the college's programme will complement and build on this in cooperation with home. Parents/carers have the right to withdraw their child from some, or all, SRE lessons but not statutory lessons on contraception, pregnancy and sexually transmitted infections. If a parent/carer wishes to withdraw their child they need to have a discussion with the principal, so that he can be made aware of the reasons and provide alternative arrangements. The link below explains this in more detail.

<https://www.gov.uk/national-curriculum/other-compulsory-subjects>

## **Moral and values framework**

In our College we focus on teaching SRE in the context of relationships using a variety of formal and informal opportunities and strategies. This all helps children to develop their self-esteem and emotional well being and to form and maintain worthwhile and satisfying relationships, which are based on respect for themselves and for others.

## **Inclusion statement**

In our College we have a commitment to ensure that our programme is relevant to all pupils and is taught in a way that is age and stage appropriate.

## **Teaching strategies**

As much as possible we provide an interactive learning environment, which is motivating and allows pupils to practise skills as well as to gain information and knowledge. We also allow time for reflection. We also employ an external qualified provider in SRE to hold workshops for KS4/5 that cover the more detailed elements of our SRE programme which we feel enhances and reinforces the college's ethos and values.

## **Confidentiality and child protection**

Effective SRE should enable young people to talk to a trusted adult. There may be cases when a teacher learns from an under 16-year-old that they are having, or contemplating having, sexual intercourse. In these circumstances staff should ensure that:

- wherever possible, the young person is encouraged to talk to their parent or carer
- any child protection issues are addressed (see Child Protection Policy);
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When the teacher who receives the information believes there is a child protection issue to be addressed, they should refer the case to the designated teacher for child protection (the college principal/SENCo). The teacher should also make clear to the student that they cannot guarantee confidentiality. If the teacher is in any doubt they must seek immediate advice from the designated teacher for child protection.