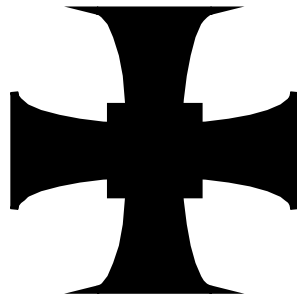


TRINITY SCHOOL CARLISLE



A CHURCH OF ENGLAND ACADEMY

RELATIONSHIPS (AND SEX) EDUCATION AND HEALTH EDUCATION POLICY

Pastoral Committee

Reviewed: June 2024

Approved by the Pastoral Committee: June 2024

Ratified by the full Governing Body: July 2024

Next review: October 2024

INTRODUCTION

The Department of Education is committed to supporting all children to grow up happy, healthy and safe, and to provide them with the knowledge they need to manage the opportunities and challenges of modern Britain. That is why, all primary age children will be taught Relationships Education and Health Education and all secondary age children will be taught Relationships and Sex Education and Health Education.

Trinity School is a Church of England Academy, therefore, Relationships (and Sex) Education and Health Education will take place within a clear legal and moral framework, which is in keeping with the Christian ethos of the School. Students will be discouraged from becoming sexually active whilst still young and will be encouraged to wait until they have formed a lasting and committed relationship, so that teenage conceptions are avoided. The right to be confident and assertive, and to wait and to say no, should be central to our approach.

Relationships (and Sex) Education and Health Education is delivered across Key Stages 3, 4 and 5 through a variety of taught subjects and is complemented by the wider 'personal development' additionality curriculum including Thought for the Week and its attached assembly programme, special assemblies including a range of visiting speakers and timetable freeze lessons including taught units and special workshops for topics not covered on the school curriculum. (See Appendix 1 'Personal Development Curriculum Map'). The programme has been designed to help and support all students through their physical, spiritual, cultural, emotional, mental and moral development so that they move, with confidence, from childhood into adulthood.

Our provision for Relationships (and Sex) Education and Health Education is designed to be complementary to, and supportive of, the role of parents/carers in educating their children about sexuality and relationships. It recognises that the prime responsibility for bringing up children rests with parents/carers. It is natural for caring adults to want to protect children and young people from information, attitudes and lifestyles which they themselves find distasteful. However, it is important to recognise the power of confusion caused by "informal" learning – from television, radio, magazines, newspapers, gossip, jokes and various other sources. Education within the curriculum can do much to dispel myths, reduce fear and anxiety, clear up misunderstanding and counteract prejudice.

Our provision is delivered according to the DfE Sex and Relationship Education Guidance and does not promote sexual experimentation but allows increased knowledge to ensure that young people are able to make safer and more informed choices. It is important that our students develop understanding and attitudes based on values which prepare them to view relationships in a responsible and healthy manner.

Sex education will be part of the curriculum but will not be taken out of context or over-emphasised in any way. Sex education is not intended to encourage unlawful sexual activity. Our policy and provision is based on the belief that sex education:

- i) is an integral part of the learning process, beginning in childhood and continuing into adult life;
- ii) is appropriate to the age and stage of development of the children being taught;
- iii) should be provided for all children and young people including those; with physical, learning or emotional difficulties;
- iv) should encourage consideration of values, moral issues, sexuality, personal relationships and the development of communication and decision-making skills; and
- v) should foster self-esteem, self-awareness, the skills to avoid and resist unwanted sexual experiences and a sense of moral responsibility.

STATUTORY DUTY OF SCHOOLS

The Governing Body is required to have a written statement of the policy available to parents/carers. The statement must be drawn up in consultation with the Headteacher, who must ensure that any sex education is provided in a way that ensures students are taught about the nature of marriage and/or stable relationships and their importance for family life and for bringing up children, and that students are protected from teaching materials which are inappropriate, having regard to the age and cultural background of the students concerned.

The programme supports students' knowledge and understanding of;

- Staying safe online, internet safety and online harms
- Keeping personal information private
- Mental Well being
- Physical health and fitness including healthy eating, drugs, alcohol and tobacco
- Basic first aid
- The changing adolescent body
- LGBT issues
- Families
- Respectful relationships, including Friendships
- intimate and sexual relationships, including sexual health

AIMS OF THE POLICY

- To help all students to develop the skills, knowledge and understanding they need to live confident, healthy and independent lives.
- To deliver effective Relationship and Health Education so that students are able to make responsible and well- informed moral decisions and value judgements about their lives and behave appropriately. An understanding of the consequences of their actions will also be included.
- To ensure that students are prepared for the opportunities, responsibilities and experiences of adult life so that they can manage their emotions, relationships and conflicts confidently and sensitively.
- To teach students about the nature of stable and loving, caring relationships, marriage, family life, responsibilities of parenthood and the significant part that marriages and stable relationships have within communities and society.
- To learn about and understand their physical development, reproduction and sexual health.
- To be aware of their sexuality, understand human sexuality and have the confidence and self-esteem to value themselves and others and have the skills to judge what kind of relationships they want. This will also be instrumental in the prevention and removal of prejudice.
- To understand fully the arguments for delaying sexual activity and develop the skills needed to avoid being pressured into unwanted sex. To also learn to communicate their views effectively and avoid being exploited or exploiting others.
- To understand fully the reasons for having protected sex and develop the skills to avoid unprotected sex.
- To develop sufficient information and skills to protect themselves, and a partner if they have one, from unwanted pregnancies and sexually transmitted infections including HIV.
- To explore moral dilemmas and develop critical thinking as part of their decision making.
- To know how the law applies to sexual relationships.

GUIDELINES

- The Relationships (and Sex) Education and Health Education programmes should be taught by trained experts whether members of staff or appropriately vetted outside speakers. This will ensure that the information provided is accurate, up to date and no-one is left feeling uncomfortable about the subject matter they have to deliver to students.
- Members of staff and outside speakers who deliver the programme should do so in accordance with this policy and in a way which encourages students to consider morals and family life.
- Morals and morality are essential dimensions of sexuality and relationships. The programme will respect individual differences – inspired by cultural, religious, ethnic and family backgrounds – and it will endeavour to promote those values of respect and dignity for human life which are common to all faiths and societies.
- Care must be taken, in counselling and advice to individual students, particularly with regard to their sexual behaviour, and must not trespass on the proper exercise of parental rights and responsibilities. It will require skilled judgement to know when to counsel and when – and how – to refer for specialist counselling and support.
- Teachers and other adults may not give personal, individual advice on contraception to those under 16 years for whom sexual intercourse is unlawful. Teachers must advise students to seek advice from parents / general practitioners/ nurse or clinic.
- Different types of contraceptive methods including use, risks and side effects are covered with additional information about agencies offering help and advice both online and in person.
- There may be a number of LGBT young people within the school and it is essential that sex and relationships education be as equally relevant to their needs. Care will be taken when teaching not to make any assumptions that relationships and sexual practices will automatically be taking place with members of the opposite sex.
- LGBT people have Protected Characteristics under the Equality Act 2010. This means that schools have a legal obligation to ensure they are not discriminated against by staff and other pupils and that any incidents of homophobic bullying are addressed at the earliest opportunity.
- Should any member of staff become aware of a Child Protection issue that has arisen from the Relationships (and Sex) and Health Education programme they should follow the procedures in the Staff Handbook and notify the designated safeguarding leads in school.
- Teaching and learning within Relationships (and Sex) Education will be monitored by the Assistant Headteacher with responsibility for the behaviour and welfare of students.

CONFIDENTIALITY

By law, members of staff at the school are not allowed to provide confidential advice or guidance to students. Members of staff must make it clear to students that confidentiality cannot be kept. Students should be encouraged to talk to their parents/carers about personal issues that are raised by the Relationships (and Sex) and Health Education programme, and/or seek help from their doctor or the school nurse.

WITHDRAWAL

Parents do have the right to withdraw their students from the Relationships (and Sex) Education Programme if they wish, but we hope that such a situation will not need to arise. Parents who do have concerns about the provision and practice of Sex Education are strongly encouraged to contact the Headteacher. Should parents still wish to withdraw their students from the programme they are required to state this in writing to the Headteacher.