



**HEDINGHAM SCHOOL**  
AND SIXTH FORM  
ACHIEVEMENT & EXCELLENCE

# **RELATIONSHIPS AND SEX EDUCATION POLICY**

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## Definition, Values and Aims

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*'Sex and Relationship Education (SRE) is lifelong learning about physical, sexual, moral and emotional development. It is about the understanding of the importance of stable and loving relationships, respect, love and care for family life. It involves acquiring information, developing skills and forming positive beliefs, values and attitudes. It is also about the teaching of sex, sexuality and sexual health.'*

(DfEE 2000)

Hedingham School is an inclusive organisation. We have the school motto of 'Achievement & Excellence,' where staff, students and parents accept that this school is a place of learning.

The Relationships and Sex Education Policy (RSE) is based upon our behaviour ethos of Ready, Respect, Safe. It reflects The Department for Education document, Changes to the Teaching of Sex and Relationship Education and PSHE (December 2017) and a change in terminology of Sex and Relationship Education to Relationships and Sex Education.

The aim of the Relationships and Sex Education Policy is to support students through their physical, emotional and moral development.

### Links to Other Policies

This Relationship and Sex Education Policy is linked to the following policies:

- Behaviour Policy
- Child Protection Policy
- Personal, Social, Health and Economic Education (PSHE) Policy.
- Keeping Children Safe in Education Statutory Guidance 2018.

### Relationship and Sex Programme

Hedingham School delivers SRE through its PSHE programme. This is delivered through Tutor Time sessions under our *Ready, Respect, Safe - Beyond The Classroom* Programme. In addition to this, SRE is taught through 'Drop Down Days' where aspects of RSE and Personal, Social, Health and Economic Education are delivered to students through outside speakers.

Furthermore, RSE forms part of the Science National Curriculum and is delivered by staff in the Science Department. These lessons focus more on the physical aspects of development and reproduction, although the importance of relationships is not forgotten. SRE is also delivered through the wider curriculum in subjects such as PE and Health and Social Care. The Relationships and Sex Education programme will be age appropriate.

The SRE programme includes the following components:

## Ready

- Biological aspects of reproduction, family planning, pregnancy. Factual knowledge around sex, sexual health and sexuality, set firmly within the context of relationships.
- Physical and emotional changes during adolescence.

## Respect

- Developing positive values and a moral framework that will guide their decisions, judgements and behaviour.
- Understand the value and importance of family life as a social institution.
- Respect other people, in particular, learning to respect the different cultural/ ethnic/ religious, gendered viewpoints of others in our school community and the wider world.

## Safe

- Sexual Identity – have the confidence and self esteem to value themselves and others.
- Sexual Attitudes – Understand and respect both their own and others' decision to judge what kind of relationship you/they want.
- HIV/AIDS and sexually transmitted diseases.
- Sexual Harassment – avoid being exploited or exploiting others or being pressured into unwanted or unprotected sex.
- Legislation relating to sexual behaviour – understand the consequences of their actions and behave responsibly within sexual and personal relationships.
- Support Services – be aware of sources of help and acquire the skills and confidence to access confidential health advice, support and treatment if necessary.
- Safety online.
- How relationships may affect health and wellbeing, including mental health.

## Inclusion

### *Ethnic and Cultural Groups*

We intend our policy to be sensitive to the needs of different ethnic groups. For some young people it is not culturally appropriate for them to be taught particular items in mixed groups. We will respond to parental requests and concerns.

### *Students with Special Needs*

We will ensure that all young people receive relationship and sex education, and we will offer provision appropriate to the particular needs of all our students, taking specialist advice where necessary.

### *Sexual Identity and Sexual Orientation*

We aim to deal sensitively and honestly with issues of sexual orientation, answer appropriate questions and offer support. Young people, whatever their developing sexuality, need to feel that relationship and sex education is relevant to them.

### **Right of Withdrawal of Students from Relationship and Sex Education**

Some parents prefer to take the responsibility for aspects of this element of education. They have the right to withdraw their children from all or part of the relationships and sex education except for those parts included in the statutory National Curriculum (i.e. in Science lessons) or in subjects where apparently unrelated topics lead to a discussion on aspects of sexual behaviour. We would make alternative arrangements in such cases.

The request to withdraw must be made in writing to the Headteacher. Parents are encouraged to discuss their decisions with staff at the earliest opportunity. Parents are welcome to review any RSE resources the school uses. Parents are informed of this process on entry to school.

### **Confidentiality, Controversial and Sensitive Issues**

Teachers cannot offer unconditional confidentiality. Should issues of a sensitive nature arise, the school, whilst providing maximum support for the students, will aim to involve parents and/or any relevant support agency.

The schools will provide opportunities for students to speak to the school nurse, who while respecting the confidence of the students, will encourage them to work with their parents in addressing any issues of a personal or sensitive nature.

The schools' response to confidentiality is in the first instance to maintain the safety of the student.

(see also Hedingham School Child Protection Policy)