

THE MOUNT

Sex and Relationship Education Policy (SRE) Whole School

At The Mount we value the importance of Sex and Relationship Education (SRE) to help and support young people through their physical, emotional and moral development. As with all other learning, it should be gradual and matched to the pupils' maturity and stage of development. Sex and Relationship Education teaches pupils to develop an awareness of, and respect for, themselves and others. It aids the development of positive self-esteem, which will help pupils to cope with the challenges of personal growth. It enables pupils to be aware of the personal choices they can make and prepares them to make responsible decisions. It is about exploring feelings and emotions and enjoying confidence in one's own ability.

What is Sex and Relationship Education?

Sex and Relationship Education is about physical, moral and emotional development. It is about the understanding of the importance of stable and loving relationships, respect, love and care. It is also about the teaching of sex, sexuality and sexual health. Sex and relationship education has three main elements:

Attitudes and values:

- learning the importance of values and moral considerations
- learning the value of family life, marriage and stable relationships
- learning the value of love, respect and care

Personal and social skills:

- learning to manage emotions and relationships confidently and sensitively
- developing empathy and self-respect
- learning to make choices without prejudice
- appreciating the consequences of choices made
- managing conflict
- recognising and avoiding exploitation and abuse

Knowledge and understanding

- learning about and understanding physical development
- understanding human sexuality, reproduction, sexual health, emotions and relationships

Aims

- To explore attitudes and values and develop skills in order to empower them to make positive decisions about their health related behaviour.
- Deliver a developmental programme offering gradual, relevant Sex and Relationship Education, increasing in depth and complexity as pupils mature physically, intellectually, emotionally and socially.
- To create an atmosphere where every member of the School community feels respected and valued, where self-esteem is nurtured and where principles of tolerance and equal opportunities are seen in action.
- To help our pupils towards an understanding of how they can protect themselves, and to give them the confidence to seek help and support when they need it.

Summary of content of Sex and Relationship Education in the Junior School

- Parts of the body
- Growing
- Life Cycles

Date of last review: March 2015

Date of next review: March 2017

Reviewed by: Deputy Principal and Head of the Junior School

- Friendship and respecting each other
- Personal hygiene
- Adolescence
- Reproduction
- Relationships

Summary of Content of Sexual and Relationship Education in the Senior School

- Sexual Health Education in the Senior School is delivered, in accordance with the above aims, at differentiated levels throughout all year groups and the content can be summarised under the following headings:
 - Sexual Development in Adolescence
 - Sex and Relationships
 - Sexuality
 - Contraception
 - Sexually Transmitted Infections
 - Parenthood
 - Abortion
 - Sexual Healthcare and Other Agencies

Delivery of Sex and Relationship education at The Mount

- Sex and Relationship Education is delivered as part of the programme of Personal, Social and Health Education and Science/Biology lessons. The Health Centre team play an important role in the delivery of the Sex and Relationship Programme.

Inclusion

We understand the importance of ensuring that all young people in our School receive their entitlement to Sex Relationship Education. We will carefully consider gender, culture, learning needs, sexual orientation and background when planning and delivering SRE. In relation to ethnicity, religion and cultural diversity we value the different backgrounds of our pupils and in acknowledging different views and beliefs we seek to promote tolerance and understanding. In order to ensure the Sex and Relationship Education programme meets the needs of all:

- We will not promote one particular lifestyle over another
- We will not seek to gain consensus, but will accept and celebrate difference
- We will encourage respect and discourage exploitation
- We will not ask young people to represent a particular religious or cultural group to their peers, unless they choose to do so.

Communication with Parents

We recognise the partnership of home and school, of parent and teacher, in this important area of personal development. The School informs parents when aspects of the Sex and Relationship programme are taught and provides opportunities for parents to view any materials being used. Parents have the right to withdraw their children from those aspects of Sex and Relationship Education, not included in the National Curriculum Science orders. If a parent wishes their child to be withdrawn from a particular lesson this should be discussed with the Head of Junior School or Deputy Principal.

Confidentiality

All staff need to be aware that effective Sex and Relationship Education, which brings an understanding of what is and is not acceptable in a relationship, may lead to disclosure of a child protection issue. Any Safeguarding or welfare concerns must be recorded and reported to the School's Designated Safeguarding Officers in line with our Safeguarding and Child Protection Policy.

Related Policies

PHSE – Junior and Senior
Safeguarding and Child Protection

