



## **SEX EDUCATION POLICY & Working Practice**

**This policy is applicable to both School and REP**

Agreed by Governors:	July 2018
Review date	July 2020

### **Purpose**

We believe that sex education is a lifelong process of acquiring information and forming attitudes, beliefs and values, and therefore is revisited in each key stage. Effective sex education promotes the moral, cultural and personal development of our pupils, and prepares pupils for the opportunities, responsibilities and experiences of adult life. Sex education is set within the broader context of Personal, Social, Health and Citizenship Education and the Science National Curriculum. The RE curriculum also offers opportunities for exploring related issues such as family life and relationships.

Our sex education programme helps pupils develop and maintain friendships, learn to make responsible decisions about the relationships that they form with others and develop their personal and community safety.

We take into account moral considerations, and the value of family life and acknowledge pupils' rights to information about themselves and their bodies. Pupils should be aware of their right to develop responsible, loving, sexual relationships whatever their physical disability. The expressed needs and concerns of the pupils may influence aspects of sex education. All pupils have a right to be valued and to be treated with dignity and respect. We also educate our pupils about aspects of abuse and exploitation, physical and emotional intimacy and being in control of their own bodies.

Fundamental to our school's values and practice is the principle of sharing responsibility for the education of children with parents, and we aim for effective communication and co-operation with all families.

### **Sex Education for Primary Pupils**

We aim:

- To lay the foundations for personal and social development
- To prepare pupils for puberty
- To develop skills and self-esteem to help pupils enter adolescence
- To address concerns and correct misunderstandings pupils may have gained from the media and their peers
- To teach skills to avoid and resist unwanted sexual advances and bullying including cyberbullying
- To provide pupils with appropriate information about the nature of their sexuality and the processes of reproduction in a balanced and sensitive manner
- To learn about sex within the context of loving relationships and family life

## **Sex Education for Secondary Pupils**

We aim:

- To provide pupils with appropriate information about the nature of their sexuality and the processes of reproduction in a balanced and sensitive manner
- To learn about sex within the context of loving relationships and family life
- To foster self-awareness and interpersonal skills, social and decision making skills and assertiveness
- To encourage pupils' empowerment and the development of self-advocacy
- To prepare pupils for the opportunities, responsibilities and experiences of adult life
- To provide pupils with personal contacts which will help them to develop responsible, loving relationships
- To teach skills to avoid and resist unwanted sexual advances and bullying including cyberbullying
- To encourage openness and discussions to develop a better understanding of sexual matters
- To have sufficient information and skills to protect themselves and others from infection or unwanted pregnancy including accessing advice and support services
- To have confidence and self-esteem to value themselves and others

### **Delivery**

At Lonsdale School we recognise that all pupils deserve effective sex education which complements that provided by their parents/carers and prepares them for adulthood. Parents are notified by letter when pupils are about to start a PSHCE or Science module which incorporates sex education. The parents are invited to discuss the contents and resources to be used with the appropriate teacher. Parents have the right to withdraw their child from sex education which is not part of the national science curriculum. If this is the case, pupils will be supervised and complete other work as appropriate.

In the Nursery sex education is an integral part of the Personal, Social, Health and Citizenship Education (PSHCE) curriculum. It is taught within the framework of Foundation programmes. At this stage pupils learn the differences between boys and girls, learn the names of their body parts and develop self-awareness. This is taught through everyday classroom activities, group work and individual interactions with pupils. Stories, role play and doll play are used to explore differences in people.

In Key Stage 1 pupils continue their PSHCE curriculum. This develops to include the biological aspects of sex education included in the National Science Curriculum. At this stage pupils are taught an awareness that humans can produce babies and that those babies grow into children and then adults. This is taught through group work, practical activities, role play, doll play and story.

At Key Stage 2 there is a statutory requirement to teach the main stages of the human life cycle. This work builds upon the knowledge pupils have gained in Key Stage 1. Specific, structured lessons are planned for effective coverage of these facts. The PSHCE curriculum continues to develop pupils' personal and social skills. Pupils are given opportunities to explore values and attitudes. Role play, doll play, stories and films are used to support this work. Pupils are taught in class groups or small groups. There is also the opportunity to address individual needs should this be necessary.

At Key Stages 3 and 4 the biological aspects of sex education (from the National Science Curriculum) include the physical and emotional changes that take place during adolescence and some medical uses of hormones including the control and promotion of fertility and the use of contraception. At this stage, all pupils have a structured PSHCE lesson each week. Biological aspects of sex are taught in science lessons and developed within the PSHCE curriculum. In PSHCE pupils have opportunities to explore values and attitudes. Aspects of relationships, love and family life are considered. Pupils develop social and communication skills, decision-making skills and interpersonal skills for managing relationships. A variety of teaching resources is used to support teaching, along with role play, circle time, discussion and opportunities from outside speakers to share information and experiences. Active learning methods, which involve the pupils' full participation, are used. Pupils are taught in class groups, ability groups and on an individual basis as necessary. Pupils may be placed in single gender groups if deemed appropriate.

At the upper end of the secondary department, pupils should be taught about HIV and AIDS and other sexually transmitted diseases. At Lonsdale School we incorporate the Hertfordshire guidance and frameworks for SRE and adapt and differentiate in accordance with pupils' needs.

### **24-Hour Curriculum**

Pupils from Year 7 and above may have the opportunity to access the Residential Education Provision (REP). It is recognised that aspects of sex education may arise in the more informal home environment of the residential setting. This may be the most appropriate time to address certain sexual issues. REP staff are fully aware of the Sex Education policy and talk with individual pupils in a sensitive manner. Effective communication is maintained between REP, the nursing team, school and home.

### **Assessment**

Assessment of the SE programme takes place within the context of the PSHCE curriculum. Formal assessment takes place using B squared assessment.

### **Resources**

The school has a good range of resources including books, software, CDs, dolls, board games and DVDs as well as posters and activities. A list of these resources is available on the school server and from the PSHCE subject leader.

### **Statutory Requirements**

Elements of sex education which form part of the Science curriculum are statutory and as such must be covered by all pupils in that key stage. Parents have the right to withdraw their child from other aspects of the sex education curriculum.

Related policies:

- PSHCE policy
- RE policy
- Intimate Care policy