



## SEX AND RELATIONSHIPS EDUCATION POLICY

Sex and Relationships Education is part of school's Personal and Social Education teaching, and we will help pupils to develop a responsible and healthy attitude towards personal relationships and to understand more about themselves, their own feelings and the feelings of others, physical and emotional development, family life and associated moral and social matters.

### Why teach Sex and Relationships Education?

- Pupils are already aware of matters pertaining to sex
- They need detailed, correct and appropriate information
- Pupils are expected to be ready to face the pressures of contemporary life, be they emotional, physical or social
- Teenage pregnancy is becoming more widespread in our society
- By educating them, we can help our young people develop into responsible adults
- To raise awareness of their own bodies, and the importance of self-examination of parts of the body

### Sex and Relationships Education addresses the following aspects:

- Emotions
- Bodily changes
- Staying safe
- Behaviour
- Attitude
- Respect
- Responsibility
- Positive relationships
- Self-respect
- Self-confidence
- Peer /media/ family pressure

### How Sex and Relationships Education is presented in Ysgol y Strade

Sex and Relationships Education is presented within the broader context of the PSE scheme to all pupils in school throughout Key Stages 3 and 4, and in Years 12 and 13. (See the PSE Work Schemes)

### Aim

The scheme aims to pay proper attention to pupils' all-important development, so that they can prepare to live responsible lives as adults. It is a means of developing a healthy way of life.

We try to prepare pupils so that they can take responsibility for their behaviour in their personal relationships.

### Objectives

The purpose of sex and relationships education is to offer information about loving relationships, the nature of sexuality and the processes of human reproduction in order to enable pupils to learn and look at their relationships in a responsible and healthy way. The facts are presented in an objective, balanced and sensitive way, within a clear framework of values and awareness of the law concerning sexual behaviour. We try to encourage pupils to realise the value of a stable family life, marriage and the responsibilities of being a parent.



They should be encouraged to consider the importance of self-denial, dignity, self-respect and respect for others, to accept responsibility, being sensitive to the needs and opinions of others, allegiance and loyalty.

### Key Stage 3

Pupils need to:

- Learn to practice habits of personal cleanliness and to accept increasing responsibility for their physical wellbeing as they move towards adolescence
- Be aware of bodily changes as they grow and develop, and the emotional changes that occur during teenage years
- Develop a responsible attitude towards their own health and wellbeing
- Have a responsible attitude towards sexual behaviour
- Be aware of the dangers in some types of sexual behaviour
- Know about sexually transmitted diseases, including HIV/AIDS
- Develop an understanding of the law about sex, as appropriate to their age

### Key Stage 4

Pupils need to:

- Understand the biological aspects of reproduction
- Understand the law regarding the age of consent
- Learn about family planning and contraception
- Discuss controversial matters such as HIV/AIDS, abortion, aspects of sex, pregnancy etc.
- Have knowledge of outside agencies that offer relationship support e.g. *Hafan Cymru*
- Be aware of partnerships, marriage, divorce and the effect of loss, separation and bereavement
- Be aware that feeling positive in sexual matters is important within relationships

### Sex and Relationships Education is presented in a number of ways by:

- Class tutors during PSE lessons. The recommendations of the PSE Wales Framework and the Welsh Government directives, as included in Circular 11.02 “**Sex and Relationships Education in Schools**”, are adhered to
- Peer Education – members of the 6<sup>th</sup> form who have been trained by specialists in the field of sexual health present sessions to Year 9. A teacher is also present at all times
- Visits by the local NHS sexual health nurses to discuss and teach aspects of sex, contraception and sexually transmitted diseases to Year 10. A teacher is also present at all times
- Visits by *Hafan Cymru* workers to discuss the importance of healthy and safe relationships with all Key Stages within the Spectrum programme
- Moral aspects of sex and relationships are discussed during statutory Religious Education lessons
- Some elements will be taught as part of the Science curriculum.

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<b>Chairman's signature:</b>	
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