

**Sex and Relationships Education Policy**  
**John Colet School**

Date policy was agreed	2006
Date policy was reviewed	November 2009 and November 2012
Date reviewed by the Curriculum Committee	December 2012
Date reviewed by parents	November 2012
Date reviewed by Governor Advisor	October 2012
Date Equalities impact assessment completed	November 2012
Senior Leadership Team Member accountable for writing and reviewing the policy	Christine McGinnity

‘Sex and relationships education is lifelong learning about sex, sexuality, emotions, relationships and sexual health. It involves acquiring information, developing skills, values and attitudes’

Sex Education Forum 1999

‘Children need high-quality sex and relationships education so they can make wise and informed choices.’

The Education White Paper 2010

**Consultants for the policy**

The Headteacher, school governor overseeing Sex and Relationships Education at John Colet , the school nurse, the teenage pregnancy advisory service, Wendover Health Centre, the manager of the school Inclusion Unit, School PHSE team of teachers, students via results from PHSE surveys, DfE 2012 guidance

**Monitoring and evaluation**

- Student feedback questionnaire conducted after the PHSE lessons; this feedback feeds into the planning of future PHSE sessions
- Feedback from the School Council
- Tutor feedback to the PHSE co-coordinator about the sex and relationship content of the programme
- Review meeting of those involved in delivering the courses at the end of the year
- Confidential information about particular students

**What is Sex and Relationship Education?**

Sex and Relationship Education is a lifelong learning about physical, moral and emotional development. It is about the understanding of the importance of commitment to family life, stable and loving relationships, respect, love and care. It is also about the teaching of sex, sexuality, and sexual health.

Sex and Relationships Education should be factually accurate, evidence-based and age –appropriate; be sensitive to faith and cultural perspectives; promote equality, inclusion and acceptance of diversity; promote strong and stable relationships and provide children and young people with a clear sense of rights and responsibilities.

## **Aims of Sex and Relationship education at John Colet School**

To help and support young people through their physical, emotional and moral development

To help young people learn to respect themselves and others and move with confidence from childhood, through adolescence into adulthood

To help students deal with difficult moral and social questions

To help to prepare students for the opportunities, responsibilities and experiences of adult life.

To promote equality, inclusion and acceptance of diversity

## **The three main elements of Sex and Relationships education**

- Attitudes and values
- Personal and social skills
- Knowledge and understanding

## **How Sex and Relationships Education is provided at John Colet School**

- Within the school curriculum in science and humanities lessons
- Within the framework of a Personal Health and Social Education (PHSE) programme. A team of teachers delivers the lessons with input and advice from the school health nurse.
- The School Health Zone facility. This service is available to all of the students and is staffed by the school health nurse and other professionals. It is available each week.
- The School counsellor provides help and advice to students
- There is a partnership between the school and the Wendover Health Centre that enables female students to be referred if there are any concerns about pregnancy or sexual health. This is a confidential provision overseen by the deputy designated child protection officer at the school.
- Programmes for vulnerable/at risk students are organised by the inclusion unit manager.

## **Topics Covered in Sex and Relationships Education at John Colet School in the PHSE Programme**

Year 7	Settling in at a new school; friendships; bullying issues
Year 8	Friendships; relationships; love; puberty; self esteem
Year 9	Personal safety; health choices; self-esteem ; teenage pregnancy
Year 10	Self-esteem; sexual health; risky behaviour
Year 11	Sexual health; risky situations/behaviour

## **The expected outcomes of Sex and Relationships Education**

- Increased knowledge and understanding of the topic
- Students are confident enough to ask questions
- Students learn to value themselves
- Individuals/students respect one another and one another's views
- Individuals feel confident to form their own opinions

- In class discussions students have the right to express their own beliefs within agreed ground rules. Sexual behaviour (like all behaviour) should be something that takes place within a framework of respect for oneself and for others underlying this is a respect for the responsibility that accompanies all relationships, including those of the family.

### **The right to withdraw**

As agreed by the Governors, the school's Sex and Relationships Education Programme is taught when and where appropriate within the curriculum. Most of the teaching falls within the area of PHSE, which is covered through the Active Tutorial Programme. Elements of sex education are also found in the science curriculum and humanities curriculum. Parents have the right to withdraw their son/daughter from the sex education programme if they wish. Parents wishing to discuss this further should contact the Headteacher at the school.

This statement is written in the school prospectus.

Information about the right to withdraw is included in the student welcome pack; the Sex and Relationships Education Policy is also on the school's website.

### **Confidentiality**

- Staff cannot promise total confidentiality
- If a student discloses information which is sensitive and the student asks that this should not be passed on, the request will be considered; however if the School, its representatives or staff feel that to maintain confidentiality may place the student in further danger or within the realms of harm as defined by the Children's Act 1989, they will have a duty to safeguard the student's welfare and in certain circumstances may not be able to keep such a request confidential. Students are told that staff cannot promise total confidentiality
- Every effort will be made to secure the student's agreement before information is shared.

### **Partnerships**

- The School Nurse
- Wendover Health Centre
- Government vaccination programmes
- Connexions

### **Links to other policies**

- Child Protection policy
- PHSE Policy

### **Appendices**

- Wendover Health Centre Partnership Protocol
- John Colet PHSE Programme

Service agreement - Wendover Health Centre and John Colet School

## **Service Agreement between John Colet School and Wendover Health Centre to provide Emergency Contraception and Pregnancy Tests on request**

**Wendover Health Centre will provide emergency contraception, pregnancy tests and condoms to pupils of the John Colet School who have been referred by a member of school staff.**

### **What is expected from Health Centre Staff?**

- ◆ Confidentiality –practice staff work to the confidentiality guidelines of their respective professions with reference to Fraser Guidelines
- ◆ Safeguarding issues are identified with appropriate referral when necessary
- ◆ Agreed guidance and procedures are followed
- ◆ Accessibility – pupils will be referred by a designated member of school staff  
THIS IS NOT A DROP-IN SERVICE
- ◆ Encouragement to pupils to discuss problems with parents and, where relevant, with the school, whilst respecting the pupils' rights to privacy and confidentiality.
- ◆ Support pupils to discuss issues, when appropriate, with a trusted member of school staff / school health nurse
- ◆ Support to pupils in accessing help from other services when appropriate.
- ◆ Liaison with the school on issues identified within the consultation which may also need to be addressed within the school setting in other ways (eg through the PHSE programme)
- ◆ A closer relationship with professionals from the health service to enhance partnership working
- ◆ To maintain a regular monitoring process for audit purposes

### **What is expected from the John Colet School?**

- ◆ Governors' agreement that this appropriate health and advisory service.
- ◆ Agreement from governors that pregnancy tests may be carried out and that emergency contraception and condoms will sometimes be issued.
- ◆ Briefing for all new governors on the service
- ◆ identification of a link member of staff to liaise between the health centre and the school.
- ◆ The service is accessed only by referral from the link member of staff or school health nurse
- ◆ The pupil's right to confidentiality is respected and that liaison between the school and health centre staff is maintained through the named link staff member / school health nurse
- ◆ Safeguarding issues are identified with appropriate referral when necessary
- ◆ Support is given to pupils in accessing help from other services when appropriate.
- ◆ Distribution of information about the service to all parents, with specific mention of the availability of pregnancy tests and condoms with opportunities for them to discuss any concerns.

<b>The Link Teacher will:</b>
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- ◆ Ensure pupil's right to confidentiality is respected at all times Safeguarding issues are identified with appropriate referral when necessary
- ◆ Ensure school staff are fully briefed on the service as they will play a vital role in encouraging appropriate students to access the service.
- ◆ Facilitate appropriate publicity about the service and ensure new pupils are included in this.
- ◆ Ensure new parents are informed of the service and given opportunities to discuss concerns.

Appendix 2 (PHSE Programmes)

The PHSE Programme for Years 8 and 9

Session	<b>Year 8 Topics</b> <b>PHSE in Year 8 is taught in single sex groups</b>	<b>Year 9 Topics</b> <b>PHSE in Year 9 is taught in single sex groups</b>
1	Keeping Safe; personal safety	Sex and Relationships
2	Healthy Habits	Personal Safety Binge drinking
3	Drugs Talk	Self Esteem and shyness or
4	Smoking awareness	Drugs Talk
5	Love and relationships	Drugs Presentation
6	Risky situations, learning assertiveness or girls business	Follow up Drugs session

The PHSE Programme for Years 10 and 11

Session	<b>Year 10 Topics</b> <b>PHSE in Year 10 is taught in single sex groups</b>	<b>Year 11 Topics</b>
1	Drug awareness	Health Topics Including sexual health; HIV and AIDS; STIs
2	Alcohol Awareness	Alcohol Awareness Talk from AA
3	Safety/Self Esteem	Sex and Relationships
4	Health Issues	There are 4 sessions for Year 11 students; the topics above are covered in this time
5	Understanding testicular cancer (boys) Eating Disorders	
6	Sexual Health Topic	

## The Year 7 Tutorial Programme

<b>Session</b>	<b>Topic</b>
1-4	Starting secondary school  Learning to be together; based on SEAL topics
5	Bullying  Talk about bullying issues; look at the school policy and the Anti-Bullying charter. What is bullying? How should you report it?
6 and 7	Safety  Road safety; journeys to school etc. keeping safe
8-10	Health Topics <ul style="list-style-type: none"><li>• Healthy Eating</li><li>• Drug awareness</li></ul>
11-13	Careers topics
14-18	Motivation and achievement
Final Session	Summing up the year