



φύσις

Physis [fie-sis] a Greek word meaning the natural energy for growth, change and development.

2018

## Sex and Relationship Education Policy



***The Quantum Leap Programme***

***at***

***Physis Heathgates Academy***

*Physis Quantum is a specialist provider of exciting and innovative services to Children and Young People in a variety of different settings.*

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***Physis Heathgates Academy***

*(Part of The Physis Group)*

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This policy is designed and written to be used in conjunction with other Physis policies, such as, but not only, those listed in the appendices at the end of this document; as such, all staff are responsible for ensuring they are fully conversant with all relevant company policies and procedures; failure to do so may lead to disciplinary proceedings and dismissal. It is the individual responsibility of every staff member to ensure they seek any clarification required in respect of this policy from their line manager, or the person named at the end of this document, should that be deemed necessary.

## INTRODUCTION

*Sex and relationship education at The Physis Heathgates Academy reflects the DCFS sex and relationship guidance document 2000. The Head Teacher and all teaching members of staff take responsibility for developing and supporting this area of the curriculum.*

The Sex Education Policy is firmly rooted in the framework for PSHE and supported through Science and other subjects where appropriate. In a constantly changing world all children need the knowledge, skills and understanding that will equip them for the opportunities, experiences and responsibility of puberty and adult life. The areas covered in our curriculum will be matched to the age and stage of understanding of the students.

## WHAT IS SEX EDUCATION AND RELATION EDUCATION?

Sex and Relationship Education at The Pysis Heathgates Academy is about promoting lifelong learning, to help and support young people through their physical, emotional and moral development. It helps our students learn to respect themselves and others and move with confidence from childhood through adolescence into adulthood. It is about the significance of marriage and stable relationships as key building blocks of community and society, respect, love and care.

There are three main strands for SRE which are taught across the school as appropriate to the age and development of the child.

- Attitudes and values
- Personal and Social Skills
- Knowledge and understanding

Good teaching practices of SRE at The Pysis Heathgates Academy are to develop in students the appropriate skills to:

- Understand difference and respect themselves and others, preventing and removing prejudice
- Enhance the quality of life and to promote the physical, social and moral well being of the child
- Provide a secure and informative environment in which sexual issues can be discussed
- Explore critical thinking as part of decision making
- Establish an understanding of healthy patterns of sexual behaviour
- Promote understanding of body parts and functions of both sexes
- Learn and understand the reasons for delaying sexual activity and the benefits to be gained from such a delay
- Prevent unwanted pregnancy

SRE at The Physis Heathgates Academy will be developed as part of the planned PSHE

and Science curriculum. The subject is taught in a sensitive and confident manner where pupils are made to feel comfortable and secure about themselves. It is taught in an environment where the enhancement of self-esteem is pursued where pupils learn and begin to value and respect themselves and others as individuals.

Various teaching strategies are employed across all key stages according to the objectives and maturity of the pupils.

These being through:

The context of family life and development of the self

Discussion within small groups or class situations

Looking at, exploring and experiencing physical objects

Listening to and asking questions of visiting speakers from within the medical profession

on

Demonstration

Visits, video and role play

In Science lessons

Ground rules are developed during SRE lessons based on respect. Along with the general class rules the following considerations are specific to SRE ground rules:

No teacher or pupil will have to answer a personal question

No one will be forced to take part in a discussion

Only the correct names for anatomy will be used and explained factually

Meanings of words will be explained in a sensible and factual way

## PARENTS/CARERS INVOLVEMENT

The Physis Heathgates Academy seeks to work in partnership with parents/carers, who have a vital role in the continuing development of this aspect of the students personnel growth. Parents/carers will be kept informed when pupils are following a SRE programme and will be invited to put forward their views, either in writing or verbally, and to join a working group. The school's SRE programme will compliment and support the carers/parents' role and they can be actively involved in this.

Under the Education Act of 1993 pupils can be withdrawn by their parents from the part of sex education that is outside the compulsory elements of sex education within the science curriculum. Parents who wish to exercise this right are invited to see the Head Teacher who will explore the concerns of the parents and possibility of adjusting the approach to the programme. Once a child has been withdrawn they cannot take part in the programme until the request for withdrawal has been removed. Provision is made for pupils whose parents wish their child to be removed from SRE lessons to work in another classroom while their class' SRE is being delivered.

## MONITORING AND EVALAUTION

SRE, like any other aspect of teaching and learning, is monitored with the school's existing framework. Pupils' knowledge and understanding is assessed at the end of relevant units.

SRE is reviewed bi-annually and in full consultation with the Therapy team.

## EQUAL OPPORTUNITIES

The designated members of staff as well as any outside agencies need to be familiar with the pupils' individual, academic, emotional and maturity levels and opportunities must be created to gender, ability, race or religion

## CHILD PROTECTION

The school has a Child Protection Policy to which the SRE policy is linked.

Pupils' confidentiality is respected in all SRE lessons and pupils are made aware of the fact that what they say in SRE lessons will not be repeated to anyone else who is not considered part of the professional team involved with the child, unless a member of staff suspects that the child or anyone else is at risk from harm, or that statements are made that may be relevant in terms of the specific needs of the individual child in light of their therapeutic needs and care Status.

## ATTITUDES AND VALUES

Learning the importance of values, individual conscience and moral considerations

Learning the value of family life, marriage, stable relationships for the nurture of children

Learning the value of love, respect and care

Exploring, considering and understanding moral dilemmas

Developing critical thinking as part of decision making

## PERSONAL AND SOCIAL SKILLS

Developing self-respect and empathy  
Learning to make choices based on understanding of difference and with an absence of prejudice  
Developing an appreciation of the consequences of choices made  
Managing conflict

## KNOWLEDGE AND UNDERSTANDING

Learning and understanding physical development  
Understanding human sexuality, reproduction, sexual health, emotions and relationships  
Learning about contraception and the range of local and national sexual health advice, contraception and support services  
Learning the reasons for delaying sexual activity and the benefits to be gained from such a delay

## AIMS

Develop self respect and respect for others  
Take responsibility for their actions and any consequences which may ensue  
Understand the part they play in their families, friendship groups, school and the wider community  
Make informed choices and understand that all choices have consequences  
Begin to know the meaning of moral dilemmas  
Understand that everyone is different and of equal value  
Develop confidence in talking, listening and thinking about feelings and relationships  
Be able to name parts of the body and describe how the body works  
Have the ability to protect themselves and ask for help and support  
Develop a healthy lifestyle  
Be prepared for puberty

