

NORTHAMPTON SCHOOL FOR GIRLS

RELATIONSHIPS AND SEX EDUCATION POLICY

This policy has been developed in consultation with Governors, parents, teachers and students and reflects their views.

Introduction

Central to the aims of this school is a commitment to promote the spiritual, moral, cultural, psychological and emotional wellbeing, and physical development of all students and to prepare them for the opportunities and responsibilities and experiences of adult life. As a multi-cultural comprehensive school we wish to recognise the contribution of all cultures, faiths and religious beliefs to our community. It is within this context that the school sets out its policy for Sex Education.

Definition

Northampton School for Girls, according to the guidelines set down in the DFE Guidance, 2019 on Relationships and Sex Education, is required to make provision for sex education for all students. Sex and Relationships Education at Northampton School for Girls will be provided in such a manner as to encourage young people to make responsible decisions and have due regard to moral considerations and for family life. Relationships and Sex Education is a part of the Science syllabus, included in Religious Education Teaching and is an important part of the PSHE programme. Its aim is to give young people the information they need to help them develop healthy, nurturing relationships of all kinds, not just intimate relationships. (DFE, 2019 pg 25.69) It will include discussion of feelings, relationships and values; education about contraception, availability of different types including emergency contraception; as well as confidential advice and counselling from our school nurse about how to obtain treatment. It will explore the decisions associated with pregnancy and aspects of sexual behaviour. This education must include information about HIV and AIDS and other sexually transmitted infections, including prevention and treatment; condom use and safer sex as well as issues of peer pressure and other risk taking behaviour such as drugs and alcohol.

It is recognised that parents are the key figures in helping their children cope with the emotional and physical aspects of growing up and the teaching offered is intended to be complementary and supportive of the role of parents.

Values

We believe that all members of our school community should be able to learn and achieve their full potential in a safe, secure and orderly environment in which everyone is treated with respect.

We have high expectations of everyone and we will actively promote equality of value in a 'multi-cultural' society.

We expect everyone to show respect:

- for themselves;
- for others;
- for learning.

Remembering we all share a responsibility for learning:

- make it as easy as possible for everyone to learn and for teachers to teach;
- listen when someone else is speaking; respect the views of others;
- be proud of achievements - yours and others;
- never put other people down.

Aims

It is the school's intention that relationships and sex education should be for all students so that they will:

- develop positive values and a moral framework that will guide their decisions, judgements and behaviour
- be aware of their own sexuality
- understand that people have different attitudes and responses to human sexuality
- understand the benefits of healthy relationships to their mental well being and self respect
- understand the arguments for delaying sexual activity
- understand the reasons for having protected sex
- avoid being exploited or exploiting others
- avoid being pressured into unwanted or unprotected sex
- know how to access confidential sexual health advice and support
- be helped to make informed choices and reach responsible decisions
- know how the law applies to sexual relationships including the age of consent and what is consent

Parents have a right to withdraw their daughter from all or part of sex education but not relationships education. A letter is sent home from the Head of Year informing parents when the relationship and sex education unit is to be delivered in school and a slip should be returned if the parent wishes their daughter to be withdrawn.

Parents do not have the right to withdraw their daughter from the sex education provided in science.

Procedures exist for dealing with complaints about the curriculum and its delivery. These allow for discussion of the issues between those concerned. A copy of the complaints procedure is available from the Head's office.

Personal, Social and Health Education (PSHE)

Relationships and Sex education forms an important part of the personal, health and social education known as PSHE at NSG. This subject is taught in two 20 minute lessons per week by the Tutor and supported by health professionals as appropriate. The Heads of Year and tutor teams are responsible for the high quality delivery of the PSHE curriculum. Its development is led by our Senior Tutor with responsibility for PSHE and overseen by an Assistant Head.

The scheme of work for Relationships and Sex Education as part of the PSHE programme involves tutors working alongside school nurses and other health professionals. It is important that a safe and secure environment is created and supported by all.

The scheme of work covers:

Year 7

- Personal hygiene – practical advice regarding hygiene and the importance of keeping bodies clean.
- Information about the monthly cycle
- Respect for self and respect for the body
- Puberty – emotional development, mood changes
- Sexual identity
- Appropriate and healthy relationships

Year 8

- Friendships and Relationships - Strategies for conflict resolution, what makes a good friend
- A more detailed look at healthy living, diet, exercise and looking after the body

- Puberty
- Sex and Relationships
- Keeping yourself safe online

Year 9

- Contraception - to begin to explore the role of contraception and family planning in the prevention of unwanted pregnancy as well as the importance of sexual health.
- Relationships - to develop an understanding of the complexity of relationships and the need for skills development in communication for successful, healthy relationships of all kinds
- Media influence on behaviour
- Sex and the law – what is consent

Year 10

- Contraception – how to use it safely, how to access it.
- Relationships - looking at forming successful relationships
- Online safety – CSE/grooming/pornography

Year 11

- Pregnancy - to increase understanding of the consequences both short and long-term of teenage pregnancy and the choices involved
- Contraception - reviewed in terms of taking responsibility for sexual health and well being.
- Women's Sexual health - looking at breast and cervical cancer awareness.

Teaching methods

Students need to be actively involved in their own learning in order to develop the confidence to talk, listen and think about sex and relationships. Teachers will establish the ground rules with their tutor group, use distancing techniques and know how to deal with unexpected questions or comments from members of their group.

Ground rules should ideally be worked out by the tutor group themselves and may include:

- no one (teacher or student) will have to answer a personal question
- no one will be forced to take part in discussion
- only words agreed by the group as acceptable for body parts will be used
- meanings of words will be explained in a sensible and factual way
- the attitudes, feelings and cultures of others will be respected and no one will use language or speak in a manner which is deliberately offensive.

Distancing techniques can help by depersonalising discussions as in the following examples:

- role play can be used to act out situations
- case studies with invented characters
- use of appropriate videos
- use of Theatre in Education groups, when available

Teachers should establish clear parameters of what is, and is not, appropriate in a whole class setting.

If a question becomes too personal:

- remind student of ground rules
- refer student to school nurse
- acknowledge that answer is unknown and could be researched later
- discuss with student individually at a later date
- if the student appears to be at risk of sexual abuse, follow school's Child Protection procedures.

Group work should be encouraged as this gives students opportunities to:

- discuss issues
- draw on previous knowledge to develop more understanding
- practise their social and personal skills
- consider their beliefs and attitudes

For specific lessons relating to contraception in Years 9 and 10, the school nurse team deliver the content with support from a member of the teaching staff.

Specialist Advice

In circumstances where staff feel more specialist advice is required a referral to our school nurse will be made, usually in discussion with the student.

The nurse offers confidential advice and will offer services such as

- Advice and support regarding healthy lifestyle choices including relationships.
- Testing for STIs, Chlamydia screening
- Advice regarding contraception
- Pregnancy testing
- Referrals to other agencies, such as CAMHS, Service 6, Lowdown etc
- Emergency contraception provided that there is regular communication afterwards, and ongoing support

In cases where a student is considered to be placing herself at risk there will be close liaison with school staff and with the Assistant Head responsible for the Nurse in school.

The school nurse runs a health clinic and is bound by her own professional code of conduct. She provides **confidential** support and advice through her drop-in sessions about any health related issues including making links with and access to local GPs, family planning clinics and Genito-Urinary Medicine clinics; she can provide specific and up to date knowledge about sexual health and well being including all forms of contraception.

The new Relationships and Sex Education curriculum will be mandatory from September 2020.