



The Edith Borthwick School

SEX & RELATIONSHIPS EDUCATION POLICY

Lead Governor	Stephanie Taylor
Date approved by Governing Body	27 November 2023
Next review date	Autumn 2024

Edith Borthwick School

Sex and Relationships Education Policy

Rationale

The Edith Borthwick School believes that learners have the right to information about themselves and their bodies, that Sex and Relationship Education is an integral part of their overall personal and social development. It acknowledges learners rights as sexual beings and that sex and relationship education is an entitlement of all our learners. The school believes that all learners should be valued and treated with dignity and respect regardless of age, disability, gender, sexual orientation, ethnic origin or social background and any concerns will be addressed through risk assessments (read this policy in conjunction with the school's Safeguarding Policy within the SET procedures).

This policy will be reviewed in line with the Internal Monitoring Schedule.

Taking into account the diverse and complex learning difficulties experienced by our learners, and understanding that for some, certain elements will be inappropriate, the school broadly aims:

- To provide essential knowledge of health and understanding of human development.
- To correct misinformation.
- To increase self-awareness.
- To prepare learners and help them to adapt to changes in themselves and their environment.
- To foster understanding of the feelings, attitudes and values of themselves and others.
- To develop skills in decision making, assertiveness and social and interpersonal relationships.
- To positively promote the importance of stable relationships and family life – whatever form that family takes.
- To enhance learners safety and protection from abuse, unwanted pregnancy and sexually transmitted disease.
- To provide access to information and helping agencies.
- To help learners to understand the possible short term and long-term consequences of their actions.
- To encourage learners empowerment and the development of self advocacy and self esteem and learn to say 'No' in any inappropriate situations.
- To develop an understanding of private and public behaviour as well as private and public places.
- To recognise who is a trusted adult at home/school in the community.

Sex and relationship education is an integral part of the Edith Borthwick School Personal, Social & Emotional Development (PSED) schemes of work. Certain aspects will be reinforced through KUW lessons and taken from the national guidelines. It is enhanced in a wider context through the ethos of the school.

The PSED element of the curriculum is delivered in the context of relationships, and in a manner that encourages learners to have due regard of moral considerations and the value of stable relationships and family life.

Lower/Middle School

The sex and relationship curriculum in the Lower/Middle School is delivered by Teachers, with the support of Teaching Assistant's and the school nurse where appropriate. It is taught in a whole class or group situation through topic work or circle time. When appropriate a 1-1 approach will be taken to deal with specific/personal sensitive issues, and topics not appropriate to a whole class situation.

Programmes and their delivery will take into account the age, cognitive, physical and emotional maturity, and special educational needs of the learners.

The curriculum in the early primary years will include:

- Family relationships.
- Friendships.
- Bullying.
- Feelings.
- Body parts.
- Trusted adults.

Where appropriate for the learners development level, the school aims to ensure that the learners are taught about:

- Physical changes in the body at puberty.
- Menstruation and voice breaking.
- Emotional changes.
- How a baby is conceived and born.

The timing of what is taught will be dependent on the individual needs of the learners and may be delayed or delivered earlier where appropriate.

Middle/Upper School

The sex and relationship curriculum in the Middle/Upper School is delivered by Teachers with the support of Teaching Assistant's and the school nurse where appropriate. Where appropriate a 1-1 approach will be taken to deal with specific/personal sensitive issues, and topics not appropriate to a whole class situation. The curriculum will be delivered via time tabled PSED modules and will include the following:

- Different relationships including friendships, loving, caring and sexual.
- Responsibilities and consequences of actions in relation to sexual activity.
- The responsibilities of parenthood.
- Different types of contraceptives to prevent unwanted pregnancy and to ensure safe sex.
- The reasons for delaying sexual activity.
- Resisting pressure from others to engage in sexual activity.
- How and where to access local sources to further advice and treatment.
- How the law applies to young people and sexual relationships.
- Zero tolerance of bullying related to sexuality.
- Public and private behaviour and spaces.
- Trusted adults and predatory adults.
- Mental health.

Programmes and their delivery will take into account the age, cognitive, physical and emotional maturity, and special educational needs of the learners. This will reflect on which pathway they are on.

Dangers of sexting and the internet – refer to mobile phone policy.

Groupings

The grouping of learners is flexible and dependent on the pathways and need in relation to age, ability, learner preferences and the content of lessons. This will be taking in to account the learner language skills and abilities.

Groupings may comprise:

- Whole Class.
- Small group (mixed sex)
- Small group (single sex)
- Paired peer support/mentoring/befriending.
- Individual work.

Staffing

The Edith Borthwick School respects the fact that some staff may not feel comfortable delivering the sex and relationship curriculum either for personal/religious/cultural reasons or lack of skills. The school acknowledges that staff with these or other valid reservations should not be expected to teach sex and relationship education. It is expected that those who do deliver the curriculum should:

- Establish ground rules.
- Use distancing techniques.
- Believe in the value and importance of sex and relationship education for our learners.
- Have an understanding of the wider issues.
- Be culturally aware.
- Have enough knowledge of the subject.
- Not feel threatened by dealing with sensitive ideas.
- Deal honestly and sensitively with issues relating to sexual orientation.
- Be at ease using explicit language and material.
- Respect the learner's rights to sex education.

Method of delivery

Sex and relationship education is developmental and will be taught at a level appropriate to the age and stage of the learner's development.

Lessons should:

- Have clearly defined aims and objectives.
- Have established ground rules.
- Include correct names for body parts, appropriate language for explaining and visual resources.
- Have a code of confidentiality.
- Feel safe and non-threatening for every member of the group.
- Begin from where the learner is at in understanding, skills and knowledge – build on prior learning.
- Incorporate a wide variety of teaching methods including group work, discussion, role play, games, visual aids, video, male/female dolls, visits and visitors.
- Incorporate time for reflection and feedback to check understanding.

Resources

Resources and their presentation will be as explicit as is necessary to ensure that learners with a wide variety of learning difficulties are able to access essential information. Any explicit materials used will be directly related to explanation. Learners will not be presented with inappropriate materials and internet access is filtered to prevent inappropriate access via computers. In using resources sensitivity will be shown towards those learners with differing cultural needs.

Monitoring and Evaluation

Sex and relationship education is monitored and evaluated through PSED targets set and assessed in termly Individual Education Plans and reported to parents via annual progress report and the annual review procedure.

Sex and Relationships Education moderation will happen as part of a yearly cycle which will be held in group sessions.

Parents

Parents have access to the school's Sex and Relationship Policy and PSED schemes of work on request.

Parents cannot withdraw their child from age-appropriate statutory relationships education. They have the right to withdraw their child from sex education that is part of Relationship and Sex Education (non-statutory) up until the third term before their 16th birthday. They may make the request in writing to the Head Teacher.

Review

The Edith Borthwick School Sex and Relationship Policy will be reviewed annually.

Reviewed June 2014

Reviewed 27.04.2015

Reviewed 02.05.2017

Reviewed April 2018

Reviewed June 2019

Reviewed May 2020

Reviewed December 2020/March 2021

Reviewed November 2023